

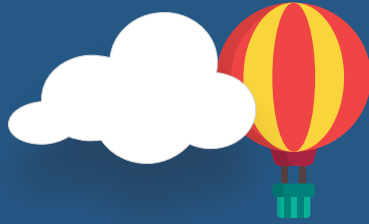
WEEK ONE

1st - 5th September

6th - 10th October

24th - 28th November

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Croissants or Pain Aux
Chocolate

Pancakes with
Maple Syrup

Poached Egg on Toast

Grilled Bacon & Tomato

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

Asian Coconut Chicken

Braised Beef and Onion
Smoky Bacon Casserole

Jacket Potato with a
Selection of Fillings

Roast Pork with Apple
Sauce and Gravy

Battered Cod with a
Lemon and Tartare Sauce

Moroccan Spiced Falafels
with a Chunky Tomato
Sauce

Quorn and Spinach
Korma

Toasted Sourdough
with Leeks, Spinach and
Poached Egg

Aubergine & Halloumi
Stack with Pesto

Sweet Potato and Cherry
Tomato Gnocchi with a
Pesto Dressing

- Steamed Rice
- Steamed Broccoli
- Roasted Medley of
Vegetables

- Roasted Courgette
- Peas & Sweetcorn
- Mashed Potato

- Green Beans
- Baked Beans

- Roast Potatoes
- Steamed Carrots
- Sauteed Cabbage

- Chips
- Steamed Garden Peas
- Baked Beans

Classic Salad Bar Available Daily

Gala Pie

Sliced Gammon

Tuna Mayonnaise

Tandoori Chicken

Hard Boiled Egg

A selection of fresh fruit available from the fruit trolley & homemade yoghurt

Dark Chocolate Sponge
with a Chocolate Sauce

Banoffee Pie

White Chocolate and
Cranberry Tiffin

Mars Bar Mousse

Strawberry Jelly and
Cream

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

- Meatballs with Tomato
and Herb Sauce and
Rice
- Pasta with a Tomato &
Herb Sauce

A Selection of Cakes

- Tuna Pasta Bake with
Garlic Bread
- Pasta with a Tomato &
Herb Sauce

A Selection of Cakes

- Croque Monsieur with
Potato Wedges
- Pasta with a Tomato &
Herb Sauce

A Selection of Cakes

- Sausage Casserole
with Rice / Dough
Balls
- Pasta with a Tomato &
Herb Sauce

A Selection of Cakes

- Beef Tacos with Rice,
Coleslaw and Salad
- Pasta with a Tomato &
Herb Sauce

A Selection of Cakes

GHAB

MAIN EVENT

MEAT FREE ZONE

5 A DAY

SALADS TO TRY

SWEET TREAT

GHAB

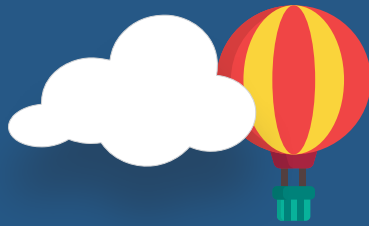
TEA
(SERVED WITH SQUASH OR
WATER)

WEEK TWO

8th - 12th September

13th - 17th October

1st - 5th December



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Fruit Fritters with Maple Syrup

