

weekly menu

week commencing 05/11/2018

meal	mon	tue	wed	thu	fri
homemade soup	roast red pepper	tomato & basil	sweet potato & chilli	carrot and coriander	stilton & broccoli
main option 1	breakfast bar	traditional beef lasagne	roast turkey with sage & onion seasoning	chicken tikka masala	cheese burger in a floured bun
main option 2	breakfast bar	grilled vegetable lasagne	quorn roast with sage & onion seasoning	potato & spinach curry	southern fried quorn escalope
sides	breakfast bar	garlic dough ball baby corn green beans	maple parsnips & chantenay carrots roast potatoes gravy	yellow rice garlic naan shards indian savouries	paprika french fries baked beans onion rings
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, potato salad, vegetable pasta	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, potato salad, vegetable pasta	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, potato salad, vegetable pasta	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, potato salad, vegetable pasta	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, potato 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	jam sponge & custard	fruit & yoghurt bar	lemon & oat cookie	apple crumble & custard	chocolate brownie

weekly menu

week commencing 12/11/2018

meal	mon	tue	wed	thu	fri
homemade soup	leek & potato	butternut squash	courgette & watercress	tomato & pasta	red lentil & chickpea
main option 1	cottage pie	blackbean chicken	honey roast gammon & mini yorkshire pudding	spaghetti carbonara with smoked bacon	breaded fish fillet & lemon wedge
main option 2	cheese & potato pie	sweet & sour vegetables	vegetable sausages & onion gravy	macaroni cheese	cheese & tomato panini
sides	sliced carrots sweetcorn	steamed rice mange tout pancake roll	broccoli & savoy cabbage roast potatoes gravy	green beans garlic bread	chips garden peas 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, carrot & courgette ribbons, pink coleslaw	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, carrot & courgette ribbons, pink coleslaw	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, carrot & courgette ribbons, pink coleslaw	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, carrot & courgette ribbons, pink coleslaw	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, carrot & courgette ribbons, 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	chocolate sponge with custard	fruit & yoghurt bar	fruit crumble with custard	jam filled doughnut

weekly menu

week commencing 19/11/2018

meal	mon	tue	wed	thu	fri
homemade soup	potato & herb	chunky winter vegetable	asian chicken & noodle	curried cauliflower	tuscan style bean
main option 1	turkey meatballs	barbecue pork with green beans & chilli	cumberland sausage ring	beef chilli	jumbo hot dog with onions
main option 2	vegetable bolognese sauce	curried vegetable byriani	quorn fillets & balsamic onions	vegetable chimichanga	vegetable kiev
sides	spaghetti garlic bread mixed leaf salad	steamed rice poppadom onion bhaji	mixed greens creamed potatoes gravy	spicy rice nachos with salsa sweetcorn & peppers	potato wedges 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, tuna nicoise, mixed crudities	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, tuna nicoise, mixed crudities	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, tuna nicoise, mixed crudities	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, tuna nicoise, mixed crudities	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, tuna nicoise, mixed crudities
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	vanilla cheesecake	lemon syrup sponge & custard	fruit & yoghurt bar	banana loaf & custard	chocolate cookie

weekly menu

week commencing 26/11/2018

meal	mon	tue	wed	thu	fri
homemade soup	roast red pepper	tomato & basil	sweet potato & chilli	carrot and coriander	stilton & broccoli
main option 1	chicken burrito	traditional beef lasagne	roast turkey with sage & onion seasoning	chicken tikka masala	cheese burger in a floured bun
main option 2	cajun vegetable & bean wrap	grilled vegetable lasagne	quorn roast with sage & onion seasoning	potato & spinach curry	southern fried quorn escalope
sides	mexican rice tortilla chips & guacamole grilled peppers & onions	garlic dough ball baby corn green beans	maple parsnips & chantenay carrots roast potatoes gravy	yellow rice garlic naan shards indian savouries	paprika french fries baked beans onion rings
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, potato salad, vegetable pasta	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, potato salad, vegetable pasta	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, potato salad, vegetable pasta	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, potato 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	jam sponge & custard	fruit & yoghurt bar	lemon & oat cookie	apple crumble & custard	chocolate brownie

weekly menu

week commencing 03/12/2018

meal	mon	tue	wed	thu	fri
homemade soup	leek & potato	butternut squash	courgette & watercress	tomato & pasta	red lentil & chickpea
main option 1	cottage pie	blackbean chicken	honey roast gammon & mini yorkshire pudding	spaghetti carbonara with smoked bacon	breaded fish fillet & lemon wedge
main option 2	cheese & potato pie	sweet & sour vegetables	vegetable sausages & onion gravy	macaroni cheese	cheese & tomato panini
sides	sliced carrots sweetcorn	steamed rice mange tout pancake roll	broccoli & savoy cabbage roast potatoes gravy	green beans garlic bread	chips garden peas 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, carrot & courgette ribbons, pink coleslaw	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, carrot & courgette ribbons, pink coleslaw	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, carrot & courgette ribbons, pink coleslaw	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, carrot & courgette ribbons, pink coleslaw	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, carrot & courgette ribbons, 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	chocolate sponge with custard	fruit & yoghurt bar	fruit crumble with custard	jam filled doughnut

weekly menu

week commencing 10/12/2018

meal	mon	tue	wed	thu	fri
homemade soup	potato & herb	chunky winter vegetable	asian chicken & noodle	curried cauliflower	christmas dinner
main option 1	turkey meatballs	barbecue pork with green beans & chilli	cumberland sausage ring	beef chilli	christmas dinner
main option 2	vegetable bolognese sauce	curried vegetable byriani	quorn fillets & balsamic onions	vegetable chimichanga	christmas dinner
sides	spaghetti garlic bread mixed leaf salad	steamed rice poppadom onion bhaji	mixed greens creamed potatoes gravy	spicy rice nachos with salsa sweetcorn & peppers	christmas dinner
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, tuna nicoise, mixed crudities	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, tuna nicoise, mixed crudities	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, tuna nicoise, mixed crudities	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, tuna nicoise, mixed crudities	christmas dinner
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	christmas dinner
dessert	vanilla cheesecake	lemon syrup sponge & custard	fruit & yoghurt bar	banana loaf & custard	christmas dinner