

# WEEKLY MENU

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HYDRATION</b>	Orange Juice Pineapple & Strawberry Infused Water	Apple Juice Orange & Lime Infused Water	Orange Juice Cucumber & Thyme Infused Water	Apple Juice Strawberry & Blueberry Infused Water	Orange Juice Pear & Cinnamon Infused Water	Apple & Orange Juice	Apple & Orange Juice
<b>HOT ITEMS</b>	Grilled Back Bacon Poached Egg Sauteed Mushrooms Baked Beans	Grilled Sausages Scrambled Eggs Baked Beans Grilled Tomato	Grilled Bacon Fried Eggs Baked Beans Hash Browns	Grilled Sausages Poached Eggs Baked Beans Grilled Tomato	Grilled Back Bacon Scrambled Eggs Sauteed Mushrooms Baked Tomatoes	Baked Sausages Poached Eggs Baked Beans Sauteed Potatoes	<u>Brunch</u>  Bacon Sausage Fried Eggs Baked Beans Mushrooms Hash Browns
<b>VEGAN</b>	Quorn Sausages	Quorn Sausages	Vegan Cheesy Bubble & Squeak	Quorn Sausages	Vegan Fry Up	Quorn Sausages	
<b>DAILY SPECIAL</b>	Croissant	Pain au Chocolate		Toasted Bagels	Croissant		
<b>DAILY BREAKFAST ITEMS</b>	Porridge Station Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	
<b>FRUIT</b>	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit

# WEEKLY MENU

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HYDRATION</b>	Apple Juice Raspberry & Apricot Infused Water	Orange Juice Apple Lemon & Carrot Infused Water	Apple Juice Watermelon & Strawberry Infused Water	Orange Juice Cucumber & Lemon Infused Water	Apple Juice Ginger & Mint Infused Water	Apple & Orange Juice	Apple & Orange Juice
<b>HOT ITEMS</b>	Grilled Back Bacon Poached Eggs Baked Beans	Grilled Sausages Fried Eggs Baked Beans Sauteed Potatoes	Grilled Bacon Scrambled Eggs Baked Beans	Grilled Sausages Poached Eggs Baked Beans Rosemary Skillet Potatoes	Grilled Bacon Fried Eggs Grilled Tomato Sauteed Mushrooms	Grilled Sausage Scrambled Eggs Baked Beans Sautéed Potatoes	<b>Brunch</b>  Bacon Sausage Fried Eggs Baked Beans Mushrooms Hash Browns
<b>VEGAN</b>	Quorn Sausages	Quorn Sausages	Vegan Fry Up	Quorn Sausages	Spicy Tofu Skillet	Quorn Sausages	
<b>DAILY SPECIAL</b>	Croissant		Cinnamon French Toast with Chocolate Sauce	Pain au Chocolate	Toasted Bagel with Winter Berries & Crème Fraiche		
<b>DAILY BREAKFAST ITEMS</b>	Porridge Station Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves
<b>FRUIT</b>	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit

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WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HYDRATION</b>	Orange Juice Pink Grapefruit & Rosemary Infused Water	Apple Juice Orange & Red Grape Infused Water	Orange Juice Winter Berry Infused Water	Apple Juice Orange, Honey & Cardamom Infused Water	Orange Juice Lemon & Mint Infused Water	Apple & Orange Juice	Apple & Orange Juice
<b>HOT ITEMS</b>	Grilled Back Bacon Poached Eggs Baked Beans Sautéed Mushrooms	Grilled Sausages Fried Eggs Rosemary Roasted Potatoes	Grilled Back Bacon Scrambled Eggs Baked Beans Grilled Tomatoes	Grilled Sausages Hash Browns Baked Beans Poached Eggs	Grilled Back Bacon Scrambled Eggs Baked Beans	Grilled Sausage Bacon Poached Eggs Baked Beans Sautéed Potatoes	<u>Brunch</u>  Bacon Sausage Fried Egg Baked Beans Sautéed Thyme Mushrooms
<b>VEGAN</b>	Quorn Sausages	Quorn Sausages	Vegan Fry Up	Quorn Sausages	Quorn Sausages	Quorn Sausages	
<b>DAILY SPECIAL</b>	Croissant		Pain au Chocolat	Self-Serve Crumpets	Pain au Chocolat		
<b>DAILY BREAKFAST ITEMS</b>	Porridge Station Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves
<b>FRUIT</b>	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit

