

## 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 Meatballs with a Tomato & Herb Sauce

Lamb Keema

Jacket Potato with a Selection of Fillings

Roast Chicken with Sage & Onion Stuffing and Roast Gravy

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

## MEAT FREE ZONE

Butternut Squash & Lentil Dhansak with Rice

Vegetable and Cream Cheese Cannelloni with a Tomato & Herb Sauce

Poached Egg Florentine

Vegetarian Meatballs with Tomato and Herb Sauce

Brie, Rocket and Red Onion Marmalade Quesadilla

## 5 A DAY

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

- Rice
- Broccoli
- Sweetcorn

- Courgettes
- Baked Beans

- Roast Potatoes
- Glazed Carrots
- Cheesy Leeks

- Chips
- Steamed Garden Peas
- Baked Beans

## SALADS TO TRY

Tandoori Chicken

Sliced Ham

Chicken & Bacon

Tuna Mayonnaise

Pork Pie

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

Seared Cumberland Sausages and Onion Gravy

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 Chorizo 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

### TEA (SERVED WITH SQUASH OR WATER)

- 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