

BREAKFAST

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BREAKFAST

Week 2

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BREAKFAST

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HYDRATION	Fresh fruit water Mango & coconut smoothie	Fresh fruit water Raspberry & chia smoothie	Fresh fruit water Strawberry granola smoothie	Fresh fruit water Turmeric, banana & oat smoothie	Fresh fruit water Choc berry crumble smoothie	Fresh fruit water Smoothie of the day	Fresh fruit water Smoothie of the day
HOT ITEMS	Vegetarian sausages Grilled bacon Scrambled eggs Baked beans Plum tomatoes Hash brown	<u>Waffle bar</u> Belgium waffles with fresh fruits yoghurts & toppings Chocolate sauce	Vegetarian sausages Quorn sausages Fried eggs Baked beans Plum tomatoes Mushrooms	<i>Smoothie Bowl</i>	Vegetarian sausages Pork sausages Boiled eggs Baked beans Mushrooms Grilled tomatoes	<u>Breakfast focaccia</u> <u>With roast peppers, mozzarella, basil & pesto</u>	<u>Brunch</u> Grilled bacon Pork sausages Scrambled eggs Plum tomatoes Mushrooms Bakes beans Hash browns
DAILY SPECIAL	Cheese & sweetcorn muffins		Ham & cheese panini		Pain au chocolat		Danish pastries
DAILY BREAKFAST ITEMS	Selection of breakfast cereals Yoghurt station – with fresh fruit, purees & toppings Toasting station – with spreads & preserves	Selection of breakfast cereals Yoghurt station – with fresh fruit, purees & toppings Toasting station – with spreads & preserves	Selection of breakfast cereals Yoghurt station – with fresh fruit, purees & toppings Toasting station – with spreads & preserves	Selection of breakfast cereals Yoghurt station – with fresh fruit, purees & toppings Toasting station – with spreads & preserves	Selection of breakfast cereals Yoghurt station – with fresh fruit, purees & toppings Toasting station – with spreads & preserves	Selection of breakfast cereals Yoghurt station – with fresh fruit, purees & toppings Toasting station – with spreads & preserves	Selection of breakfast cereals Yoghurt station – with fresh fruit, purees & toppings Toasting station – with spreads & preserves
FRUIT	Cut fresh fruit	Cut fresh fruit	Cut fresh fruit	Cut fresh fruit	Cut fresh fruit	Cut fresh fruit	Cut fresh fruit

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Spinach & mushroom	Curried parsnip & Apple	Potato, corn & jalapeno	Quinoa minestrone	Sri-Lankan coconut & squash	Chefs choice	Chefs choice
MAIN MEAL	Beef Bolognaise Sauce	Chicken tikka masala curry	Roasted gammon Charred pineapple salsa on the side	Traditional Cottage pie	Battered MSC cod with lemon OR Cumberland sausages	Subway bar Selection of Breads Fillings Toppings	Turkey katsu Curry sauce
MEAT FREE	Aubergine Parmigiana Gnocchi with peas, broad beans, spinach & rocket pesto	Tikka Paneer Served with Tarka Dhal Potato, rosemary & vegan cheese pizza	Roasted butternut squash, spinach and shredded feta Vegan lentil & mixed seed wellington.	Halloumi spring onion & sun blush tomato frittata Plant –based macaroni “No” cheese with crispy cauliflower	Roasted vegetable and bean shakshuka Southern spiced baked Quorn fillet		Breaded Quorn katsu Curry sauce
ON THE SIDE	Carrots ,Peas & Sweetcorn Garlic Bread & GF Garlic Bread Pasta & GF Pasta	Steamed Rice , Poppadom’s &Roasted vegetables	Gravy Roasted skin on potatoes cauliflower with crispy leaves Vegetable ratatouille	Sauteed courgettes Roasted roots Crushed pea pesto on the side	Chunky chips, Garden peas &Baked Beans Tartar sauce and lemon	Sweet potato fries	Pickled carrot & radish Japanese slaw Coconut rice Tempura vegetables Sweet chili sauce Miso & tofu broth
EVERYDAY PASTA & JACKETS	Grated Cheddar, Baked Beans, Tomato sauce	Grated Cheddar, Baked Beans, Tomato sauce	Grated Cheddar, Baked Beans, Tomato sauce	Grated Cheddar, Baked Beans, Tomato sauce	Grated Cheddar, Baked Beans, Tomato sauce	Grated Cheddar, Baked Beans, Tomato sauce	Grated Cheddar, Baked Beans, Tomato sauce
	Chefs Hot potato filler of the day	Chefs Hot potato filler of the day	Chefs Hot potato filler of the day	Chefs Hot potato filler of the day	Chefs Hot potato filler of the day	Chefs Hot potato filler of the day	Chefs Hot potato filler of the day
DESSERT	Lemon Drizzle Cake	Beetroot Brownie	SCRUMBLE	Sticky Toffee Pudding With Toffee Sauce	Marmalade Poppy seed Sponge	Chef choice of dessert	Chef choice of dessert

