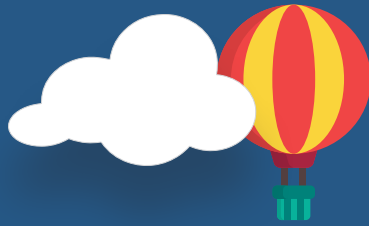


WEEK ONE
3rd-4th Sept
5th-9th Oct
23rd-27th Nov

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

French

Pancakes with Maple
Syrup

Poached Egg on Toast

Bacon & Cheese Frittata

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

Asian Coconut Chicken

Braised Beef, Onion and
Smoky Bacon Casserole

Jacket Potato with a
Selection of Fillings

Roast Loin of Pork with
Roast Gravy and Apple
Sauce

Sweet & Smoky Chicken
with Caramelised
Pineapple

Moroccan Spiced Falafels
with a Chunky Tomato
Sauce

Quorn and Spinach
Korma

Toasted Sourdough
with Leeks, Spinach and
Poached Egg

Aubergine and Halloumi
Stack with a Pesto
Dressing

Sweet Potato and Cherry
Tomato Gnocchi with a
Pesto Dressing

- Steamed Rice
- Steamed Broccoli
- Roased Medley of
Vegetables

- Roasted Courgette
- Peas
- Mashed Potato

- Steamed Green Beans
- Baked Beans

- Roast Potatoes
- Steamed Carrots
- Sauteed Savoy
Cabbage

- Egg Noodles
- Steamed Sweetcorn
- Sauteed Kale

Classic Salad Bar Available Daily

Sliced Gammon

Tandoori Chicken

Tuna Mayonnaise

Sliced Beef

Hard Boiled Egg

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

Dark Chocolate Sponge
with a Chocolate Sauce

Gingerbread Biscuits

Cornflake Cake

Birds Seed with Custard

Strawberry Jelly and
Fresh Cream

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

- Baked Fish Fingers
with Steamed Peas
- Homemade Soup of
the Day

Greek Yoghurt and Fruit

- Braised Meatballs
with a Tomato & Herb
Sauce
- Steamed Rice / Pasta
and Sauce

Greek Yoghurt and Fruit

- Macaroni Cheese with
Garlic Bread
- Homemade Soup of
the Day

Greek Yoghurt and Fruit

- Grilled Sausage
Casserole
- Rice / Dough Balls /
Pasta and Sauce

Greek Yoghurt and Fruit

- Beef Tacos with Rice,
Coleslaw and Salad
- Pasta and Sauce

Greek Yoghurt and Fruit

GHAB

MAIN EVENT

MEAT FREE ZONE

5 A DAY

SALADS TO TRY

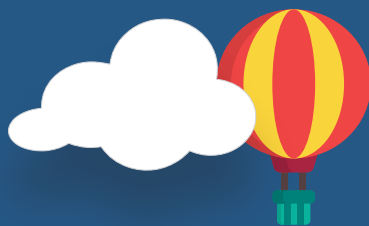
SWEET TREAT

GHAB

TEA
(SERVED WITH SQUASH OR
WATER)