Croissants or Pain Aux Chocolate

Grilled Sausage on Hash Brown

Boiled Egg on English Muffin

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

Cumberland Sausage
Toad in the Hole with
Onion Gravy

Stuffed Flat Mushroom
with Leek, Spinach and
Cream Cheese

- Mashed Potato
- Steamed Green Beans
- Roasted Vegetables

Spaghetti Bolognese

Thai Green Vegetable and
Paneer Curry

- Spaghetti / Rice
- Steamed Broccoli
- Steamed Sweetcorn

Jacket Potato with a
Selection of Fillings

Smoked Tofu and Sweet
Potato Burrito with Mint
Yoghurt

- Baked Beans
- Courgettes

Roast Turkey with
Cranberry Sauce and
Gravy

Aubergine and Courgette
Katsu Curry

- Roast Potatoes
- Glazed Carrots
- Red Cabbage

Salmon and Leek
Fishcake with Spinach
and Lemon Butter Sauce

Quorn and Mushroom
Taco with a Spicy Relish

- Chips
- Steamed Garden Peas
- Baked Beans

Classic Salad Bar Available Daily

Sliced Beef

Tuna and Sweetcorn

Coronation Chicken

Scotch Egg

Sliced Ham

A selection of fresh fruit available from the fruit trolley & homemade yoghurt

Sticky Toffee Pudding with
Toffee Sauce

Chocolate Chipboard
with Custard

Flapjack

Apple and Blackberry
Crumble with Custard

Butterscotch Mousse
with Caramel Sauce

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

- Tandoori Chicken and
Rice Wrap with Salad
- Pasta with a Tomato &
Herb Sauce

A Selection of Cakes

- Grilled Bacon Steak
with a Cous Cous Salad
- Pasta with a Tomato &
Herb Sauce

A Selection of Cakes

- Beef Burger with
Potato Wedges
- Pasta with a Tomato &
Herb Sauce

A Selection of Cakes

- Piri Piri Chicken with
Creole Rice and Salad
- Pasta with a Tomato &
Herb Sauce

A Selection of Cakes

- Pepperoni or Cheese
& Tomato Pizza with
Garlic Bread
- Pasta with a Tomato &
Herb Sauce

A Selection of Cakes

GHAB

MAIN EVENT

MEAT FREE ZONE

5 A DAY

SALADS TO TRY

SWEET TREAT

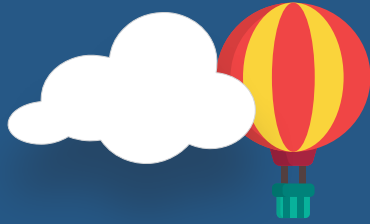
GHAB

TEA
(SERVED WITH SQUASH OR
WATER)

WEEK THREE

15th - 19th September
3rd - 7th November
8th - 12th December

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Scrambled Egg with a
Toasted Bagel

Grilled Bacon with Tomato

Pancakes with Maple Syrup

Croissants or Pain Aux
Chocolate

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

Creamy Pork and
Mushroom Hotpot

Butter Chicken Curry with
Rice

Jacket Potato with a
Selection of Fillings

Roast Gammon with
Gravy

Breaded Scampi with
Lemon and Tartare Sauce

Asian Coconut Vegetables

Squash and Sweet
Pepper Cannelloni with a
Tomato Sauce

Glazed Stuffed Aubergine

Quorn Toad in the Hole
with Onion Gravy

Quorn Spaghetti
Bolognese

- Egg Noodles
- Steamed Carrots
- Green Beans

- Steamed Rice
- Steamed Sweetcorn
- Roasted Courgettes

- Baked Beans
- Roasted Medley of
Vegetables

- Roast Potatoes
- Steamed Carrots
- Cauliflower Cheese

- Chips
- Steamed Garden Peas
- Baked Beans

Classic Salad Bar Available Daily

Flaked Tuna

Sliced Gammon

Chicken and Bacon

Sliced Beef

Ascot Pie

A selection of fresh fruit available from the fruit trolley & homemade yoghurt

Bird Seed and Custard

Peach Eves Pudding with
Custard

Rocky Road Slice

Black Cherry and
Chocolate Crumble

Orange Jelly and Fresh
Cream

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

- Jacket Potato with
Beans and Cheese
- Pasta with a Tomato &
Herb Sauce

- Macaroni Cheese with
Garlic Bread
- Pasta with a Tomato &
Herb Sauce

- Hot Dog with Onions
and Potato Wedges
- Pasta with a Tomato &
Herb Sauce

- Thai Green Chicken
Curry with Rice & Naan
Bread
- Pasta with a Tomato &
Herb Sauce

- Chinese Beef with Egg
Noodles and Prawn
Crackers
- Pasta with a Tomato &
Herb Sauce

A Selection of Cakes

A Selection of Cakes

A Selection of Cakes

A Selection of Cakes

A Selection of Cakes

GHAB

MAIN EVENT

MEAT FREE ZONE

5 A DAY

SALADS TO TRY

SWEET TREAT

GHAB

TEA
(SERVED WITH SQUASH OR
WATER)

WEEK FOUR

22nd - 26th September

10th - 14th November

15th - 19th December

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Grilled Sausage with Plum
Tomatoes

