

Breakfast Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot Breakfast Items	A selection of fresh bananas, yoghurt, wholegrain cereals, wholegrain toast, porridge and milk						
	Scrambled Eggs Grilled Sausage Baked Beans Hash Browns	Poached Eggs Herby Tomatoes Grilled Back Bacon	Selection of Pastries Cold Meats & Cheese	Sausage Pattie topped with Fried Egg & Cheese or Field Mushroom & Egg	Crepes Maple Syrup, Lemon Wedges & Fruit Compote	Fried Eggs Back Bacon, Mushrooms & Tomatoes	Brunch Breakfast
Breakfast Special	Banana & Bran Muffins	Buttered Kippers	Boiled Eggs & Mini Breads	Pepper & Courgette Frittata	Streaky Bacon Baked Beans	Pesto Baked Mushroom & Poached Egg	
Daily Breakfast Items	Porridge & Cereal Toast & Spreads Yoghurt Bar Fresh Fruit Homemade Couli	Porridge & Cereal Toast & Spreads Yoghurt Bar Fresh Fruit Homemade Couli	Porridge & Cereal Toast & Spreads Yoghurt Bar Fresh Fruit Homemade Couli	Porridge & Cereal Toast & Spreads Yoghurt Bar Fresh Fruit Homemade Couli	Porridge & Cereal Toast & Spreads Yoghurt Bar Fresh Fruit Homemade Couli	Porridge & Cereal Toast & Spreads Yoghurt Bar Fresh Fruit Homemade Couli	Freshly Baked Croissants & Pancakes with Various Toppings
Juice of the Morning	Tropical Juice	Apple & Blackberry Smoothie	Tomato Juice	Orange & Passion Fruit	Mango Smoothie	Green Goddess	Chocolate Or Strawberry Milkshakes

Lunch Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Selection of pulses, seeds, tasty soup toppings & accompaniments							
Gig Soup	Cream of Vegetable	Tomato & Basil	Roast Spiced Squash	Broccoli & Stilton	Autumn Vegetable	French Onion Soup	Grilled sausage Baked hash Brown
Breads	Wholemeal Loaves	Rosemary Focaccia	Garlic & Herb	Sesame Seed Loaf	Tiger Bread	Seeded Loaf	Scrambled Eggs
Main Dish	Beef Lasagne with Garlic Bread	Szechuan Style Crispy Chicken & Noodles	Roast Pork with Crackling, Seasoning & Gravy	Beef & Mushroom Pie Pudding & Gravy	Battered Pollock with Tartare Sauce & Lemon Wedges	Cumberland Sausage with Creamy Mashed Potato & Gravy	Grilled Back Bacon
Main Dish	Carribean Pork with Coconut Rice Mango Salsa	Creamy Seafood Pie topped with Potato	Harissa Sauce with Chicken & Nachos & Jalapenos	Lamb Rogan Josh with Boiled Rice & Naan	Slow Cooked Beef Steak in Red Wine	Chicken Tikka Pie	Baked Beans Black pudding
Starch	Jacket Potato Cheese & Baked Beans	Jacket potato Chefs filling	Tomato Pasta Bake with Feta & Basil	Jacket Potato Chef's filling	Jacket potato & Cottage Cheese	Wholemeal Penne with Spinach, Peas & Feta	Selection of Pastries
Vegetarian Choice	Ricotta & Spinach Lasagne, Garlic Bread	Mapo Tofu & Noodles	Spinach & Feta Wrapped in Filo	Lentil Dhal, Rice & Naan Bread	Red Onion, Black Olives and Halloumi Tart	Creamy Vegetable Pie	
Sides	Coconut Rice	Rumbled Mids	Daulphinoise Potatoes	Roast Baby New	Chunky Chips	Creamy Mashed Potato	
Seasonal Vegetables	Baton Carrots Sauted Cabbage	Stir Fry Soy Greens Cauliflower Florets	Roast Root Vegetables Steamed Broccoli	Green Beans Carrots	Garden peas Mushy peas Gravy	Roast Carrots & Thyme Wilted Spinach	Banana Milkshakes
Hot Desserts	Pear & Cinnamon Tart Vanilla Sauce	Jam & Coconut Sponge Custard	Syrup Sponge & Vanilla Sauce	Chocolate & Orange Sponge Chocolate Sauce	Oaty Plum Crumble	Chef's Dessert Selection	
Cold Pots	Toffee Banoffees	Lemon Sylabub	Strawberry Jelly Cheesecake	Cherry & Meringue Pots	Chocolate Custard Pots	Chefs Pots	

Supper Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Carrot & Coriander	Ramen Bar	Mushroom & Lentil	Ramen Bar	Minestrone	Vegetable Broth	Chefs special
Bread	Wholemeal Loaves	Rosemary Focaccia	Garlic & Herb	Sesame Seed Loaf	Tiger Bread	Seeded Loaf	Chefs bread
Street food	Pepperoni Pizza	Chilli Beef with Sour Cream, Taco & Guacamole	Seafood, Chorizo & Saffron Paella with Vine Tomatoes	Korean Pork Belly Bibimbap	Turkey Enchiladas with Dips	Lebanese Chicken Kebab Shawarma, Flat Bread, Dips, Rice	Omlette Hot Plate
Main Dish	Wild & Chestnut Mushroom Risotto	Meatballs in Tomato & Basil Sauce with Penne Pasta	Cajun Style Turkey Burger with Sweet Chilli Mayonnaise	Maccaroni Cheese Shepherds Pie	Pork Stroganoff with Sour Cream	Spanish Tortilla with Chorizo & Ham	Roast Beef & Yorkshire Puddings
Vegetarian Choice	Rocket & Pesto Margarita	Herby Chick Pea Balls with Tomato Sauce & Pasta	Spicy Bean Burger Seeded Bun & Chilli Mayonnaise	Three Cheese Maccaroni Optional Mushrooms & Tomatoes	Bean & Pepper Enchiladas with Sides	Vegetable Spring Rolls with Tofu & Soy	Baked Stilton & Pear Filo Tart
Sides	Fries	Brown Rice or Pasta	Cajun Wedges	Garlic Bread	Vegetable Rice	Selection of Sides and Dips	Roast Potatoes
Seasonal Vegetables	Roast Peppers & Sweetcorn	Chefs Vegetables	Salad Selection Garden Peas	Mange Tout, Green Beans & Sugar Snap Peas	Chef Vegetables	Salad Selection	Honey Roast Parsnip Sauté Kale
Dessert Pots	Iced Lime Drizzle Cake	Iced Rice Pudding & Couli	Chocolate & Cherry Pots	Forest Fruit Syllabub	Panna Cotta Pot with Berry Topping	Pinapple Slice with Mint Sugar	Meringue Nests filled with Cream & Berries