# WEEKLY MENU

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SOUP</b>	Butternut Squash & Chilli Black Olive Focaccia	Cream of Onion with Cheesy Croutons White Baguette	Chunky Vegetable Caraway Seeded Bread	Cauliflower White Baguette	Parsnip & Apple Soup White Baguette	Chicken Tikka Masala Or Chickpea Tikka Masala	Brunch
<b>MAIN COURSE 1</b>	Beef & Lentil Bolognaise with Wholemeal Pasta & Parmesan Cheese	Thai Green Chicken Curry	Roast Gammon with Red Onion Chutney & Gravy	Cumberland Sausages & Balsamic Onions	Fresh Battered Pollock Fillet with Lemon, Black Pepper & Dill Mayonnaise		
<b>MAIN COURSE 2</b>	Vegan Bolognaise With Wholemeal Pasta & Vegan Cheese	Thai Green Tofu Curry	Vegetable & Lentil Loaf with a Parsley Sauce	Vegan Sausages & Balsamic Onions	Vegan 'Fish' Fingers with Lemon, Black Pepper & Dill Mayonnaise		
<b>ON THE SIDE</b>	Homemade Garlic Bread Steamed Sweetcorn Winter Vegetables	Thai Salad with Sesame Dressing Sticky Rice Soy Chilli Glazed Broccoli	Parmesan Roast Potatoes Sauteed Green Beans Steamed Cauliflower	Horseradish Mash Roast Carrots Sauteed Courgettes	Salt & Vinegar Chips Steamed Peas Baked Beans Curry Sauce		
<b>STREET FOOD</b>	Teriyaki Chicken Bao Bun or Jackfruit Bao Bun with Sticky Rice Chinese Leaf & Daikon Salad	Tortilla Espanola with Patatas Bravas & Mixed Salad	Black Bean Marinated Tofu & Quinoa Poke Bowl	Chicken or Vegetable Pad Thai	N/A		
<b>JACKETS &amp; PASTA</b>	Jacket Potato with Baked Beans or Spicy Mixed Bean Gumbo	Jacket Potato with Baked Beans  Tagliatelle with Tuna & Spring Onion	Jacket Potato with Baked Beans  Penne Pasta with Caramelised Shallots, Butternut Squash & Goats Cheese	Jacket Potato with Baked Beans  Wholewheat Pasta with Tomato & Garlic Sauce	Jacket Potato with Baked Beans  Wholewheat Pasta with Fiery Red Pepper Pesto	Jacket Potato with Baked Beans	
<b>HOT DESSERT</b>	Black Forest Brownie	Salted Caramel Bread & Butter Pudding with Custard	Rice Pudding with Spiced Jam Topping	Apricot & Seed Flapjack	Miso Toffee Apple Pudding with Toffee Sauce		
<b>COLD DESSERT</b>	Blackberry & Apple Ripple Fool with Granola Topping	Strawberry Trifle	Salted Caramel & Chocolate Pot	Mississippi Mud Pie	White Chocolate & Orange Mousse topped with Honeycomb		
<b>CUT FRUIT</b>	Mixed Grape Pots	Pineapple & Mandarin	Watermelon & Kiwi	Pineapple & Strawberry	Cantaloupe & Blueberry	Whole Fruit	

