

weekly menu

week commencing 08/01/2018

meal	mon	tue	wed	thu	fri
homemade soup	roast red pepper	butternut squash	potato & herb	carrot and coriander	courgette & watercress
main option 1	chilli beef burrito	lemon roasted chicken thigh	honey roast gammon	chicken tikka curry	battered cod burger
main option 2	broccoli, chickpea, avocado, burnt tomato & spinach taco	quorn & vegetable lasagne	mini vegetable pie	potato, chickpea & tomato rogan josh	quorn frankfurter
sides	mexican rice tortilla chips & dips	grilled vegetables crushed new potatoes with spring onions	roast root vegetables dauphionaise potatoes	basmati rice chota naan bread indian savouries	potato wedges bbq beans buttered sweetcorn
deli bar	jacket potatoes with fillings, bread selection along with our cheese & meat boards prepared daily				
salad bar	vegetable pasta, chick peas, black olives, rocket, tomatoes & cucumber	vegetable pasta, chick peas, black olives, rocket, tomatoes & cucumber	vegetable pasta, chick peas, black olives, rocket, tomatoes & cucumber	vegetable pasta, chick peas, black olives, rocket, tomatoes & cucumber	vegetable pasta, chick peas, black olives, rocket, tomatoes & cucumber
smart bar	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station fresh milk option	selection of fruits hydration station
dessert	lime, berry and pineapple sponge	fruit & yoghurt bar	lemon & poppy seed muffin slice	apple crumble	chocolate brownie

weekly menu

week commencing 15/01/2018

meal	mon	tue	wed	thu	fri
homemade soup	leek & potato	cream of tomato	wild mushroom	chicken & vegetable	pea & mint
main option 1	savoury minced beef	pork sausages	chinese sticky chicken	traditional beef lasagne	goujons of cod & tartare sauce
main option 2	cheese & onion pastry	vegetarian sausages	quorn & vegetable stir fry	macaroni cheese	griddled aubergine with beef tomato, basil and mozzarella
sides	roasted carrots garden peas	creamed potato mixed vegetables	egg fried rice stir fried vegetables	green beans garlic bread	chips mushy peas
deli bar	jacket potatoes with fillings, bread selection along with our cheese & meat boards prepared daily				
salad bar	grilled tomatoes, greek salad, sweetcorn, iceberg lettuce, mixed peppers, red cabbage, thai noodles	grilled tomatoes, greek salad, sweetcorn, iceberg lettuce, mixed peppers, red cabbage, thai noodles	grilled tomatoes, greek salad, sweetcorn, iceberg lettuce, mixed peppers, red cabbage, thai noodles	grilled tomatoes, greek salad, sweetcorn, iceberg lettuce, mixed peppers, red cabbage, thai noodles	grilled tomatoes, greek salad, sweetcorn, iceberg lettuce, mixed peppers, red cabbage, thai noodles
smart bar	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station fresh milk option	selection of fruits hydration station	selection of fruits hydration station
dessert	carrot cake slice	chocolate sponge	fruit & yoghurt bar	vanilla cheesecake	jam doughnut

weekly menu

week commencing 22/01/2018

meal	mon	tue	wed	thu	fri
homemade soup	courgette & potato	winter vegetable	chicken & leek	red lentil & chickpea	tuscan style bean
main option 1	carbonara sauce	beef keema matar balti	roast pork shoulder	chicken stroganoff	jumbo hot dog
main option 2	vegetable bolognaise sauce	curried vegetable byriani	quorn roast	mushroom fricassee	southern fried quorn ranch burger
sides	penne pasta garlic dough ball mixed leaf salad	basmati rice mini poppadom onion bhaji	mixed green medley roast potatoes	wholegrain rice sweetcorn & peppers	french fries baked beans
deli bar	jacket potatoes with fillings, bread selection along with our cheese & meat boards prepared daily				
salad bar	baby spinach ,cherry tomatoes, butternut squash & feta cheese, minted cucumber, mixed beans, potato salad, curried cauliflower	baby spinach ,cherry tomatoes, butternut squash & feta cheese, minted cucumber, mixed beans, potato salad, curried cauliflower	baby spinach ,cherry tomatoes, butternut squash & feta cheese, minted cucumber, mixed beans, potato salad, curried cauliflower	baby spinach ,cherry tomatoes, butternut squash & feta cheese, minted cucumber, mixed beans, potato salad, curried cauliflower	baby spinach ,cherry tomatoes, butternut squash & feta cheese, minted cucumber, mixed beans, potato salad, curried cauliflower
smart bar	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station fresh milk option	selection of fruits hydration station
dessert	lemon & raisin cookie	chocolate sponge	fruit & yoghurt bar	strawberry mousse	carrot cake

