# Breakfast

| Week One | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Hydration** | A selection of fresh fruit Juices, water, speciality teas, coffee, semi skimmed milk and soya milk | | | | | | |
| **Hot items** | Scrambled eggs, back bacon, hash browns and tomatoes | Smashed avocado and poached eggs on English muffins, Cumberland sausages and mushrooms | Fried eggs, streaky bacon, hash browns and grilled tomatoes | Chipolatas, diced potatoes, baked beans, boiled eggs and cinnamon porridge | Mini cheese omelette, back bacon, mushrooms and hash browns | **Brunch** | **Brunch** |
| **Daily special** | Pain au chocolate | Belgian waffles with chocolate sauce | Pancakes with berry compote | Mini blueberry muffins | Croissants | | |
| **Daily breakfast items** | A selection of breakfast cereals, fresh fruit yoghurts, toast, jams and spreads | | | | | | |
| **Fruit** | Whole fruit bowl, diced fruit or fruit segments | Whole fruit bowl, diced fruit or fruit segments | Whole fruit bowl, diced fruit or fruit segments | Whole fruit bowl, diced fruit or fruit segments | Whole fruit bowl, diced fruit or fruit segments | Whole fruit bowl, diced fruit or fruit segments | Whole fruit bowl, diced fruit or fruit segments |

# Lunch

| Week One | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Soup** | Soup of the day | Soup of the day | Soup of the day | Soup of the day | Soup of the day |
| **Meat Dish** | Chicken tikka masala (G/F) | Cumberland sausages (G/F) | Beef mince and onion hotpot (G/F) | Chicken meatballs in a tomato and basil sauce (G/F) | Pepperoni pizza |
| **Vegetarian/ Vegan Dish** | Chickpea masala (G/F) (Vegan) | Quorn sausages (Vegan) | Vegan mince hotpot (G/F) | Vegan meatballs in a tomato and basil sauce (G/F) | Margherita pizza |
| **Accompanying Carbs** | Jacket potato, sweet potatoes, basmati rice and naan bread (Vegan) | Jacket potato, sweet potatoes and mash potato (G/F) | Jacket potato, sweet potatoes (G/F) (Vegan) | Jacket potato, sweet potatoes and spaghetti and garlic bread (Vegan) | Jacket potato, sweet potatoes, skin on fries (G/F) (Vegan) |
| **Vegetables/ side dishes** | Baked Beans, cauliflower and baton carrots (G/F) (Vegan) | Baked Beans, sweetcorn and peas (G/F) (Vegan) | Baked Beans, mixed vegetables (G/F) (Vegan) | Baked Beans and Broccoli (G/F) (Vegan) | Baked Beans and peas (G/F) (Vegan) |
| **Daily items** | Hot sandwich/panini/pastry of the day, selection of filled sandwiches, baguettes, wraps and salad bar | | | | |
| **Pasta/Gnocchi or Risotto** | Pasta with creamy pesto sauce | Spaghetti with tomato and basil sauce | Gnocchi with creamy mushroom and spinach sauce | Tomato, basil and courgette risotto (Vegan) (G/F) | Gnocchi with fried aubergine, tomato and rosemary sauce (Vegan) |
| **Hot or cold dessert** | Raspberry and apple crumble with cream | Oat lemon and raisin cookie | Chocolate eclairs | Coconut and cherry flapjack | Ice cream tubs |
| **Daily Desserts** | Vegan jelly, cheese and biscuits, fruit yoghurt, fresh fruit salad, whole fruit | | | | |

# Supper

| Week One | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Main course one** | beef chuck ragu | Chicken Balti | Cheese burgers | Pork and prawn stir fry | Chicken cacciatore | **Saturday night fake away, Chef's choice** | **Chef's choice Sunday dinner** |
| **Main course two** | Four cheese tortelloni | Paneer Balti | Veggie burger | Soy bean and mushroom stir fry | Quorn fillet cacciatore | | |
| **On the side** | Tagliatelle pasta<br>Garlic and herb slice | Tandoori garlic and coriander naan<br>Basmati rice | Chunky chips<br>Burger toppings | Noodles<br>Steamed pak choi | Pasta<br>Garlic bread | | |
| **Hot or cold dessert** | Mini sponge cakes | Ice cream pots | Fruit platter | Iced smoothie tubs | Profiteroles with chocolate sauce | | |

