

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

GHAB

MAIN EVENT

MEAT FREE ZONE

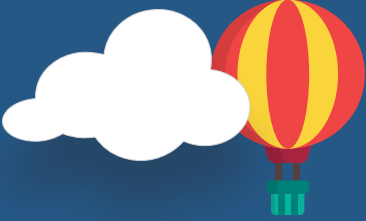
5 A DAY

SALADS TO TRY

SWEET TREAT

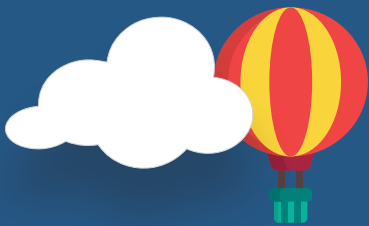
GHAB

TEA
(SERVED WITH SQUASH OR WATER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
Every Day: The Toasting Station / Fruit Juice / Cereals				
	Grilled Bacon and Hash Browns	Boiled Egg on Toast	Pancakes with Maple Syrup	Croissant or Pain Aux Chocolate
From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks				
Chicken Katsu Curry	Smoked Ham, Leek and Cheddar Cottage Pie	Jacket Potato with a Selection of Fillings	Roast Pork with Apple Sauce and Roast Gravy	Breaded Scampi with Lemon and Tartare Sauce
Smoked Tofu and Pak Choi Pad Thai	Roasted Paneer & Tomato Gnocci with a Herb Crust	Glazed Flat Mushroom	Quorn Sausage Toad in the Hole with Onion Gravy	Stuffed Bell Pepper
<ul style="list-style-type: none">• Steamed Rice• Steamed Broccoli• Steamed Sweetcorn	<ul style="list-style-type: none">• Mashed Potato• Steamed Green Beans• Steamed Cauliflower	<ul style="list-style-type: none">• Roasted Medley of Vegetables• Baked Beans	<ul style="list-style-type: none">• Roast Potatoes• Steamed Carrots• Sauteed Spring Cabbage	<ul style="list-style-type: none">• Chips• Steamed Garden Peas• Baked Beans
Classic Salad Bar Available Daily				
	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				
Marbled Chocolate Sponge with Chocolate Sauce	Birds Seed with Custard	Cornflake Cake	Eves Pudding with Custard	Rocky Road Slice
From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks				
<ul style="list-style-type: none">• Beef Meatballs with Tomato and Herb Sauce and Rice• Pasta with a Tomato & Herb Sauce	<ul style="list-style-type: none">• Chinese Chicken with Egg Noodles and Prawn Crackers• Pasta with a Tomato & Herb Sauce	<ul style="list-style-type: none">• Sausage Roll and Wedges• Pasta with a Tomato & Herb Sauce	<ul style="list-style-type: none">• Bacon and Mushroom Carbonara with Garlic Bread• Pasta with a Tomato & Herb Sauce	<ul style="list-style-type: none">• Chicken and Cheese Croque Monsieur• 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

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

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Belgian Waffles with Maple Syrup

Croissant or Pain Aux Chocolate

Grilled Sausage and Hash Brown

Scrambled Egg with a Toasted Bagel

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

Braised Meatballs 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

Classic Salad Bar Available Daily

Tandoori Chicken

Sliced Ham

Chicken & Bacon

Tuna Mayonnaise

Pork Pie

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

White Chocolate Blondies with Cream

Toffee Apple Cake with Vanilla Sauce

Chocolate Flapjack

Mars Bar Mousse

Orange Jelly & Mandarins

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

GHAB

MAIN EVENT

MEAT FREE ZONE

5 A DAY

SALADS TO TRY

SWEET TREAT

GHAB

TEA
(SERVED WITH SQUASH OR WATER)

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

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Pancakes with Maple Syrup

Grilled Bacon with Baked Beans

Croissant or Pain Aux Chocolate

Poached English with English Muffin

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

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
- Roaste Courgettes

Roast Beef with Horseradish Sauce and Gravy

Aubergine and Courgette Katsu Curry

- Roast Potatoes
- Steamed Carrots
- Sauteed Cabbage

Breaded Haddock with Lemon and Tartare Sauce

Quorn and Sweet Pepper Chimichanga

- Chips
- Steamed Garden Peas
- Baked Beans

Classic Salad Bar Available Daily

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

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

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

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

A Selection of Cakes

- 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

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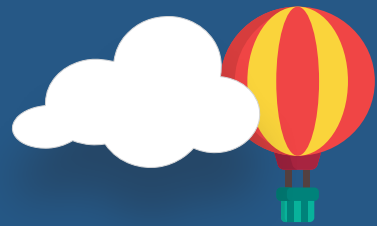
SWEET TREAT

GHAB

TEA
(SERVED WITH SQUASH OR WATER)

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

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Croissant or Pain Aux
Chocolate

Churros with Chocolate
Sauce

Scrambled Egg with
Mushrooms

Grilled Sausage with Plum
Tomatoes

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

Chicken and Chorizo Pie

Vietnamese Pork

Jacket Potato with a
Selection of Fillings

Roast Gammon with
Roast Gravy

Cajun Roasted Cod Fillet
with Lemon & Tomato
Sauce

Halloumi Stack with a
Pesto Dressing

Cauliflower & Sweet
Potato Bhaji with Raita
Sauce

Wild Mushroom and
Spinach Stroganoff

Cajun Wild Mushroom,
Sweet Potato and Tomato
Taco

Roasted Vegetable and
Red Lentil Loaf with a
Tomato Chutney

- Roasted New Potatoes
- Cheesy Leeks
- Steamed Sweetcorn

- Egg Noodles
- Broccoli
- Green Beans

- Baked Beans
- Roasted Medley of
Vegetables

- Roast Potatoes
- Steamed Carrots
- Cauliflower Cheese

- Chips
- Baked Beans
- Steamed Garden Peas

Classic Salad Bar Available Daily

Tuna Mayonnaise

Chicken Mayonnaise

Halloumi Caesar Salad

Sliced Beef

Sliced Ham

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

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

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

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

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

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

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

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

A Selection of Cakes

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