

WEEK ONE

5th - 9th January
2nd - 6th February
9th - 13th March

MONDAY



TUESDAY

Grilled Bacon and Hash Browns

WEDNESDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Boiled Egg on Toast

Pancakes with Maple Syrup

FRIDAY

Croissant or Pain Aux Chocolate

GHAB

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

MAIN EVENT

Chicken Katsu Curry

Smoked Tofu and Pak Choi Pad Thai

- Steamed Rice
- Steamed Broccoli
- Steamed Sweetcorn

Smoked Ham, Leek and Cheddar Cottage Pie

Roasted Paneer & Tomato Gnocci with a Herb Crust

- Mashed Potato
- Steamed Green Beans
- Steamed Cauliflower

Jacket Potato with a Selection of Fillings

Glazed Flat Mushroom

- Roasted Medley of Vegetables
- Baked Beans

Roast Pork with Apple Sauce and Roast Gravy

Quorn Sausage Toad in the Hole with Onion Gravy

- Roast Potatoes
- Steamed Carrots
- Sauteed Spring Cabbage

Breaded Scampi with Lemon and Tartare Sauce

Stuffed Bell Pepper

- Chips
- Steamed Garden Peas
- Baked Beans

MEAT FREE ZONE

5 A DAY

Classic Salad Bar Available Daily

SALADS TO TRY

Hard Boiled Eggs

Flaked Tuna

Coronation Chicken

Sliced Ham

Tomato, Mozzarella & Balsamic Salad

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

SWEET TREAT

Marbled Chocolate Sponge with Chocolate Sauce

Birds Seed with Custard

Cornflake Cake

Eves Pudding with Custard

Rocky Road Slice

GHAB

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

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

A Selection of Cakes

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

A Selection of Cakes

- Sausage Roll and Wedges
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

- Bacon and Mushroom Carbonara with Garlic Bread
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

- Chicken and Cheese Croque Monsieur
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

TEA (SERVED WITH SQUASH OR WATER)

WEEK TWO

12th - 16th January
9th - 13th February
16th - 20th March

MONDAY



TUESDAY

Belgian Waffles with Maple Syrup

WEDNESDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Croissant or Pain Aux Chocolate

Grilled Sausage and Hash Brown

Scrambled Egg with a Toasted Bagel

GHAB

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

MAIN EVENT

Braised Beef and Mushroom with a Tomato & Herb Sauce

Butternut Squash & Lentil Dhansak with Rice

- Steamed Pasta
- Medley of Beans
- Bashed Carrot & Swede

Lamb Keema

Vegetable and Cream Cheese Cannelloni with a Tomato & Herb Sauce

- Rice
- Broccoli
- Sweetcorn

Jacket Potato with a Selection of Fillings

Poached Egg Florentine

- Courgettes
- Baked Beans

Roast Chicken with Sage & Onion Stuffing and Roast Gravy

Vegetarian Meatballs with Tomato and Herb Sauce

- Roast Potatoes
- Glazed Carrots
- Cheesy Leeks

Filo Salmon en Croute, Basil Curly Kale and Pesto New Potatoes

Brie, Rocket and Red Onion Marmalade Quesadilla

- Chips
- Steamed Garden Peas
- Baked Beans

MEAT FREE ZONE

5 A DAY

Classic Salad Bar Available Daily

SALADS TO TRY

Tandoori Chicken

Sliced Ham

Chicken & Bacon

Tuna Mayonnaise

Sliced Beef

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

SWEET TREAT

White Chocolate Blondies with Cream

Toffee Apple Cake with Vanilla Sauce

Chocolate Flapjack

Mars Bar Mousse

Orange Jelly & Mandarins

GHAB

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

- Chicken, Basil and Olive Flatbread with Rice
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

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

A Selection of Cakes

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

A Selection of Cakes

- Spaghetti Bolognaise with a Side Salad
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

- Chicken Korma with Rice and Poppadom
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