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LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Minestrone Soup	Roasted tomato & butter bean with rocket	Classic tomato and basil	Cauliflower with lemon oil	Potato & watercress with sour cream	Chef choice	Chef choice
MAIN MEAL	Winter Beef Stew with Root Vegetables	Crispy Bacon topped Mac & Cheese	Pork stake with mushroom stroganoff	Turkey Katsu Curry	Fish Finger Wrap with Tartare Sauce lemon wedges	Nando's cheeky day Chipolata chicken with lime Loaded spiced chickpea wrap Grilled mushroom & halloumi pitta	Bruschetta bar Selection of loaded toasted breads
MEAT FREE	Mixed bean & vegetable casserole with cheesy dumplings (Vegan no dumplings)	Spinach and sun dried tomato Mac & Cheese Sweet potato chickpea & red pepper stew	Vegan lasagna Italian stuffed aubergines with Vegan mozzarella & pesto	Vegan Cauliflower curry Vegan mushroom risotto	Fish less fingers (vegan) Courgette & toasted seed Frittata with red pepper sauce		
ON THE SIDE	Mash potato Roasted winter vegetables	Freshly made garlic focaccia Steamed broccoli Carrots	Classic Smash Potatoes Honey Steamed greens	Steamed Rice , Roasted vegetables Katsu sauce	Chips Mushy peas Garden Peas	Rainbow salad Corn on the cobs Mexican rice Broccoli with lemon & garlic	Salads Fries
PASTA & JACKET BAR	Grated Cheddar, Baked Beans, Tomato sauce	Grated Cheddar, Baked Beans, Tomato sauce	Grated Cheddar, Baked Beans, Tomato sauce	Grated Cheddar, Baked Beans, Tomato sauce	Grated Cheddar, Baked Beans, Tomato sauce	Grated Cheddar, Baked Beans, Tomato sauce	Grated Cheddar, Baked Beans, Tomato sauce
	Chefs Hot potato filler of the day	Chefs Hot potato filler of the day	Chefs Hot potato filler of the day	Chefs Hot potato filler of the day	Chefs Hot potato filler of the day	Chefs Hot potato filler of the day	Chefs Hot potato filler of the day
DESSERT	Coconut & raspberry sponge	Banana & chocolate cake	SCRUMBLE	Marble cake with chcoolate icing	Chocolate brownie	Chefs dessert of the day	Chefs dessert of the day

