

WEEK ONE

20th - 24th April  
18th - 22nd May  
22nd - 26th June

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Scrambled Egg and  
Toasted Bagel

Belgian Waffle with  
Maple Syrup

Grilled Bacon and Hash  
Browns

Croissant or Pain Aux  
Chocolate / Fruit Platter

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

Braised Chicken with  
Tomatoes and Pesto

Beef Taco with a Spicy  
Tomato Relish

Jacket Potato with a  
Selection of Fillings

Roast Chicken with Sage  
& Onion Stuffing and  
Roast Gravy

Breaded Haddock with  
Lemon and Tartare Sauce

Caramelised Red Onion,  
Sweet Pepper &  
Mozzarella Frittata

Vegan Mince Tacos with a  
Tomato Relish

Wild Mushroom and  
Spinach Stroganoff

Roasted Vegetable Toad  
in the Hole with Vegan  
Gravy

Cherry Tomato, Cream  
Cheese and Spinach Tart

- Mashed Potato
- Steamed Green Beans
- Sweetcorn

- Steamed Rice
- Steamed Broccoli
- Roasted Vegetables

- Baked Beans
- Herb Roasted Courgettes

- Roast Potatoes
- Steamed Carrots
- Sauteed Cabbage

- Chips
- Steamed Garden Peas
- Baked Beans

Classic Salad Bar Available Daily

Tuna Mayo & Sweetcorn

Sliced Ham

Chicken & Bacon

Sliced Beef

Hard Boiled Egg

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

Banoffee Pie

Mars Bar Mousse

Cornflake Cake

Peach and Orange Eves  
Pudding with Custard

Choc Ices

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

- Salmon and Leek  
Pasta with Garlic  
Bread
- Pasta with a Tomato &  
Herb Sauce

- Coconut Chicken and  
Peppers with Rice and  
Naan Bread
- Pasta with a Tomato &  
Herb Sauce

- Chicken Burger with  
Peas and Wedges
- Pasta with a Tomato &  
Herb Sauce

- Beef Lasagne with a  
Mixed Leaf Salad
- Pasta with a Tomato &  
Herb Sauce

- Jacket Potato,  
Beans & Cheese
- 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 TWO  
 27th April - 1st May  
 1st - 5th June  
 29th June - 3rd July

# MONDAY



# TUESDAY

# WEDNESDAY

# THURSDAY

# FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Croissant or Pain Aux  
Chocolate

American Style Pancakes  
with Maple Syrup

Boiled Egg and English  
Muffin

Cumberland Sausage and  
Tomato

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

Beef Casserole with  
Tomatoes and Herbs

Vegan Sausages with  
Onion Gravy

- 'Champ' Potato
- Steamed Green Beans
- Steamed Sweetcorn

Chicken Korma

Brie, Rocket and Onion  
Marmalade Quesadillas

- Potato Wedges
- Steamed Broccoli
- Courgette Provençale

Jacket Potato with a  
Selection of Fillings

Toasted Sourdough with  
Poached Egg and  
Avocado

- Baked Beans
- Roasted Vegetables

Roast Gammon with  
Roast Gravy

Spinach, Feta and Cream  
Cheese Filo Pie

- Roast Potatoes
- Steamed Carrots
- Cauliflower Cheese

Breaded Scampi with  
Lemon and Tartare Sauce

Roasted Vegetable  
Cannelloni with Tomato  
and Herb Sauce

- Chips
- Baked Beans
- Steamed Garden Peas

Classic Salad Bar Available Daily

Tandoori Chicken

Tuna Mayonnaise

Sliced Ham

Hard Boiled Egg

Sliced Beef

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

Coca Cola Cake with  
Pouring Cream

Apple Crumble with  
Pouring Cream

Chocolate Rice Krispie  
Cake

Chocolate Chipboard  
with Custard

Strawberry Jelly with a  
Fruit Compote

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

- Beef Chilli with Rice and Nachos
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

