

Breakfast Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot Breakfast Items	A selection of fresh bananas, yoghurt, wholegrain cereals, wholegrain toast, porridge and milk						
	Grilled Bacon Grilled Tomato Mushrooms	Grilled Sausage Scrambled Egg Baked Beans Hash Browns	Selection of Warm Pastries Cold Meats & Cheese Boiled Eggs	Poached Egg Smoked Bacon Toasted Bagels	Grilled Sausages Baked Beans Hash Browns	Eggy Bread Muffins & Grilled Bacon	Slow Brunch Breakfast
Breakfast Special	Full Breakfast Frittatas	Wholemeal Honey & Pumpkin Muffins	Baked Kippers & Lemon Wedges	Breakfast Bruchetta Roasted Tomatoes	Toasted Crumpets	Scrambled Egg & Chives Mushrooms	Selection of Cured Meats & Cheeses with a selection of Pickles & Breads
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	Waffles & Maple Syrup
Juice of the Morning	Banana Milkshake	Cranberry Juice	Beetroot, Apple, Blueberry Oat Smoothie	Strawberry Yoghurt Shake	Passion Fruit Banana & Vanilla Smoothie	Fresh Orange Juice	Smoothies

Lunch Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Selection of pulses, seeds, tasty soup toppings & accompaniments						
Gig Soup	Sweetcorn Chowder	Spicy Vegetable	Carrot & Coriander	Tomato & Basil	Chinese Noodle	Minestrone	
Breads	Red Onion & Olive	Poppy Seed	Tiger Loaf	Pesto Loaf	Wholemeal	Chef's Special	
Main Dish	Beef Bolognese Spaghetti & Cheesy Garlic Bread	Chinese Pork Chops in Breadcrumbs with a Five Spice Sauce	Chicken, Prawn & Chorizo Paella	Spanish Lamb with Sherry, Honey & Peppers	Home Battered Pollock with Tartar & Lemon Wedges	Teriaki Chicken with Rice, Wrap & Dips	
Main Dish	Seeded Fish Fingers with a Wholemeal Bun Lemon Mayonnaise	Turkey Escolopes on Med Veg, Olives, Pesto & Basil	Beef & Vegetable Hot Pot with Sliced Potato Topping	Salmon & Broccoli Pasta Bake	Beef Ragu Lasagne	Paprika Pork with Rice & Sour Cream	
Starch	Jacket Potato with Chef's Filling	Jacket Potato with Chef's Filling	Tagliatelle Carbonara	Jacket Potato with Chef's Filling	Jacket Potato with Cottage Cheese	Pesto Pasta, Cherry Tomatoes & Feta	Black Pudding, Pork Sausage Grilled Bacon Hash Browns Baked Beans
Vegetarian Choice	Three Bean & Quinno Tomato Ragu & Spaghetti	Chinese Marinated Tofu & Vegetables	Thai Squash & Pineapple Curry & Wild Rice	Pasta Primavera with Fettuccine	Vegetable & Lentil Biryani	Cajun Three Beans in Tomato Sauce, Nachos & Jalapenos	
Sides	Roast Baby New	Brown & White Rice	Anna Potatoes	Lemon & Herb Cous Cous	Chips	Brown Rice	
Seasonal Vegetables	Savoy Cabbage Garden Peas	Roast Cauliflower Carrots	Braised Red Cabbage Sauted Leeks	Creamed Garlic Spinach Baton Carrots	Garden Peas Mushy Peas	Chunky Carrots Green Beans	Smoothies or Milkshakes
Hot Desserts	Chocolate Chip Sponge & Chocolate Sauce	Toffee Apple Suet Topping & Vanilla Sauce	Sticky Marmalade Pudding & Custard	Pear & Blackberry Pie Vanilla Sauce	Cherry Bakewell Custard &	Chef's Selection	
Cold Pots	Tropical Fruit	Treacle Tarts Pots	Mango Yoghurts	Cheesecake	Blueberry Fool	Lemon Creams	

Supper Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
soup	Carrot & Cumin	RAMEN	Pear & Parsnip	Butter Bean & Squash	Spiced Lentil & Vegetables	RAMEN	Chefs special
Bread	Red Onion & Olive	Poppy Seed	Tiger Loaf	Pesto Loaf	Wholemeal		Chefs special
street food	Thai Green Chicken with Pilau Rice & Raita	Indian Lamb Samosa Pie	Cheese Burger with Gherkins, Mustard & Ketchup	Mexican Style Braised Beef Burrito, Rice & Wrap with Dips	BBQ Ribs with Rice & Sauce	Food Court try a little from...	Breaded Chicken Goujons with Lemon Mayo
Main Dish	Homemade Beef & Potato Encroute with Gravy	Pasta Bar with Penne Pasta and Sides	Homemade Pork Sausage Roll & Carmalised Onions	Chicken Pad Thai with Noodles & Soy Sauce	Tuna & Cheese Panini Rocket & Pesto	China... India... Italy...	Roast Pork with Apple Sauce & Seasoning
Vegetarian Choice	Homemade Cheese & Spring Onion Pie	Ratatouille Bake Topped with Goats Cheese & Garlic Croutons	Char Grilled Vegetables with Olives, Hallumi & Tomatoes on a Ciabiatta	Three Cheese Maccaroni	Crushed Leek & Potato Cake Red Onion Chutney	Vegetarian Selection	Blue Cheese & Wild Mushroom Risotto
Sides	Baby Boiled Potatoes	Herby Dice	Chunky Chips	Boiled Rice	Baked Wedges	Side Dishes to Complement	Yorkshire Pudding Roast Potatoes Gravy
Seasonal Vegetables	Mixed Steamed Vegetables	Broccoli Stir Fry Greens	Garden Peas Roast Mixed Peppers	Chef's Vegetables	Charred Corn Roast Courgettes & Red Onion	Seasonal Vegetables	Fresh Mixed Vegetables
Dessert Pots	Honeycomb Pots	Chocolate Creams	Trio of Jelly	Toffee Banana	Marshmallow & Cream	Various Ice Creams	Whoopie Pies