

# WEEK ONE - Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Vegan &amp; gluten free sausages available daily</b>						
Breakfast Choices	<p><b>Continental breakfast</b></p> <p>with sliced cheeses, mortadella, salami, croissants, Danish pastries, pain au chocolates &amp; fresh fruit salad</p>	<p>Fried eggs Pork sausage Baked beans</p> <p>Crumpets</p>	<p>Scrambled eggs Bacon Baked beans</p> <p>Pain au chocolate</p> <p></p> <p>Selection of smoothie bowls</p>	<p>Poached eggs Plum tomato Chipolatas</p> <p>Pain au raisin</p>	<p>Fried eggs Bacon Herby diced potatoes</p> <p>Theatre station omelette bar with cheese, tomato &amp; ham</p>	<p>Scrambled eggs Baked beans Hash brown Veggie sausages</p> <p>English muffins</p>	<p>Fried eggs Seasoned avocado Bacon Potato waffles Baked beans</p> <p></p> <p>Fried eggs on chilli cheese toast</p> <p>Overnight oats</p> <p></p>
Cold Breakfast Choices	<p>Yoghurt station with sliced fruit Porridge station (vegan &amp; dairy options) Selection of cereals &amp; granola Dried fruit &amp; whole fruit Banana chips Honey Fruit juice</p> <p style="text-align: center;"><b>Vegetarian &amp; gluten free options available</b></p>						<p>Bagels &amp; breakfast muffins Fresh yoghurt &amp; fruit Hot chocolate with cream</p>
Toast	Freshly toasted brown, malt granary & white bread with jam, marmalade & honey						

# WEEK ONE - Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Soup

Thai noodle

Leek & potato

Classic tomato

Broccoli

Mushroom

Boston bean

Main Course

Beef massaman  
curry with  
coconut,  
cardamom &  
ginger

Moroccan chicken  
thigh with  
Fattoush salad  
charred lemons &  
garlic

Roast day with all  
the trimmings  
  
Roasted butternut  
& Feta filo pie

Mexican pork  
taco with spring  
onions, chilli &  
beans

'Fish & chip shop'  
  