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

A Selection of Cakes

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

A Selection of Cakes

- Glazed Chicken, Chorizo and Tomato Sauce and Coleslaw
- 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  
4th - 8th May  
8th - 12th June  
6th - 7th July



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Grilled Bacon and Plum Tomatoes

Croissant or Pain Aux Chocolate

French Toast

Poached Egg with Bagel

GHAB

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

MAIN EVENT

Spaghetti Bolognese

Lemon and Sweet Pepper Pesto Chicken

Jacket Potato with a Selection of Fillings

Roast Pork with Apple Sauce and Roast Gravy

Battered Cod with Lemon and Tartare Sauce

MEAT FREE ZONE

Quorn and Squash Lasagne

Lemon and Pesto Quorn Fillet

Bubble and Squeak with a Fried Egg

Vegan Mince and Leek Cottage Pie

Vegan Meatballs with a Tomato and Herb Sauce

5 A DAY

- Spaghetti
- Cheesy Leeks
- Sweetcorn

- Potato Wedges
- Roasted Vegetables
- Green Beans

- Baked Beans
- Steamed Broccoli

- Roast Potatoes
- Steamed Carrots
- Cheesy Leeks

- Chips
- Steamed Garden Peas
- Baked Beans

Classic Salad Bar Available Daily

SALADS TO TRY

Hard Boiled Egg

Flaked Tuna

Coronation Chicken

Sliced Beef

Sliced Ham

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

SWEET TREAT

Mississippi Mud Tart with Pouring Cream

Birds Seed with Custard

Vanilla Ice Cream Tub

Chocolate Brownie with Pouring Cream

Butterscotch Mousse

GHAB

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

TEA  
(SERVED WITH SQUASH OR WATER)

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

- Beef Burrito with Mexican Rice and Salsa
- Pasta with a Tomato & Herb Sauce

- Chicken Nuggets with Wedges and Peas
- Pasta with a Tomato & Herb Sauce

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

- Thai Green Chicken Curry, Rice and Poppadom
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

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WEEK FOUR  
11th - 15th May  
15th - 19th June

# MONDAY



# TUESDAY

# WEDNESDAY

# THURSDAY

# FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Boiled Egg with Toast

Grilled Sausage and Hash  
Brown

Croissant or Pain Aux  
Chocolate

Churros with Chocolate  
Sauce

GHAB

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

MAIN EVENT

Spiced Beef and Sweet  
Pepper Pie

Thai Green Chicken Curry

Jacket Potato with a  
Selection of Fillings

Roast Gammon with  
Roast Gravy

Seafood Cottage Pie

MEAT FREE ZONE

Roasted Vegetable  
Arancini Balls with a  
Tomato and Herb Sauce

Cheese Scone, Leeks, Brie  
and Cauliflower Cheese

Thai Green Vegetable and  
Paneer Curry

Stuffed Beef Tomatoes

Lightly Spiced Vegan  
Burrito

5 A DAY

- Spiced Potato Wedges
- Green Beans
- Cauliflower

- Steamed Rice
- Roasted Vegetables
- Steamed Broccoli

- Baked Beans
- Sweetcorn

- Roast Potatoes
- Steamed Carrots
- Sauteed Kale

- Chips
- Garden Peas
- Baked Beans

Classic Salad Bar Available Daily

SALADS TO TRY

Tuna Mayonnaise

Hard Boiled Egg

Sliced Ham

Halloumi Caesar Salad

Sliced Chicken

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

SWEET TREAT

Lemon and Poppyseed  
Sponge with Custard

Jubilee Toffee and Mint  
Pudding

White Chocolate and  
Cranberry Tiffin

Carrot Cake with Pouring  
Cream

Rocky Road Slice

GHAB

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

TEA  
(SERVED WITH SQUASH OR  
WATER)

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

- BBQ Chicken, Bacon  
and Cheese with salad
- Pasta with a Tomato &  
Herb Sauce

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

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

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

A Selection of Cakes

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