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Pea & Mint	Roasted Carrot and coriander	Classic tomato and basil	Chunky Winter vegetable	Garlic and potato	Chefs Soup of the day	Chefs Soup of the day
MAIN MEAL	Classic Chili Con Carne	Selection of butcher's sausages	Roast Day Yorkshire puddings Horseradish sauce	Teriyaki glazed chicken thighs	Breaded Fish Chefs fish dish of the day Tartare sauce Lemon	Italian Bar Selection of jumbo filled calzone Or pizzas Creamy salmon gnocchi	Turkey Burger with gherkins , tomatoes, cheese & brioche roll
MEAT FREE	Vegetarian Chilli beans Huevos ranchos	Vegan sausages Cauliflower & broccoli cheese	Plant based mixed seed roast (vegan) Potato pancakes crushed avocado salsa crispy fried egg	Teriyaki glazed quorn fillets (vegan) Panner & chickpea & spinach dhal	Sticky bbq taco shells (vegan) Winter vegetable risotto with ricotta cheese		Lentil, spinach & sweet potato casserole
ON THE SIDE	Steamed rice Nachos Salsa Sour cream Sauteed green beans & chili Roasted cauliflower with lime avocado & coriander	Mashed potatoes Baked Beans Roasted red onion & courgettes Mustards Tomato relish Gravy	Gravy Roast parsnips Crushed carrot & suede Thyme & garlic roasted new	Noodles Stir fried vegetables Sesame broccoli	Chips Grilled Tomatoes Peas	Garlic dough bites Tomato Mozzarella & basil salad Fennel orange & mint	Smokey paprika baked wedges, steamed spring greens , baked squash
PASTA & JACKET BAR	Grated Cheddar, Baked Beans, Tomato sauce	,Baked Beans, Tomato sauce	Grated Cheddar, Baked Beans, Tomato sauce	,Baked Beans, Tomato sauce	Grated Cheddar, Baked Beans, Tomato sauce	, Baked Beans, Creamy squash & rocket	Grated Cheddar, Baked Beans, Tomato sauce
	Chefs Hot potato filler of the day	Chefs Hot potato filler of the day	Chefs Hot potato filler of the day	Chefs Hot potato filler of the day	Chefs Hot potato filler of the day	Chefs Hot potato filler of the day	Chefs Hot potato filler of the day
DESSERT	Hot chocolate fudge with berry compote	Carrot cake with chia seed	SCRUMBLE	Dark chocolate & malted milk cake	Plant-based Pear & blackberry shortcrust pie with soya custard	Chefs dessert of the day	Chefs dessert of the day

SUPPER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE ONE	Latino pop-up Kitchen Chicken thighs with oregano & chilli Pinto beans & paprika Crushed squash Served with pickled vegetables , pico de gallo & crushed avocado Mexican red rice , Grilled corn & tangy cheese Courgette & red onion ensaladas	American Style Seasoned pork & vegetable meatloaf brushed with tangy BBQ sauce, served with creamy mash and mushroom sauce , Green beans Courgette & sweetcorn Fritters served with creamy mash and mushroom sauce , Green beans	Italian fun day Italian Style Chicken Steaks with a Lemon, Fennel & Thyme Crust with a Spicy Tomato & Borlotti Bean Sauce & Sautéed Potatoes OR Baked Creamy Toscana Vegetable, Basil & Borlotti Bean Gnocchi Gratin with Italian Garden Salad	Classic fish burger served with brioche bun , crispy lettuce , coleslaw , tartar sauce and fries	Seoul Food Korean Pop up Kitchen Korean Glazed Chicken Bibimbap or Korean Fried Cauliflower Bibimbap served with brown rice, grated carrots, pickled chili cucumber, kimchi, ponzu glazed mushroom, stir-fried greens & beans sprouts, soft-boiled egg	Chicken Jalfrezi curry Served with pilaf rice , tomato& red onion salad , poppadom's and lemon wedgies	BBQ pulled pork Baps Broccoli, spinach & blue cheese sourdough toasties
MAIN COURSE TWO				Falafel sandwich with Tomato ,lettuce, cucumber , yoghurt dressing and tahini sauce		Panner tikka masala with pilaf rice , tomato& red onion salad , poppadom's and lemon wedgies	Baked tomatoes, peppers & onion baked potato wedges
ON THE SIDE							
DESSERT TWO	Blackberry & coconut cream pot	Tiramisu	Vanilla & raspberry Fool	Apple & banana oat crumble with oat custard	Sticky toffee & apple pudding with toffee sauce	Chef choice	Chef choice
SELECTION OF FRESHLY CUT & WHOLE FRUITS							