**Selection of fresh bread & salad, yoghurt pots & whole fruits**

# Breakfast

| Week Two | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Hydration** | A selection of fresh fruit juices, water, speciality teas, coffee, semi skimmed milk and soya milk | | | | | | |
| **Hot items** | Cumberland sausages, scrambled eggs, baked beans and hash browns | Cheesy potato waffles, fried eggs, plum tomatoes and crispy bacon | Congee with chicken, boiled eggs, cinnamon porridge | Bacon, cheese muffins served with hash browns | Chipolatas, poached eggs, avocado, sautéed potatoes and baked beans | **Brunch** | **Brunch** |
| **Daily special** | Pain au raisins | Mini chocolate muffins | Croissants | Chocolate twists | Pancakes with syrup | | |
| **Daily breakfast items** | A selection of breakfast cereals, fresh fruit yoghurts, toast, jams and spreads | | | | | | |
| **Fruit** | Whole fruit bowl, diced fruit or fruit segments | Whole fruit bowl, diced fruit or fruit segments | Whole fruit bowl, diced fruit or fruit segments | Whole fruit bowl, diced fruit or fruit segments | Whole fruit bowl, diced fruit or fruit segments | Whole fruit bowl, diced fruit or fruit segments | Whole fruit bowl, diced fruit or fruit segments |

# Lunch

| Week Two | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Soup** | Soup of the day | Soup of the day | Soup of the day | Soup of the day | Soup of the day |
| **Meat Dish** | Beef chilli (G/F) | Crispy sweet and sour chicken | Turkey and leek pie | Pork ragu | Breaded fish fillet |
| **Vegetarian/ Vegan Dish** | Vegetable bean chilli (G/F) (Vegan) | Crispy sweet and sour Quorn fillets (Vegan) | Mediterranean vegetable hotpot (G/F) (Vegan) | Lentil ragu (G/F) (Vegan) | Vegan Quorn nuggets |
| **Accompanying Carbs** | Jacket potato, sweet potatoes, potato wedges and tortilla chips (G/F) (Vegan) | Jacket potato, sweet potatoes, steamed rice (G/F) (Vegan) | Jacket potato, sweet potatoes, roast potatoes and gravy (G/F) (Vegan) | Jacket potato, sweet potatoes, pasta and garlic bread (Vegan) | Jacket potato, sweet potatoes, skin on fries (G/F) (Vegan) |
| **Vegetables/ side dishes** | Baked Beans, peas and sweetcorn (G/F) (Vegan) | Baked Beans, carrots and green beans (G/F) (Vegan) | Baked Beans, mixed winter vegetables (G/F) (Vegan) | Baked Beans and Broccoli (G/F) (Vegan) | Baked Beans, mushy peas and garden peas(G/F) (Vegan) |
| **Daily items** | Hot sandwich/panini/pastry of the day, selection of filled sandwiches, baguettes, wraps and salad bar | | | | |
| **Pasta/Gnocchi or Risotto** | Pasta with tomato and herb sauce (Vegan) | Gnocchi with sun dried tomato sauce (Vegan) | Pasta with pesto sauce (V) | Pea and courgette risotto (G/F) (Vegan) | Pasta with roasted Mediterranean vegetables (Vegan) |
| **Hot or cold dessert** | Warm salted caramel sponge with cream | Chocolate chip cookies | Chocolate doughnuts | Raspberry and cinnamon flapjack | Frozen mousse tubs |
| **Daily Desserts** | Vegan jelly, cheese and biscuits, fruit yoghurt, fresh fruit salad, whole fruit | | | | |

# Supper

| Week Two | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Main course one** | Mapo tofu | Chinese style chipolatas | Japanese beef curry | Shepherds pasty | Bbq chicken pizza subs | **Saturday night fake away, Chef's choice** | **Chef's choice Sunday dinner** |
| **Main course two** | Vegetarian mapo tofu | Chinese style Quorn sausage | Vegetable curry | Vegetable pasty | Cheese and tomato pizza subs | | |
| **On the side** | Steamed rice<br>Braised cabbage | Garlic noodles<br>Steamed baby pak choi | Jasmine rice<br>Mange tout | Mash potato<br>Broccoli<br>Gravy | Rustic potato wedges<br>Coleslaw<br>Mixed salad | | |
| **Hot or cold dessert** | Coconut jelly | Fruit muffins | Fruit platter | Cheesecake | Choc ice | | |
| **Selection of fresh bread & salad, yoghurt pots & whole fruits** | | | | | | | |