Poached Egg on Toast

Croissant or Pain Aux
Chocolate

Belgian Waffle with Maple
Syrup

GHAB

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

MAIN EVENT

BBQ Chicken and Bacon
with Melted Cheese

Braised Beef and
Mushroom Pie

Jacket Potato with a
Selection of Fillings

Roast Loin Pork with
Apple Sauce and Gravy

Seafood Paella

Spinach, Feta and Spring
Onion Tart

Roasted Vegetable
Biryani

Quorn Meatballs in a
Tomato and Herb Sauce

Breaded Tofu with Cajun
Spiced Medley of
Vegetables

Spinach and Ricotta
Tortellini with a Basil
Cream Sauce

- Steamed Rice
- Sweetcorn
- Green Beans

- Potato Wedges
- Broccoli
- Bashed Swede

- Steamed Cauliflower
- Baked Beans

- Roast Potatoes
- Steamed Carrots
- Cheesy Leeks

- Chips
- Baked Beans
- Steamed Garden Peas

5 A DAY

Classic Salad Bar Available Daily

Hard Boiled Egg

Chicken Caesar

Gala Pie

Tuna Mayonnaise

Sliced Gammon

A selection of fresh fruit available from the fruit trolley & homemade yoghurt

Marbled Chocolate
Sponge with Chocolate
Sauce

Toffee Pear Crumble
with Custard

Chocolate Brownie

Jam and Coconut Sponge
with Custard

Layered Eton Mess

GHAB

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

- Spaghetti Bolognese
with Garlic Bread
- Pasta with a Tomato &
Herb Sauce

- Southern Fried
Chicken with Rice
- Pasta with a Tomato &
Herb Sauce

- Chicken Nuggets with
Potato Wedges
- Pasta with a Tomato &
Herb Sauce

- Braised Chicken
Meatballs with Rice
- Pasta with a Tomato &
Herb Sauce

- Pulled Pork Burger
and Spaghetti Hoops
- Pasta with a Tomato &
Herb Sauce

A Selection of Cakes

A Selection of Cakes

A Selection of Cakes

A Selection of Cakes

A Selection of Cakes

SALADS TO TRY

SWEET TREAT

TEA
(SERVED WITH SQUASH OR
WATER)

WEEK FIVE

29th Nov - 3rd October

17th - 21st November

GHAB

MAIN EVENT

MEAT FREE ZONE


5 A DAY

SALADS TO TRY

SWEET TREAT

GHAB

TEA
(SERVED WITH SQUASH OR WATER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div></div>				
Every Day: The Toasting Station / Fruit Juice / Cereals				
	Scrambled Egg with a Bagel	Sausage and Mushroom Hash with Fried Egg	Churros with Chocolate Sauce	Croissants or Pan Aux Chocolate
From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks				
Chilli Con Carne	Chicken and Leek Cottage Pie	Jacket Potato with a Selection of Fillings	Roast Chicken with Sage & Onion Stuffing and Gravy	Battered Pollock with Lemon and Tartare Sauce
Wild Mushroom and Spinach Stroganoff	Butternut and Red Lentil Dhansak	Focaccia with Roasted Sweet Peppers and Cherry Tomatoes	Vegetable Arancini with Tomato and Herb Sauce	Stuffed Beef Tomatoes with Tabouleh Salad
<ul style="list-style-type: none">Steamed RicePeas and SweetcornRoasted Medley of Vegetables	<ul style="list-style-type: none">Mashed PotatoSteamed BroccoliRoasted Courgettes	<ul style="list-style-type: none">Baked BeansSteamed Green Beans	<ul style="list-style-type: none">Roast PotatoesSteamed CarrotsSteamed Broccoli	<ul style="list-style-type: none">ChipsBaked BeansSteamed Garden Peas
Classic Salad Bar Available Daily				
	Sliced Chicken	Sliced Ham	Ascot Pie	Tuna Mayonnaise
				Hard Boiled Egg
A selection of fresh fruit available from the fruit trolley & homemade yoghurt				
Lemon and Ginger Sponge with Custard	Peppermint Jubilee Pudding	Coca Cola Cake	Chocolate Bread and Butter Pudding	Baked Rice Pudding with Jam Sauce
From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks				
<ul style="list-style-type: none">Chicken, Pork and Cranberry Sausage RollPasta with a Tomato & Herb Sauce	<ul style="list-style-type: none">Jacket Potato with Beans and CheesePasta with a Tomato & Herb Sauce	<ul style="list-style-type: none">Salmon Fishcake with Potato WedgesPasta with a Tomato & Herb Sauce	<ul style="list-style-type: none">Beef and Sweet Pepper Chimichanga with RicePasta with a Tomato & Herb Sauce	<ul style="list-style-type: none">Chicken Katsu Curry with Egg NoodlesPasta with a Tomato & Herb Sauce
A Selection of Cakes	A Selection of Cakes	A Selection of Cakes	A Selection of Cakes	A Selection of Cakes