|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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 | lemon roasted chicken thighs | honey roast gammon | chicken curry | battered chicken  steak in a bun |
| main option 2 | gnocchi in a spicy  tomato sauce | quorn & vegetable lasagne | puff pastry topped  vegetable pie | potato, chickpea & tomato rogan josh | southern fried quorn  ranch burger |
| sides | mexican rice  tortilla chips & salsa  grilled peppers & onions | crushed new potatoes with spring onions  carrots & peas | roast root vegetables  rosemary roast potatoes  gravy | basmati rice  chota naan bread  indian savouries | potato wedges  baked beans  buttered sweetcorn |
| deli bar | jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily | | | |  |
| salad bar | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta | tomato, cucumber, sweetcorn,  beetroot, iceberg lettuce, greek salad, vegetable pasta |
| 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 | pineapple sponge & custard | fruit & yoghurt bar | lemon & poppy seed  muffin slice | apple crumble  & custard | chocolate brownie |

weekly menu week commencing 16/04/2018

weekly menu week commencing 23/04/2018

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| meal | mon | tue | wed | thu | fri |
| homemade soup | leek & potato | tomato & basil | mushroom | chicken & sweetcorn | pea & mint |
| main option 1 | cottage pie | sweet & sour chicken | kleftico pork carvery with pitta bread | traditional beef lasagne | jumbo fish finger &  tartare sauce |
| main option 2 | spiced squash, lentil & spinach pie | tempura battered vegetables | vegetable kebab with pitta | macaroni cheese | griddled aubergine with beef tomato, basil and mozzarella |
| sides | roasted carrots  garden peas | steamed rice  stir fried vegetables | wild rice  mediterranean vegetables | green beans  garlic bread | chips  garden peas |
| deli bar | jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily | | | |  |
| salad bar | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, minted cous-cous, pink coleslaw | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, minted cous-cous, pink coleslaw | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, minted cous-cous, pink coleslaw | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, minted cous-cous, pink coleslaw | tomato, cucumber, sweetcorn,  beetroot, iceberg lettuce, minted cous-cous, pink coleslaw |
| 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 | jam sponge  with custard | fruit & yoghurt bar | forest fruit crumble  with custard | jam doughnut |

weekly menu week commencing 30/04/2018

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| meal | mon | tue | wed | thu | fri |
| homemade soup | courgette & potato | spring vegetable | chicken & leek | red lentil & chickpea | tuscan style bean |
| main option 1 | turkey meatballs | beef keema matar balti | sausage casserole | chicken stroganoff | jumbo hot dog |
| main option 2 | vegetable bolognaise sauce | curried vegetable byriani | quorn sausages | mushroom fricassee | southern fried quorn  ranch burger |
| sides | penne pasta  garlic bread  mixed leaf salad | basmati rice mini poppadom  onion bhaji | mixed greens  creamed potatoes | wholegrain rice  sweetcorn & peppers | french fries  baked beans |
| deli bar | jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily | | | |  |
| salad bar | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, red cabbage & apple, fennel herb & watercress | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, red cabbage & apple, fennel herb & watercress | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, red cabbage & apple, fennel herb & watercress | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, red cabbage & apple, fennel herb & watercress | tomato, cucumber, sweetcorn,  beetroot, iceberg lettuce, red cabbage & apple, fennel herb & watercress |
| 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 & chocolate custard | fruit & yoghurt bar | banana loaf & custard | vanilla cheesecake |

weekly menu week commencing 07/05/2018

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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 | lemon roasted chicken thighs | honey roast gammon | chicken curry | battered chicken  steak in a bun |
| main option 2 | gnocchi in a spicy  tomato sauce | quorn & vegetable lasagne | puff pastry topped  vegetable pie | potato, chickpea & tomato rogan josh | southern fried quorn  ranch burger |
| sides | mexican rice  tortilla chips & salsa  grilled peppers & onions | crushed new potatoes with spring onions  carrots & peas | roast root vegetables  rosemary roast potatoes  gravy | basmati rice  chota naan bread  indian savouries | potato wedges  baked beans  buttered sweetcorn |
| deli bar | jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily | | | |  |
| salad bar | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta | tomato, cucumber, sweetcorn,  beetroot, iceberg lettuce, greek salad, vegetable pasta |
| 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 | pineapple sponge & custard | fruit & yoghurt bar | lemon & poppy seed  muffin slice | apple crumble  & custard | chocolate brownie |

weekly menu week commencing 14/05/2018

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| meal | mon | tue | wed | thu | fri |
| homemade soup | leek & potato | tomato & basil | mushroom | chicken & sweetcorn | pea & mint |
| main option 1 | cottage pie | sweet & sour chicken | kleftico pork carvery with pitta bread | traditional beef lasagne | jumbo fish finger &  tartare sauce |
| main option 2 | spiced squash, lentil & spinach pie | tempura battered vegetables | vegetable kebab with pitta | macaroni cheese | griddled aubergine with beef tomato, basil and mozzarella |
| sides | roasted carrots  garden peas | steamed rice  stir fried vegetables | wild rice  mediterranean vegetables | green beans  garlic bread | chips  garden peas |
| deli bar | jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily | | | |  |
| salad bar | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, minted cous-cous, pink coleslaw | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, minted cous-cous, pink coleslaw | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, minted cous-cous, pink coleslaw | tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, minted cous-cous, pink coleslaw | tomato, cucumber, sweetcorn,  beetroot, iceberg lettuce, minted cous-cous, pink coleslaw |
| 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 | jam sponge  with custard | fruit & yoghurt bar | forest fruit crumble  with custard | jam doughnut |