WEEK TWO
7th-11th Sept
12th-16th Oct
30th Nov - 4th Dec

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Pancakes with Honey

Fruit Fritters with Maple Syrup

Cheese on Toast

Boiled Egg on English Muffin

GHAB

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

MAIN EVENT

Seared Cumberland Sausage Toad in the Hole with Onion Gravy

Breaded Katsu Chicken Curry

Jacket Potato with a Selection of Fillings

Roast Turkey with Cranberry Sauce and Roast Gravy

Pasta Bolognaise

MEAT FREE ZONE

Vegan Sausages

Thai Green Vegetable and Paneer Curry

Stuff Flat Mushroom with Leek, Spinach and Cream Cheese

Aubergine and Courgette Katsu Curry

Quorn & Wild Mushroom Taco with a Spicy Relish

5 A DAY

- Mashed Potatoes
- Steamed Green Beans
- Roasted Medley of Vegetables

- Steamed Rice
- Spiced Cauliflower
- Peas

- Baked Beans
- Sauteed Courgettes

- Roast Potatoes
- Glazed Carrots
- Braised Red Cabbage

- Steamed Pasta
- Broccoli
- Sweetcorn

Classic Salad Bar Available Daily

SALADS TO TRY

Halloumi Caesar Salad

Tuna and Sweetcorn

Coronation Chicken

Hard Boiled Egg

Sliced Ham

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

SWEET TREAT

Carrot Cake

Chocolate Chipboard with Custard

Flapjack

Apple Crumble with Custard

Strawberry Jelly with a Fruit Compote

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
- Homemade Soup of the Day

Greek Yoghurt and Fruit

- Breaded Pollock with Steamed Garden Peas
- Pasta and Sauce

Greek Yoghurt and Fruit

- Chicken and Pesto with a Tomato & Herb Sauce
- Homemade Soup of the Day

Greek Yoghurt and Fruit

- Piri Piri Chicken with Creole Rice and Salad
- Pasta with Sauce

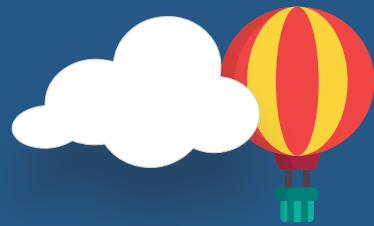
Greek Yoghurt and Fruit

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

Greek Yoghurt and Fruit

WEEK THREE
14th-18th Sept
2nd-6th Nov
7th-11th Dec

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Scrambled Egg with a
Toasted Bagel

Cottage Cheese & Ham
Muffins

Pancakes with Maple
Syrup

Sourdough with a Poached
Egg

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

Creamy Pork and
Mushroom Cobbler

Beef Chilli with Rice and
Nachos

Jacket Potato with a
Selection of Fillings

Roast Gammon with
Roast Gravy

Chicken & Leek Cottage
Pie

Asian Coconut Vegetables

Vegan Chilli with Rice and
Nacos

Glazed Stuffed Aubergine

Quorn Toad in the Hole
with Onion Gravy

Vegan Spaghetti
Bolognaise

- Egg Noodles
- Steamed Carrots
- Steamed Green Beans

- Steamed Rice
- Steamed Sweetcorn
- Roasted Courgettes

- Baked Beans
- Roasted Medley of
Vegetables

- Roast Potatoes
- Steamed Carrots
- Cauliflower Cheese

- Mashed Potatoes
- Peas
- Sauteed Kale

Classic Salad Bar Available Daily

Hard Boiled Egg

Sliced Ham

Chicken and Bacon

Sliced Beef

Flaked Tuna

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

Coca Cola Cake

Chocolate Tiffin

Rice Krispie Cake

Sticky Toffee Pudding
with Cream

Lemon Drizzle Cake

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

- Tandoori Chicken and
Rice Wrap with Side
Salad
- Homemade Soup of
the Day

Greek Yoghurt with Fruit

- Salmon and Leek
Arancini Balls
- Pasta with Sauce

Greek Yoghurt with Fruit

- Grilled Bacon Steak
with Cous Cous Salad
- Homemade Soup of
the Day

Greek Yoghurt with Fruit

- Thai Green Chicken
Curry with Rice and
Naan
- Pasta with Sauce

Greek Yoghurt with Fruit

- Chinese Beef with Egg
Noodles and Prawn
Crackers
- Pasta with Sauce

Greek Yoghurt with Fruit

GHAB

MAIN EVENT

MEAT FREE ZONE

5 A DAY

SALADS TO TRY

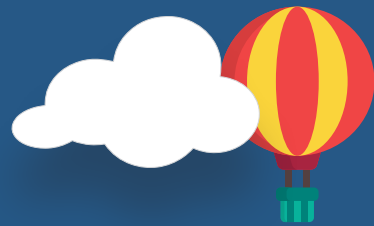
SWEET TREAT

GHAB

TEA
(SERVED WITH SQUASH OR
WATER)