Freshly battered  
fish with tartare  
sauce

Beefy  
Bolognese  
pasta with  
Parmesan

Vegetarian

Chickpea & onion  
bhaji with spiced  
minted yoghurt

Cauliflower mac &  
cheese with  
seeded pesto  
crumb

Thyme roasted  
potatoes

Plant based  
shawarma with  
tomato & chilli  
dressing

Grilled fish  
  
Baked sausages  
  
Open mushroom  
& tofu burger

Vegetable pasta  
bake topped  
with cheese  
sauce

Jacket/Pasta  
Bar

Penne pasta with  
tomato & basil  
sauce

Crispy jackets with  
cheese & beans

Steamed Seasonal  
vegetables

Penne pasta  
with creamy  
Autumn  
vegetable sauce

Chunky chips  
Peas  
Sweetcorn  
Baked beans

Crispy Jackets  
with cheese &  
beans

Gravy  
Stuffing  
Sauces  
Mustards

Sides

Pilaff coconut  
rice  
Spiced roasted  
vegetables

Roasted baby new  
potatoes  
Pitta shards  
Sweetcorn

Wholemeal pasta  
with chilli chicken

Dirty rice  
Tomato salsa  
Mexican corn  
with sriracha  
mayo

Tartare sauce  
  
Crispy Jackets  
with bacon  
carbonara

Tomato,  
mozzarella &  
basil salad  
Garlic bread  
slice

Desserts

Coconut sponge  
with mango  
topping  
  
Classic trifle

Fruit crumble with  
vanilla custard  
  
Raspberry fool


Berry & white  
chocolate  
cheesecake  
  
Banana mousse

Banana bread &  
butter pudding  
with cream  
  
Knickerbocker  
glory

Clementine cake  
with cardamon  
syrup  
  
Rocky road

Chocolate chip  
cookie  
  
Strawberry jelly

# WEEK ONE – Supper

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course	<p><b>The ultimate Jumbo fish finger bar</b> with tomato salsa &amp; rocket</p> <p>Crispy breaded tofu finger with sweetcorn salsa</p>	<p>Beef &amp; onion pie with potato topping</p> <p>Vegetable gratin with butternut squash relish &amp; spinach</p>	<p><b>Gnocchi &amp; Pasta bar</b></p> <p>Tomato marinara sauce</p> <p>Creamy smoked bacon &amp; basil sauce</p>	 <p>Howes fried chicken</p> <p>BBQ baked chicken wings</p> <p>Crispy fried tempeh</p> <p>Wedges</p> <p>Smashed sweet potatoes</p> <p>Pickled 'slaw with carrots, radishes &amp; savoy cabbage</p>	<p>BBQ chicken with roasted peppers, red onions &amp; coriander</p> <p>Chipotle chickpea popcorn</p>	<p><b>Pizza night!</b></p> <p>Selection of handmade pizza's with a variety of vegetarian &amp; meat toppings.</p>	<p><b>SUPER SUNDAY</b></p> <p>Sticky pork bao buns</p> <p>Sticky jackfruit bao buns</p>
Vegetarian			<p>Broccoli pesto sauce</p> <p>Garlic parmesan bread</p> <p>Green beans</p> <p>Baked tomatoes</p> <p>Tossed salads</p>	<p>Rollled mini corn on the cobs with paprika &amp; dried onions</p> <p>Louisiana BBQ dressing</p> <p>Chipotle mayo</p>	<p>Sweet chilli</p> <p>Sour cream</p> <p>Rocket salad</p> <p>Guacamole</p> <p>Braised rice</p> <p>Wraps</p>	<p>Caesar salad</p> <p>Tomato &amp; basil salad</p>	<p>Noodles</p> <p>Asian slaw</p> <p>Selection of dipping sauces</p>
Sides	<p>Skinny Fries</p> <p>Tartare Sauce</p> <p>Peas</p>	<p>Maple roasted roots</p> <p>Green beans</p>					
Supper pasta bar	<p>Wholemeal pasta</p> <p>Beans</p> <p>Grated cheese</p> <p>Chilli chicken</p>	<p>Fusilli pasta</p> <p>Beans</p> <p>Grated cheese</p> <p>Three bean cassoulet</p>			<p>Penne pasta</p> <p>Beans</p> <p>Grated cheese</p> <p>Coronation chicken</p>	<p>Wholemeal pasta</p> <p>Beans</p> <p>Grated cheese</p> <p>Creamy broccoli pesto</p>	<p>Penne pasta</p> <p>arrabiatta</p> <p>bake with parmesan</p>
Dessert	<p>Rice crispy cake</p> <p>Fresh fruit</p> <p>Yoghurt</p>	<p>Marble cookie</p> <p>Fresh fruit</p> <p>Yoghurt</p>	<p>Cappuccino cake</p> <p>Fresh fruit</p> <p>Yoghurt</p>	<p>Chocolate chip sponge with custard</p> <p>Fresh fruit</p> <p>Yoghurt</p>	<p>Biscoff slice</p> <p>Fresh fruit</p> <p>Yoghurt</p>	<p>Chocolate mousse</p> <p>Fresh fruit</p> <p>Yoghurt</p>	<p>Tossed green salad</p> <p>Yum Yums</p>

# WEEK TWO - Breakfast

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Cold Breakfast Choices	<p>Yoghurt station with sliced fruit Porridge station (vegan &amp; dairy options) Selection of cereals &amp; granola Dried fruit &amp; whole fruit Banana chips Honey Fruit juice</p> <p style="text-align: center;"><b>Vegetarian &amp; gluten free options available</b></p>						<p>Bagels &amp; breakfast muffins Fresh yoghurt &amp; fruit Hot chocolate with cream</p>
Toast	Freshly toasted brown, malt granary & white bread with jam, marmalade & honey						