SUPPER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE ONE	Latino pop-up Kitchen Shredded chicken thighs with coriander & lime taco Black beans with roasted tomato & onions taco	Caesar Salad with Southern Fried Chicken Tenders & Garlic Roasted New Potatoes Caesar Salad with Grilled Vegetables & Garlic Roasted New Potatoes	Italian fun day Italian Style Beef Cheesy Polenta Topped "Cottage" Pie with Seasonal Vegetables Garlic Mushroom, Butternut Squash, Rosemary & Baby Spinach Macaroni Cheese Pasta Bake Served with Italian Garden Salad	Filled Flatbread with Gyros Marinated Pork, Fresh Seasonal Salads, Sumac Yoghurt Sauce & Greek Style Roast Potatoes Filled Flatbread with Grilled Marinated Halloumi Cheese, Fresh Seasonal Salads, Sumac Yoghurt Sauce & Greek Style Roast Potatoes	Seoul Food Korean Pop up Kitchen Korean Chicken Burger in a Brioche Bun with Gochujang Glaze, Lettuce, Tomato & Asian Slaw Steamed Bao Buns, with Korean Plant Based "Chickenless" Chicken, Asian Slaw & Sriracha BBQ Sauce	Char-grilled Beef Burger with House Burger Sauce, Iceberg Lettuce, Gherkin & Tomato in Burger Bun with French Fries The Americana Veggie Burger in a Brioche Bun Served with String Fries & Smoked Chilli Slaw	Baked chicken legs with tomatoes, green olives & oregano Served with Israeli cous cous with peppers & coriander Sweet chilli fried greens Stuffed aubergine with vegetables bulgar wheat, saffron yoghurt & dill
MAIN COURSE TWO							
ON THE SIDE	Served with crushed avocado, soured cream, tomato salsa						
DESSERT	Churros with chocolate sauce	Peach & berry cobbler with custard	Frosted carrot & apple cake	Lime and chocolate cheesecake	Raspberry & mandarin trifle	Banana cake with custard	
SELECTION OF FRESHLY CUT & WHOLE FRUITS							

SUPPER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MAIN COURSE ONE	Latino pop-up Kitchen Smoked pork sausages with oregano , paprika, tomato & red onion	Chicken, Smoked Paprika & Tomato Ragu with Roasted Autumnal Vegetables & Curly Kale With steamed rice	Italian fun day Chunky Italian Winter Minestrone & Borlotti Bean Stew With Pasta , Roasted broccoli	Dirty" Rice beef Burritos with Sour "Cream" & Mexican Tomato Salsa Served with Spiced Potato Wedge	Seoul Food Korean Pop up Kitchen Charred Chicken & Pork Patties or Korean Spiced Quorn	Chilli baked fish with tahini , parsley& lemon Served with bulgar wheat , tomato & lemon yoghurt Roasted carrot with harissa	Garlic butter Chicken Kiev Served with creamy mash potato and garlic roasted broccoli
	MAIN COURSE TWO							
	ON THE SIDE	Grilled Cauliflower with Guasacaca All served with chimichurri& salsa criolla Baked Potato with sea salt & chilli	Chilli Bean with lentils with Roasted Autumnal Vegetables & Curly Kale With steamed rice	Oven baked three cheese & spinach cannelloni baked with rich tomato & creamy cheese sauce and seasonal leaf salad.	Dirty" Rice Burritos with Plant Based Sour "Cream" & Mexican Tomato Salsa Served with Spiced Potato Wedge	with mirin, Korean hot pepper paste, garlic & ginger, char-grilled and glazed, with Asian "slaw" & beany black & white rice	Pea, za"tar& lemon Fritters Served with bulgar wheat , tomato & lemon yoghurt Roasted carrot with harissa	Moroccan Style Squash & Butter Bean Casserole Served with creamy mash potato and garlic roasted broccoli
	DESSERT TWO	Apricot & mint cake With soya custard	Black cherry Backwell slice	Mini cake selection	Orange & cardamon brownie with chocolate sauce	Banana cake with custard		
	SELECTION OF FRESHLY CUT & WHOLE FRUITS							