BREAKFAST

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Classic	Croissants Pain au chocolat Cured ham Sliced cheese	Chipolata sausage Hash browns Beans	Back Bacon American cakes	Local butchers sausages Mini waffles Poached eggs	Belgian Waffles Fruit compoté	Continental (Saturday) Full English (Sunday)	
Chilled	Cereals Semi skimmed milk Natural yoghurt & honey Fresh fruits & fruit juice	Cereals Semi skimmed milk Natural yoghurt & honey Fresh fruits & fruit juice	Cereals Semi skimmed milk Natural yoghurt & honey Fresh fruits & fruit juice	Cereals Semi skimmed milk Natural yoghurt & honey Fresh fruits & fruit juice	Cereals Semi skimmed milk Natural yoghurt & honey Fresh fruits & fruit juice		
Everything else	Sliced breads Butter, spreads, jam & toast toppers Seasonal fruit	Sliced breads Butter, spreads, jam & toast toppers Seasonal fruit	Sliced breads Butter, spreads, jam & toast toppers Seasonal fruit	Sliced breads Butter, spreads, jam & toast toppers Seasonal fruit	Sliced breads Butter, spreads, jam & toast toppers Seasonal fruit		

LUNCH

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Homemade soup of the day	Homemade soup of the day	Homemade soup of the day	Homemade soup of the day	Homemade soup of the day	Big brunch (Saturday) Bistro brunch (Sunday)	
On the side	Soda bread	White bloomer	Onion bread	Cheese scones	Wholemeal bread		
Classic	Meatballs in marina sauce Pasta Sweetcorn Medley of green vegetables	Katsu Chicken Curry Jasmin Rice Pan fried Vegetables Prawn Crackers	Beef lasagne Garlic bread Sauteed courgette Mushrooms	Cumberland pork sausages Mash potato Carrots & cabbage Gravy	Battered cod Chicken goujon Chips Peas Baked beans Mushy peas.		
No meat	Gnocchi in an Italian tomato sauce Roquette Parmisan	Katsu Sweet Potato	Five vegetable lasagne garlic bread	Vegan sausages	Vegan dippers		
Light, simple	Quiche Tuna Mayonnaise	Smoked Salmon and cream cheese Coronation chicken	Prawn mayonnaise Home roasted ham	Hummus Smoked mackerel fillets	Quiche Mexican chicken Tacos		
Chilled	Fresh salad bar, all the favourites, market specials, daily protein, dressings & drizzles	Fresh salad bar, all the favourites, market specials, daily protein, dressings & drizzles	Fresh salad bar, all the favourites, market specials, daily protein, dressings & drizzles	Fresh salad bar, all the favourites, market specials, daily protein, dressings & drizzles	Fresh salad bar, all the favourites, market specials, daily protein, dressings & drizzles		
Pudding & desserts	Apple & blackberry crumble Custard	Chocolate Chip Sponge Chocolate sauce	Chocolate brownie |Chocolate sauce	Jam sponge Custard	Iced sponge		
Everything else	Baked potatoes Freshly baked breads Yoghurts & jellies Seasonal fruit	Baked potatoes Freshly baked breads Yoghurts & jellies Seasonal fruit	Baked potatoes Freshly baked breads Yoghurts & jellies Seasonal fruit	Baked potatoes Freshly baked breads Yoghurts & jellies Seasonal fruit	Baked potatoes Freshly baked breads Yoghurts & jellies Seasonal fruit		

SUPPER

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Classic	Chicken Fajita Wraps Wedges Sliced Salad Green Beans	Roast Chicken Thighs Roast potato Green vegetables	Asian Egg Noodles Vegetables Teriyaki Salmon	Crispy Smokey Bacon Risotto with Pea's spinach & carrots. Crispy Bread	Chicken Parmigiana Diced Potatoes Sauteed greens	Chef's special	
No meat	Vegetable bean fajita	Braised vegan burger in gravy	Asian Rice Noodle Vegetables Teriyaki Tofu	Risotto Pea's, spinach & carrots	Aubergine Parmigiana		
Chilled	Fresh salad bar, all the favourites, market specials, daily protein, dressings & drizzles	Fresh salad bar, all the favourites, market specials, daily protein, dressings & drizzles	Fresh salad bar, all the favourites, market specials, daily protein, dressings & drizzles	Fresh salad bar, all the favourites, market specials, daily protein, dressings & drizzles	Fresh salad bar, all the favourites, market specials, daily protein, dressings & drizzles		
Everything else	Soup & freshly baked breads Yoghurts & jellies Seasonal fruit	Soup & freshly baked breads Yoghurts & jellies Seasonal fruit	Soup & freshly baked breads Yoghurts & jellies Seasonal fruit	Soup & freshly baked breads Yoghurts & jellies Seasonal fruit	Soup & freshly baked breads Yoghurts & jellies Seasonal fruit		