# WEEK TWO – Supper

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course	<p><b>“Mac n cheese” bar</b> with a choice of toppings</p> <p>Creamy smoked salmon sauce</p> <p>Caramelised bacon sauce</p> <p>Pesto roasted vegetables</p>	<p><b>Curry Wurst’s night!!</b></p> <p>Grilled bratwurst in a baguette with curry ketchup</p> <p>Vege dog in crispy baguette with curry ketchup</p>	<p>Pulled turkey taco with pickled vegetables, sour cream &amp; guacamole</p> <p>Vegan meatball bake with beans, tomato &amp; basil</p>	<p>Hunters BBQ baked chicken with nachos &amp; cheese topping</p> <p>Blackeye bean moussaka with red lentils &amp; olives</p>	<p>Crispy pork pad Thai with shallots, beansprouts &amp; chilli</p> <p>Thai marinated halloumi with peppers, mushrooms &amp; coriander</p>	<p><b>Steak night!!</b></p> <p>Grilled bacon steak with onion rings, tomato, pineapple &amp; fried egg</p> <p>Potato rosti with quinoa, broccoli chips &amp; sriracha mayo</p>	<p><b>SUPER SUNDAY</b></p> <p>Chicken Chow Mein with noodles</p> <p>Quorn Chow Mein with egg noodles</p> <p>Chorizo &amp; pepper pasta bake with crispy rocket</p>
Vegetarian							
Sides	<p>Chunky coleslaw</p> <p>Crisp cos lettuce</p> <p>Steamed broccoli</p> <p>Toasted seeds</p> <p>Garlic bread</p>	<p>Sauté potatoes</p> <p>Caramelised onions</p> <p>Corn on the cobs</p> <p>BBQ beans</p>	<p>Baked wedges</p> <p>Crispy cabbage</p> <p>Grilled tomatoes</p>	<p>Jacket potato halves</p> <p>Caesar salad</p> <p>Green beans</p>	<p>Roasted sweetcorn</p> <p>Papaya salad</p> <p>Kumquat chutney</p>	<p>Chunky chips</p> <p>Peppercorn sauce</p> <p>Steamed greens</p>	<p>Prawn Crackers</p> <p>Crispy Cabbage</p> <p>Sweet chilli sauce</p>
Supper pasta bar		<p>Wholemeal pasta</p> <p>Beans</p> <p>Grated cheese</p> <p>Pesto mushrooms</p>	<p>Penne pasta</p> <p>Beans</p> <p>Grated cheese</p> <p>Pork stroganoff</p>	<p>Wholemeal pasta</p> <p>Beans</p> <p>Grated cheese</p> <p>Ratatouille</p>	<p>Tricolour pasta</p> <p>Beans</p> <p>Grated cheese</p> <p>Italian beef</p>	<p>Penne pasta</p> <p>Beans</p> <p>Grated cheese</p> <p>Creamy chicken</p>	<p>Fresh fruit salad</p>
Dessert	<p>Blueberry &amp; lemon cake</p> <p>Fresh fruit</p> <p>Yoghurt</p>	<p>Double chocolate chip cookie</p> <p>Fresh fruit</p>	<p>Retro sprinkle cake</p> <p>Fresh fruit</p> <p>Yoghurt</p>	<p>Rocky road</p> <p>Fresh fruit</p> <p>Yoghurt</p>	<p>Smartie cookie</p> <p>Fresh fruit</p> <p>Yoghurt</p>	<p>Caramel cake</p> <p>Fresh fruit</p> <p>Yoghurt</p>	

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Cold Breakfast Choices	<p>Yoghurt station with sliced fruit Porridge station (vegan &amp; dairy options) Selection of cereals &amp; granola Dried fruit &amp; whole fruit Banana chips Honey Fruit juice</p> <p style="text-align: center;"><b>Vegetarian &amp; gluten free options available</b></p>						<p>Bagels &amp; breakfast muffins Fresh yoghurt &amp; fruit Hot chocolate with cream</p>
Toast	Freshly toasted brown, malt granary & white bread with jam, marmalade & honey						