WEEK FOUR
21st-25th Sept
9th-13th Nov
14th-16th Dec

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Fruit Fritters with Honey

Boiled Egg & Bagel

French Toast

Pancakes with Honey

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

BBQ Chicken and Bacon
with Melted Cheese

Braised Beef & Root
Vegetable Cobbler

Jacket Potato with a
Selection of Fillings

Roast Pork with Apple
Sauce and Roast Gravy

Minced Beef and
Mushroom Pie

Spinach, Feta and Sping
Onion Tart

Roasted Vegetable
Biriyani

Quorn Meatballs in a
Tomato and Herb Sauce

Breaded Tofi with Cajun
Spiced Medley of
Vegetables

Spinach and Ricotta
Tortelloni with Basil
Cream Sauce

- Steamed Rice
- Steamed Sweetcorn
- Steamed Green Beans

- Potato Wedges
- Steamed Broccoli
- Bashed Swede

- Steamed Cauliflower
- Baked Beans

- Roast Potatoes
- Steamed Carrots
- Cheesy Leeks

- Roasted New Potatoes

Classic Salad Bar Available Daily

Hard Boiled Egg

Chicken Ceasar

Tuna Mayonnaise

Sliced Beef

Sliced Ham

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

Marbled Chocolate
Sponge with Chocolate
Sauce

Forest Fruit Crumble Bar

Chocolate Brownie

Lemon Posset with
Raspberry Sauce

Orange Jelly with
Mandarins

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

- Beef Lasagne with
Garlic Bread
- Homemade Soup of
the Day

Greek Yoghurt with Fruit

- Chicken and Red
Lentil Dhansak with
Rice and Poppadom
- Pasta and Sauce

Greek Yoghurt and Fruit

- Beef Quesadilla with
Sweetcorn and
Mexican Rice
- Homemade Soup of
the Day

Greek Yoghurt and Fruit

- Braised Chicken
Meatballs with Rice
and Garlic Bread
- Pasta and Sauce

Greek Yoghurt and Fruit

- Haddock, Smoked
Salmon and Cream
Cheese Fishcake with
Peas
- Pasta and Sauce

Greek Yoghurt and Fruit

GHAB

MAIN EVENT

MEAT FREE ZONE

5 A DAY

SALADS TO TRY

SWEET TREAT

GHAB

TEA
(SERVED WITH SQUASH OR
WATER)

WEEK FIVE
28th Sept - 2nd Oct
16th-20th Nov

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Scrambled Egg with a Bagel

Pancakes with Maple Syrup

Poached Egg on Toast

Cheese on Toast

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

Braised Meatballs with a
Tomato & Herb Sauce

Wild Mushroom and
Spinach Stroganoff

- Steamed Pasta
- Sweetcorn
- Roasted Medley of Vegetables

Butter Chicken Curry with
Rice

Vegan Butter Curry

- Steamed Rice
- Steamed Broccoli
- Roasted Courgettes

Jacket Potato with a
Selection of Fillings

Focaccia with Roasted
Sweet Peppers and
Cherry Tomatoes

- Baked Beans
- Steamed Green Beans

Roast Chicken, Sage &
Onion Stuffing and Roast
Gravy

Vegetable Arancini with a
Tomato & Herb Sauce

- Roast Potatoes
- Carrots
- Cheesy Leeks

Creamy Pork and
Mushroom Cottage Pie

Stuffed Beef Tomatoes
with a Tabouleh Salad

- Mashed Potatoes
- Peas

Classic Salad Bar Available Daily

Sliced Chicken

Sliced Ham

Tuna Mayonnaise

Paneer & Pomegranate

Hard Boiled Egg

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

Lemon and Poppyseed
Sponge with Custard

Butterscotch Mousse
with a Caramel Sauce

Chocolate Flapjack

Gingerbread Cake with a
Caramel Custard

Baked Rice Pudding with
a Fruit Compote

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

- Jacket Potato with
Spaghetti Hoops and
Cheese
- Homemade Soup of
the Day

Greek Yoghurt with Fruit

- Southern Fried
Chicken, Potato
Wedges and Coleslaw
- Pasta with Sauce

Greek Yoghurt with Fruit

- Beef and Sweet
Pepper Chimi-Changa
with Rice
- Homemade Soup of
the Day

Greek Yoghurt with Fruit

- Salmon and Spinach
Pad Thai with Prawn
Crackers
- Pasta and Sauce

Greek Yoghurt with Fruit

- Turkey Katsu Curry
with Egg Noodles
- Pasta with Sauce

Greek Yoghurt with Fruit

GHAB

MAIN EVENT

MEAT FREE ZONE

5 A DAY

SALADS TO TRY

SWEET TREAT

GHAB

TEA
(SERVED WITH SQUASH OR
WATER)