# Breakfast

| Week Three | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Hydration** | A selection of fresh fruit Juices, water, speciality teas, coffee, semi skimmed milk and soya milk | | | | | | |
| **Hot items** | Scrambled eggs with hash browns, smoked bacon and baked beans | Mini cheese omelettes, chipolatas, hash browns, grilled tomatoes and porridge | Toasted ham and cheese bagels, boiled eggs, sautéed potatoes and baked beans | Smoked bacon, diced potatoes with fried eggs and baked beans | Cumberland sausages, poached eggs, grilled tomato and potato waffles | **Brunch** | **Brunch** |
| **Daily special** | Sweet waffles with chocolate sauce | Warm American pancakes with maple syrup | Fruit compote with Greek yoghurt | Double chocolate muffins | Pain au chocolat | | |
| **Daily breakfast items** | A selection of breakfast cereals, fresh fruit yoghurts, toast, jams and spreads | | | | | | |
| **Fruit** | Whole fruit bowl, diced fruit or fruit segments | Whole fruit bowl, diced fruit or fruit segments | Whole fruit bowl, diced fruit or fruit segments | Whole fruit bowl, diced fruit or fruit segments | Whole fruit bowl, diced fruit or fruit segments | Whole fruit bowl, diced fruit or fruit segments | Whole fruit bowl, diced fruit or fruit segments |

# Lunch

| Week Three | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Soup** | Soup of the day | Soup of the day | Soup of the day | Soup of the day | Soup of the day |
| **Meat Dish** | Cape Malay chicken curry (G/F) | Beef bolognaise (G/F) | Roast turkey with stuffing and gravy (G/F) | Crispy sweet chilli chicken | Hot dogs |
| **Vegetarian/ Vegan Dish** | South African chickpea curry (G/F) (Vegan) | Lentil bolognaise (Vegan) (G/F) | Roast Quorn fillet (Vegan) | Crispy tofu bites (Vegan) | Vegan hot dogs |
| **Accompanying Carbs** | Jacket potato, sweet potatoes and yellow rice (G/F) (Vegan) | Jacket potato, sweet potatoes penne pasta and garlic bread (Vegan) | Jacket potato, sweet potatoes Yorkshire puddings and roast potatoes (Vegan) | Jacket potato, sweet potatoes and tortilla wraps and braised rice (Vegan) | Jacket potato, sweet potatoes skin on fries (Vegan) (G/F) |
| **Vegetables/ side dishes** | Baked Beans, cauliflower and green beans (Vegan) | Baked Beans and broccoli (Vegan) (G/F) | Baked Beans, honey roasted parsnips, carrots and Brussel sprouts (G/F) | Baked Beans and mixed vegetables (Vegan) | Baked Beans, wholemeal spaghetti rings and garden peas (Vegan) |
| **Daily items** | Hot sandwich/panini/pastry of the day, selection of filled sandwiches, baguettes, wraps and salad bar | | | | |
| **Pasta/Gnocchi or Risotto** | Pasta marinara (Vegan) | Risotto with Mediterranean vegetables (Vegan) (G/F) | Fusilli pasta with butternut squash and sweet potato sauce (Vegan) | Gnocchi with cream cheese sauce (V) | Penne with cherry tomato and basil sauce (Vegan) |
| **Hot or cold dessert** | Sticky toffee pudding with custard | White chocolate cookies | Double chocolate muffins | Fruity flapjack | Ice lollies |
| **Daily Desserts** | Vegan jelly, cheese and biscuits, fruit yoghurt, fresh fruit salad, whole fruit | | | | |

# Supper

| Week Three | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Main course one** | Breaded scampi | Honey glazed gammon | pepperoni pizza | Beef bourguignon | Cajun spiced chicken breast | **Saturday night fake away, Chef's choice** | **Chef's choice Sunday dinner** |
| **Main course two** | Glamorgan sausage | Fried eggs | Margherita pizza | Mushroom stew | Cajun Quorn fillet | | |
| **On the side** | Medium cut chips<br>Homemade tartar sauce<br>peas | Potato wedges<br>Peas<br>Pineapple rings | Chunky chips<br>Mixed salad | Rice<br>Bakers basket | Corn on the cob<br>Sweet potato wedges | | |
| **Hot or cold dessert** | Strawberry split ice lolly | Brownie | Fruit platter | Cookie | Trifle pots | | |
| **Selection of fresh bread & salad, yoghurt pots & whole fruits** | | | | | | | |