# WEEK THREE - Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Soup</b>	Watercress & potato	Roasted red pepper	Classic tomato	Creamy pea	Red lentil	White bean & shallot
<b>Main Course</b>	Chicken tikka masala with nann bread shards, raita & coriander	Beef stroganoff with mustard crème fraiche & pickled red cabbage	Roast day with all the trimmings Vegan pitta bread pizza with aubergine hummus, chilli oil & rocket	Ultimate chicken Caesar salad bar Marinated garlic & herb chicken thighs	'Fish & chip shop' Freshly battered fish with tartare sauce	Ham & tomato pasta with sundried pepper & oregano
<b>Vegetarian</b>	Mixed vegetable pakoras on nann with minted onion yoghurt	Quorn & spinach stroganoff with mustard crème fraiche & pickled red cabbage	Roast potatoes Steamed carrots Broccoli	"Big bowl" plant based Caesar with mushrooms & chickpeas	Grilled fish Baked sausages	Spinach, feta & sundried tomato pasta bake
<b>Jacket/Pasta bar</b>	Crispy Jackets with baked beans or cheese	Macaroni cheese bake with cherry tomatoes	Gravy Stuffing Sauces Mustards	Penne pasta with tomato & basil sauce	Cauliflower & chickpea steak with herby crumb Chunky chips Peas	Crispy Jackets with beans, cheese or BBQ vegetables
<b>Sides</b>	Mango chutney Poppadum's Lemon rice Indian salad	Paprika roasted new potatoes Peas	Wholemeal pasta with chicken arrabiatta	Parmesan Crisp cos lettuce Roasted vegetables Ciabatta garlic croutons Wedges	Baked beans Crispy Jackets with beans, cheese or beefy bolognese	Garlic bread Caesar salad Jacket potato
<b>Desserts</b>	Banana cake with caramel icing Fruit granola pot	Apple crumble with vanilla custard Lemon meringue fool	Chocolate puddle pudding Lime jelly	Sticky toffee pudding with cream Mango cheesecake	Warm coconut & jam traybake Banoffee pie pot	Chocolate fruit & seed cookie Blueberry muffin



# WEEK THREE – Supper

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Main Course</b>  <b>Vegetarian</b>	<b>Sausage bar night!!</b>  Pork & leek sausages Beef sausages Vege sausages  Caramelised onions Soft rolls Gravy Mustards	Chicken fajitas with onions, peppers & spices  Blackeye bean, mushroom & avocado fajita with smoked paprika  Sour cream Guacamole	Beefy bolognaise pasta with peperonata topping  Vegan sausage roll with piccalilli, watercress & sundried tomato	<b>Gourmet sourdough pizza night</b>  Spicy beef  Classic margarita  Tuna, caramelised red onion & rocket  Mixed leaf salad Italian salad	<b>The indoor BBQ</b>  Cajun spiced chicken leg  Pepper, mushroom, halloumi burger with pickled courgette	Korean beef mince with spring onion, soy sauce & sesame  Korean vegetable pancakes with kimchi, tofu & spring onions	<b>SUPER SUNDAY</b>  Buttermilk katsu chicken burger with Asian slaw  Grilled ciabatta with antipasti vegetables & mozzarella
<b>Sides</b>	Crushed new potatoes Creamy puy lentils Peas & carrots	Spanish rice Zesty red cabbage slaw with coriander	Garlic bread Caesar salad Warm beetroot salad Olive salsa Wholemeal pasta	Tomato, avocado, mozzarella & basil salad Hot sweetcorn salsa Spiced wedges Oils & vinegars Siracha mayo	Mixed bean guacamole Sweetcorn relish Baked wedges	Stir fry vegetable noodles Honey carrots	Chilli beef & pepper pasta bake with Feta & oregano
<b>Supper pasta bar</b>	Pasta carbonara bake with crispy bacon & watercress	Penne pasta Beans Grated cheese Creamy salmon & herb	Cheese Beans	Grated cheese Caesar	Penne pasta Beans Grated cheese Warm vegetable Caesar	50/50 pasta Beans Grated cheese BBQ chicken	Sweet potato wedges Green salad Sweetcorn salsa
<b>Dessert</b>	Cookie selection Fresh fruit Yoghurt	Smores brownie Fresh fruit Yoghurt	Autumn fruit custard fool Fresh fruit Yoghurt	Aero mint rocky road Fresh fruit Yoghurt	Ice cream selection Fresh fruit Yoghurt	Black forest slice Fresh fruit Yoghurt	Salted caramel tart