weekly menu

week commencing 29/01/2018

meal	mon	tue	wed	thu	fri
homemade soup	roast red pepper	butternut squash	potato & herb	carrot and coriander	courgette & watercress
main option 1	chilli beef burrito	lemon roasted chicken thigh	honey roast gammon	chicken tikka curry	battered cod burger
main option 2	broccoli, chickpea, avocado, burnt tomato & spinach taco	quorn & vegetable lasagne	mini vegetable pie	potato, chickpea & tomato rogan josh	quorn frankfurter
sides	mexican rice tortilla chips & dips	grilled vegetables crushed new potatoes with spring onions	roast root vegetables dauphionaise potatoes	basmati rice chota naan bread indian savouries	potato wedges bbq beans buttered sweetcorn
deli bar	jacket potatoes with fillings, bread selection along with our cheese & meat boards prepared daily				
salad bar	vegetable pasta, chick peas, black olives, rocket, tomatoes & cucumber	vegetable pasta, chick peas, black olives, rocket, tomatoes & cucumber	vegetable pasta, chick peas, black olives, rocket, tomatoes & cucumber	vegetable pasta, chick peas, black olives, rocket, tomatoes & cucumber	vegetable pasta, chick peas, black olives, rocket, tomatoes & cucumber
smart bar	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station fresh milk option	selection of fruits hydration station
dessert	lime, berry and pineapple sponge	fruit & yoghurt bar	lemon & poppy seed muffin slice	apple crumble	chocolate brownie

weekly menu

week commencing 05/02/2018

meal	mon	tue	wed	thu	fri
homemade soup	leek & potato	cream of tomato	wild mushroom	chicken & vegetable	pea & mint
main option 1	savoury minced beef	pork sausages	chinese sticky chicken	traditional beef lasagne	goujons of cod & tartare sauce
main option 2	cheese & onion pastry	vegetarian sausages	quorn & vegetable stir fry	macaroni cheese	griddled aubergine with beef tomato, basil and mozzarella
sides	roasted carrots garden peas	creamed potato mixed vegetables	egg fried rice stir fried vegetables	green beans garlic bread	chips mushy peas
deli bar	jacket potatoes with fillings, bread selection along with our cheese & meat boards prepared daily				
salad bar	grilled tomatoes, greek salad, sweetcorn, iceberg lettuce, mixed peppers, red cabbage, thai noodles	grilled tomatoes, greek salad, sweetcorn, iceberg lettuce, mixed peppers, red cabbage, thai noodles	grilled tomatoes, greek salad, sweetcorn, iceberg lettuce, mixed peppers, red cabbage, thai noodles	grilled tomatoes, greek salad, sweetcorn, iceberg lettuce, mixed peppers, red cabbage, thai noodles	grilled tomatoes, greek salad, sweetcorn, iceberg lettuce, mixed peppers, red cabbage, thai noodles
smart bar	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station fresh milk option	selection of fruits hydration station	selection of fruits hydration station
dessert	carrot cake slice	chocolate sponge	fruit & yoghurt bar	vanilla cheesecake	jam doughnut

weekly menu

week commencing 12/02/2018

meal	mon	tue	wed	thu	fri
homemade soup	courgette & potato	winter vegetable	chicken & leek	red lentil & chickpea	tuscan style bean
main option 1	carbonara sauce	beef keema matar balti	roast pork shoulder	chicken stroganoff	jumbo hot dog
main option 2	vegetable bolognaise sauce	curried vegetable byriani	quorn roast	mushroom fricassee	southern fried quorn ranch burger
sides	penne pasta garlic dough ball mixed leaf salad	basmati rice mini poppadom onion bhaji	mixed green medley roast potatoes	wholegrain rice sweetcorn & peppers	french fries baked beans
deli bar	jacket potatoes with fillings, bread selection along with our cheese & meat boards prepared daily				
salad bar	baby spinach ,cherry tomatoes, butternut squash & feta cheese, minted cucumber, mixed beans, potato salad, curried cauliflower	baby spinach ,cherry tomatoes, butternut squash & feta cheese, minted cucumber, mixed beans, potato salad, curried cauliflower	baby spinach ,cherry tomatoes, butternut squash & feta cheese, minted cucumber, mixed beans, potato salad, curried cauliflower	baby spinach ,cherry tomatoes, butternut squash & feta cheese, minted cucumber, mixed beans, potato salad, curried cauliflower	baby spinach ,cherry tomatoes, butternut squash & feta cheese, minted cucumber, mixed beans, potato salad, curried cauliflower
smart bar	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station fresh milk option	selection of fruits hydration station
dessert	lemon & raisin cookie	chocolate sponge	fruit & yoghurt bar	strawberry mousse	carrot cake