# WEEKLY MENU

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SOUP</b>	Sweet Potato & Red Pepper Tomato Bread	Parsnip & Apple White Baguette	Minestrone Olive Focaccia	Pea & Mint White Baguette	Ramen Broth Chilli Bread	Turkey Mince Bolognaise  Vegan Mince Bolognaise  Wholewheat Pasta Garlic Slice Steamed Green Beans Roasted Squash	Brunch
<b>MAIN COURSE 1</b>	Beef, Pork & Lentil Lasagne	Turkey Balti Curry	Roast Pork with Crackling & Gravy	Beef & Winter Vegetable Stew	Pork Hotdogs with Jalapeno Salsa, Bacon Crumb & American Mustard		
<b>MAIN COURSE 2</b>	Fennel, Butternut & Red Pepper Lasagne	Quorn & Vegetable Balti Curry	Goats Cheese, Peas & Red Onion Frittata with Balsamic Reduction	Quorn, Butternut, Spinach & Chickpea Stew	Vegan Hotdogs with Jalapeno Salsa & American Mustard		
<b>ON THE SIDE</b>	Homemade Garlic Slice Sauteed Courgettes Steamed Sweetcorn	Turmeric Rice Bombay Potatoes Indian Spiced Peppers & Onions	Roast Potatoes Cauliflower & Broccoli Mornay Green Beans Gravy	Colcannon Mash Roasted Carrots Steamed Peas	Chunky Chips Steamed Peas Baked Beans		
<b>STREET FOOD</b>	Cari Ga (Mild Vietnamese Curry with Lemongrass, Kale & Sweet Potato, Rice & Mango Salsa)	Beef Pho	Korean Bulgogi Beef with Rice, Kimchi & Bang Bang Cucumber Salad	Chicken Souvlaki with Warm Flatbread, Greek Salad & a Mint, Pomegranate & Yoghurt Dressing	N/A		
<b>JACKETS &amp; PASTA</b>	Jacket Potato with Baked Beans or Chicken Korma	Jacket Potato with Baked Beans  Wholewheat Pasta with Herbed Pesto	Jacket Potato with Baked Beans  Conchiglie Pasta with Napoletana Sauce	Jacket Potato with Baked Beans  Wholewheat Pasta Tuna & Sweetcorn	Jacket Potato with Baked Beans  Wholewheat Penne with Carbonara Sauce		
<b>HOT DESSERT</b>	Raspberry Ripple Blondie	Steamed Syrup Sponge with Lemon & Thyme Custard	Apple & Blackberry Crumble with Custard	Malty Pear & Chocolate Sponge with White Chocolate Sauce	Banana Fritters with Toffee Sauce & Honeycomb Sprinkles		
<b>COLD DESSERT</b>	Bounty Mousse Pot	Raspberry Oreo Cheesecake	Tiramisu	Lemon & Lime Mousse Granola Pot	Blackberry & Strawberry Eton Mess		
<b>CUT FRUIT</b>	Green Grapes & Strawberries	Watermelon & Blueberry	Cantaloupe Melon & Raspberry	Honeydew & Orange	Red Grapes & Mango	Whole Fruit	

