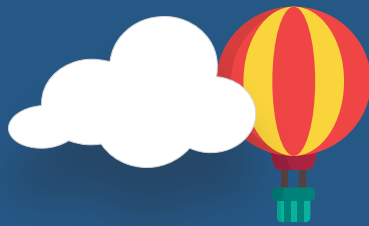


WEEK ONE
3rd-4th Sept
5th-9th Oct
23rd-27th Nov

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

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 with
Tomatoes and Herbs
- Rice / Dough Balls /
Pasta and Sauce

- 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

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

Minced Beef & Carrot Casserole

Vegan Sausages

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

Breaded Katsu Chicken Curry

Thai Green Vegetable and Paneer Curry

- Steamed Rice
- Spiced Cauliflower
- Peas

Jacket Potato with a Selection of Fillings

Stuff Flat Mushroom with Leek, Spinach and Cream Cheese

- Baked Beans
- Sauteed Courgettes

Roast Turkey with Cranberry Sauce and Roast Gravy

Aubergine and Courgette Katsu Curry

- Roast Potatoes
- Glazed Carrots
- Braised Red Cabbage

Pasta Bolognaise

Quorn & Wild Mushroom Taco with a Spicy Relish

- Steamed Pasta
- Broccoli
- Sweetcorn

Classic Salad Bar Available Daily

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

Carrot Cake

Chocolate Chipboard with Custard

Flapjack

Apple Crumble with Custard

Strawberry Jelly 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 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

GHAB

MAIN EVENT

MEAT FREE ZONE

5 A DAY

SALADS TO TRY

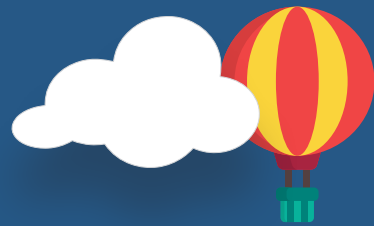
SWEET TREAT

GHAB

TEA
(SERVED WITH SQUASH OR WATER)

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
Nachos

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 Tofu 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
- Mashed 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

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

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

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

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

Greek Yoghurt with Fruit

Greek Yoghurt and Fruit

Greek Yoghurt and Fruit

Greek Yoghurt and Fruit

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)