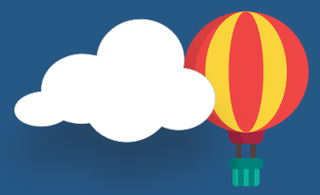
WEEK ONE
3rd-4th Sept
5th-9th Oct
23rd-27th Nov

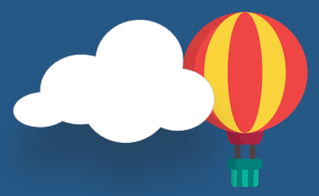
	Monday	Tuesday	Wednesday	Thursday	Friday
	Every Day: The Toasting Station / Fruit Juice / Cereals				
	French Toast	Pancakes with Maple Syrup	Poached Egg on Toast	Bacon & Cheese Frittata	
GHAB	From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks				
MAIN EVENT	Asian Coconut Chicken	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
MEAT FREE ZONE	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
5 A DAY	• 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				
SALADS TO TRY	Sliced Gammon	Tandoori Chicken	Tuna Mayonnaise	Sliced Beef	Hard Boiled Egg
	A selection of fresh fruit available from the fruit trolley & homemade yoghurt				
SWEET TREAT	Dark Chocolate Sponge with a Chocolate Sauce	Gingerbread Biscuits	Cornflake Cake	Birds Seed with Custard	Strawberry Jelly and Fresh Cream
GHAB	From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks				
TEA (Served with Squash or Water)	• 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

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



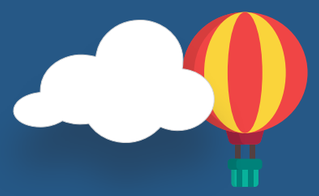
	Monday	Tuesday	Wednesday	Thursday	Friday
	Every Day: The Toasting Station / Fruit Juice / Cereals				
	Pancakes with Honey	Fruit Fritters with Maple Syrup	Cheese on Toast	Boiled Egg on English Muffin	
GHAB	From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks				
MAIN EVENT	Seared 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



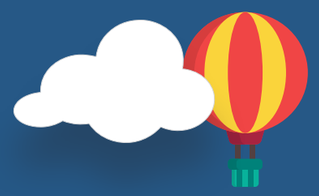
	Monday	Tuesday	Wednesday	Thursday	Friday
	Every Day: The Toasting Station / Fruit Juice / Cereals				
	Scrambled Egg with a Toasted Bagel	Cottage Cheese & Ham Muffins	Pancakes with Maple Syrup	Sourdough with a Poached Egg	
GHAB	From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks				
MAIN EVENT	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
MEAT FREE ZONE	Asian Coconut Vegetables	Vegan Chilli with Rice and Nacos	Glazed Stuffed Aubergine	Quorn Toad in the Hole with Onion Gravy	Vegan Spaghetti Bolognaise
5 A DAY	• 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
SALADS TO TRY	Classic Salad Bar Available Daily				
	Hard Boiled Egg	Sliced Ham	Chicken and Bacon	Sliced Beef	Flaked Tuna
SWEET TREAT	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
GHAB	From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks				
TEA (SERVED WITH SQUASH OR WATER)	• 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

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	
GHAB	From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks				
MAIN EVENT	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
MEAT FREE ZONE	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
5 A DAY	• 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				
SALADS TO TRY	Hard Boiled Egg	Chicken Ceasar	Tuna Mayonnaise	Sliced Beef	Sliced Ham
	A selection of fresh fruit available from the fruit trolley & homemade yoghurt				
SWEET TREAT	Marbled Chocolate Sponge with Chocolate Sauce	Forest Fruit Crumble Bar	Chocolate Brownie	Lemon Posset with Raspberry Sauce	Orange Jelly with Mandarins
GHAB	From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks				
TEA (served with Squash or Water)	• 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

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
GHAB	From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks				
MAIN EVENT	Braised Meatballs with a Tomato & Herb Sauce	Butter Chicken Curry with Rice	Jacket Potato with a Selection of Fillings	Roast Chicken, Sage & Onion Stuffing and Roast Gravy	Creamy Pork and Mushroom Cottage Pie
MEAT FREE ZONE	Wild Mushroom and Spinach Stroganoff	Vegan Butter Curry	Focaccia with Roasted Sweet Peppers and Cherry Tomatoes	Vegetable Arancini with a Tomato & Herb Sauce	Stuffed Beef Tomatoes with a Tabouleh Salad
5 A DAY	• Steamed Pasta • Sweetcorn • Roasted Medley of Vegetables	• Steamed Rice • Steamed Broccoli • Roasted Courgettes	• Baked Beans • Steamed Green Beans	• Roast Potatoes • Carrots • Cheesy Leeks	• Mashed Potatoes • Peas
	Classic Salad Bar Available Daily				
SALADS TO TRY	Sliced Chicken	Sliced Ham	Tuna Mayonnaise	Paneer & Pomegranate	Hard Boiled Egg
	A selection of fresh fruit available from the fruit trolley & homemade yoghurt				
SWEET TREAT	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
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 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