# WEEKLY MENU

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SOUP</b>	Curried Potato & Spinach White Baguette	Tomato & Basil Roasted Onion Bread	Carrot & Ginger White Baguette	Summer Root Vegetable Multi Seeded Bread	Lentil & Butterbean White Baguette	Sweet Chilli Chicken or Spicy Dan Dan Noodles with Vegan Mince  Egg Fried Rice Stir-fried Broccoli & Bok Choi  Soy Glazed Carrots       Brunch	
<b>MAIN COURSE 1</b>	Shepherds Pie with Sweet Potato Mash & Minted Jus	Beef Rogan Josh	Roast Turkey with Gravy	Chicken & Chorizo Pasta Bake	Cheeseburger in a Soft Bap with Burger Sauce		
<b>MAIN COURSE 2</b>	Vegan Shepherds Pie with Sweet Potato Mash	Quorn, Sweet Potato & Spinach Curry	Beetroot, Butternut Squash, Goats Cheese & Sage Wellington	Tomato & Roasted Pepper Vegan Pasta Bake Topped with Vegan Cheese	Vegan Burger in a Soft Bap with Vegan Burger Sauce		
<b>ON THE SIDE</b>	Buttered Green Cabbage Roasted Carrots	Braised Onion Rice Mini Poppadum's Saag Aloo Tomato, Coriander & Onion Salad	Roasted Parmesan New Potatoes Sauteed Courgettes Steamed Cauliflower	Homemade Garlic Slice Steamed Green Beans Sauteed Peppers & Onions	Chunky Chips Baked Beans Steamed Peas		
<b>STREET FOOD</b>	Philly Beef Sub with Philly Cheese Sauce Or Vegan Philly Sub with Vegan Cheese Sauce	Lemongrass & Tofu Banh Mi	Sri Lankan Chicken or Jackfruit Curry with Rice & Pineapple Sambal	Pork Pibil Rice Bowl with Pickled Jalapeno Slaw	N/A		
<b>JACKETS &amp; PASTA</b>	Jacket Potato with Baked Beans or Tuna Mayonnaise	Jacket Potato with Baked Beans  Spaghetti with Puttanesca Sauce	Jacket Potato with Baked Beans  Wholewheat Penne with Tomato & Chickpea Sauce	Jacket Potato with Baked Beans Or Vegan Mince & Bean Chilli	Jacket Potato with Baked Beans  Wholewheat Pasta with Creamy Tomato		
<b>HOT DESSERT</b>	Lemon Curd Sponge with Custard	Pear & Apple Crumble with Custard	Gingerbread Cake with Lemon Sauce	Rice Krispie Cake with White Chocolate Drizzle	Winter Spiced Brownie		
<b>COLD DESSERT</b>	Vanilla Pannacotta with Pink Grapefruit Compote	White Chocolate & Mocha Fudge Pot	Traffic Light Jelly Pot	Apple & Jumble Berry Crumble Pot	Rolo Mousse		
<b>CUT FRUIT</b>	Honeydew & Blueberry	Green Grape Pots	Pineapple & Kiwi	Watermelon & Plum	Fruit Salad Pot		

# WEEKLY MENU

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN COURSE ONE</b>	Margherita Pizza Bacon, Sausage, Jalapeno with Sriracha Drizzle Pizza	Turkey & Vegetable Suet Pie	Hungarian Beef Goulash	Ham & Leek Pie With a Puff Pastry lids & Cider Jus	Kung Po Chicken	Pork Schnitzel with a Cheese Sauce	Christmas Bap
<b>MAIN COURSE TWO</b>	Vegan Sloppy Joe Pizza	Bubble & Squeak Cake Topped with a Poached Egg Cajun Hollandaise	Spiced Mixed Bean Goulash	Quorn & Leek Pie with a Puff Pastry Lid & Cider Jus	Kung Po Tofu	Breaded Vegetable Schnitzel with a Vegan Cheese Sauce	Roast Turkey, Stuffing Cranberry Sauce & Sauteed Shredded Sprouts or Lentil, Mushroom & Butternut Loaf Tomato & Garlic Sauce
<b>ON THE SIDE</b>	Chunky Cheesy Chips Baked Beans Mixed Salad	Crushed Buttered New Potatoes Braised Red Cabbage Steamed Peas	Buttered Herbed Orzo Steamed Broccoli Roasted Butternut Squash	New potatoes Green Beans Steamed Carrots	Vegetable Fried Rice Soy Glazed Courgettes Prawn Crackers	Steamed Broccoli Skinny Fries	Roast Potatoes Steamed Breen Beans Honey Glazed Carrots Gravy
<b>DESSERT</b>	Chocolate Marble Cake	Carrot Cake	White Chocolate Cookies	Vanilla Sponge Cake	Traditional Shortbread	Smores Homemade Cookies with a Soft Mallow Centre	Apple & Cinnamon Flapjack
<b>SELECTION OF FRESHLY CUT &amp; WHOLE FRUITS</b>							