TEA
(SERVED WITH SQUASH OR WATER)

WEEK THREE

19th - 23rd January
23rd - 27th February
23rd - 27th March

MONDAY



TUESDAY

Pancakes with Maple Syrup

WEDNESDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Grilled Bacon with Baked Beans

Croissant or Pain Aux Chocolate

Poached English with English Muffin

GHAB

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

MAIN EVENT

Spaghetti Bolognese

Broccoli, Sweet Potato & Mozzarella Tortilla

- Mashed Potato
- Steamed Peas
- Sweetcorn
- Green Beans

Lemon and Pesto Chicken

Bubble & Squeak with a Fried Egg

- Steamed Rice
- Steamed Broccoli
- Roasted Medley of Vegetables

Jacket Potato with a Selection of Fillings

Moroccan Spiced Bean Burgers with a Coriander & Lime Salsa

- Baked Beans
- Roasted Courgettes

Roast Beef with Horseradish Sauce and Gravy

Aubergine and Courgette Katsu Curry

- Roast Potatoes
- Steamed Carrots
- Sautéed Cabbage

Breaded Haddock with Lemon and Tartare Sauce

Quorn and Sweet Pepper Chimichanga

- Chips
- Steamed Garden Peas
- Baked Beans

MEAT FREE ZONE

5 A DAY

Classic Salad Bar Available Daily

SALADS TO TRY

Hard Boiled Egg

Sliced Beef

Poached Salmon, Edamame & Pomegranate Salad

Tuna and Sweetcorn Mayonnaise

Sliced Ham

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

SWEET TREAT

Creamy Rice Pudding with Forest Fruit Jam

Chocolate Chipboard with Custard

Mint Chocolate Tiffin

Madeira Cake with Glazed Oranges and Cream

Mississippi Mud Tart with Fudge Sauce

GHAB

TEA
(SERVED WITH SQUASH OR WATER)

- Cottage Pie with a Side Salad
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

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

- Sausage Casserole with Rice and Garlic Bread
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

- Cheese & Tomato Pizza with Wedges
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

- Tuna Pasta Bake with Dough Balls
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

- BBQ Pork Spare Ribs
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

FRIDAY

WEEK FOUR

26th - 30th January
2nd - 6th March

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

GHAB

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

MAIN EVENT

Chicken and Sweet Pepper Pie

Halloumi Stack with a Pesto Dressing

- Roasted New Potatoes
- Cheesy Leeks
- Steamed Sweetcorn

Vietnamese Pork

Cauliflower & Sweet Potato Bhaji with Raita Sauce

- Egg Noodles
- Broccoli
- Green Beans

Jacket Potato with a Selection of Fillings

Wild Mushroom and Spinach Stroganoff

- Baked Beans
- Roasted Medley of Vegetables

Roast Gammon with Roast Gravy

Cajun Wild Mushroom, Sweet Potato and Tomato Taco

- Roast Potatoes
- Steamed Carrots
- Cauliflower Cheese

Cajun Roasted Cod Fillet with Lemon & Tomato Sauce

Roasted Vegetable and Red Lentil Loaf with a Tomato Chutney

- Chips
- Baked Beans
- Steamed Garden Peas

5 A DAY

Classic Salad Bar Available Daily

SALADS TO TRY

Tuna Mayonnaise

Chicken Mayonnaise

Halloumi Caesar Salad

Sliced Beef

Sliced Ham

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

SWEET TREAT

Pear and Black Cherry Crumble with Custard

Jubilee Mint Pudding

Carrot Cake

Coca Cola Cake with Pouring Cream

Caramel Spiced Banana Cake with Vanilla Cream

GHAB

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

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

A Selection of Cakes

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

A Selection of Cakes

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

A Selection of Cakes

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

A Selection of Cakes

- Bacon and Cheese Turnover
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

TEA
(SERVED WITH SQUASH OR
WATER)