# WEEKLY MENU

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN COURSE ONE</b>	Cajun & Cool Lime Pork Burritos	Beef, Black Bean & Spring Onion Stir-fry	Garlic & Herb Chicken Burger in a Soft Bap	Turkey Shawarma with a warmed Flatbread, Crisp Lettuce, Garlic Mayonnaise & Beetroot Hummus	BBQ Gammon Pasta Bake	Chicken Fajitas Bowl with a Warmed Wrap filled with Salsa and Sour Cream	Traditional Roast Beef or Red Lentil & Mixed Bean Loaf with Tomato Sauce
<b>MAIN COURSE TWO</b>	Cajun Quorn Burritos	Black Bean, Chestnut Mushroom, Jackfruit & Broccoli Stir fry	Breaded Tofu Burger in Soft Bap	Spiced Sweet Potato & Chickpea Shawarma with a warmed Flatbread, Crisp Lettuce, Garlic Mayonnaise & Beetroot Hummus	Wild Mushroom, Butterbean & Kale Pasta Bake		
<b>ON THE SIDE</b>	Turmeric Rice Steamed Green Beans Pica de Gallo Sour Cream	Soy Glazed Noodles Prawn Crackers Stir-fried Vegetables	Chunky Chips Caesar Salad Baked Beans	Half Baked Jackets Steamed Sweetcorn Tabbouleh Salad	Italian Salad Garlic Slice Steamed Peas	Sweet Potato Wedges with Lime Salt Mixed Salad Scorched Corn Cob	Roast Potatoes Maple Glazed Parsnips Steamed Peas Gravy
<b>DESSERT</b>	Lemon & Blueberry Sponge	Oreo Blondie	Chocolate Chip Krispie Cake	Tea Loaf	Chocolate Viennese Biscuits	Churros	Peach, Pear & Raspberry Strudel with Custard
<b>SELECTION OF FRESHLY CUT &amp; WHOLE FRUITS</b>							



# WEEKLY MENU

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN COURSE ONE</b>	Sticky Lemon & Ginger Turkey Stir Fry	Creamy Tomato Chicken & Basil Pasta Bake	Chilli Beef Nachos, with Chilli Cheese Sauce	Cumberland Sausage & Red Onion Marmalade	Piri Piri Baked Chicken Legs	New York Melt Baguette  (Warm Baguette filled with Beef with Fried Onions & Gherkins, topped with Cheese & American Mustard Sauce)	Traditional Roast Chicken Leg with Smoked Bacon, Sage and Onion Stuffing Balls or Roasted Lemon and Herb Tofu Steak with Sage and Onion Stuffing Balls
<b>MAIN COURSE TWO</b>	Sticky Lemon & Ginger Tofu Stir Fry	Leek,, Asparagus, Mushroom & Goats Cheese Risotto	Vegan Nachos with Vegan Chilli Cheese Sauce	Vegan Sausages & Red Onion Marmalade	Piri Piri Tofu Steak	The Vegan Melt  (Warm Baguette filled with Garlic Mushrooms, Roasted Red Peppers, Sun Dried Tomatoes & Rocket Pesto)	
<b>ON THE SIDE</b>	Garlic, Chilli & Spring Onion Noodles  Stir-fried Cabbage with Mangetout  Asian Slaw	Garlic & Herb Focaccia  Steamed Peas  Roasted Corn Cob	Tomato & Onion Salad  Steamed Corn Cob  Sautéed Garlic Green Beans	Mashed Potato  Steamed Broccoli  Steamed Carrots  Gravy	Buffalo Cauliflower  Half Baked Paprika Jackets  Steamed Green Beans	Salt n Pepper Fries  Boston Beans  House Mixed Salad	Sautéed Green Cabbage  Gravy
<b>DESSERT</b>	Banana & Toffee Muffins	Vanilla Sponge	Salted Caramel Blondie	Pineapple Upside Down Cake	Coca Cola Cake	Chocolate Dipped Pretzel	Coffee Cake

SELECTION OF FRESHLY CUT & WHOLE FRUITS