

weekly menu

week commencing 02/09/2019

meal	mon	tue	wed	thu	fri
homemade soup	tomato & basil	roasted red pepper	sweet potato & chilli	carrot & coriander	cauliflower
main option 1	pork sausages or chicken sausages with mashed potatoes	beef bolognese with wholemeal pasta	roast turkey & cranberry sauce	chicken tikka masala	beef burger or salmon fishcake
main option 2	vegan sausages with mashed potatoes	grilled vegetable lasagne	quorn roast	indian quorn & pea balti	falafel filed pitta with houmous & spinach
sides	garden peas baked beans gravy	penne pasta sweetcorn garlic bread	roast potatoes peas & carrots gravy	yellow rice chota naan poppadom shards	chips baked beans tomato reish
deli bar	jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily				
salad bar	gem lettuce, egg & cress with mayo mango, mint & cucumber tomato, basil & red onion	gem lettuce, egg & cress with mayo mango, mint & cucumber tomato, basil & red onion	gem lettuce, egg & cress with mayo mango, mint & cucumber tomato, basil & red onion	gem lettuce, egg & cress with mayo mango, mint & cucumber tomato, basil & red onion	gem lettuce, egg & cress with mayo mango, mint & cucumber tomato, basil & red onion
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	flapjack slice	fruit, yoghurt & granola bar	chocolate brownie	apple & berry crumble with custard	ice cream selection

weekly menu

week commencing 09/09/2019

meal	mon	tue	wed	thu	fri
homemade soup	leek & potato	butternut squash	courgette & watercress	tomato	red lentil & chickpea
main option 1	beef meatballs	hoi sin chinese kicking chicken	hand carved honey roast ham	spicy chicken salsa	battered chicken steak or barbecue pork ribs
main option 2	quorn meatballs	vegetable pancake roll with sweet chilli sauce	vegetarian sausages	vegan mixed bean cassoulet	cheesy quorn & mushroom burger
sides	garlic roasted asparagus grilled tomatoes	mushroom rice mange tout sweet chilli broccoli	roasted potatoes glazed carrots sautéed leeks & gravy	mexican rice sweetcorn & peppers nachos with dips	chips baked beans corn on the cob
deli bar	jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily				
salad bar	grilled vegetable pasta traditional greek salad curried coleslaw with pineapple	grilled vegetable pasta traditional greek salad curried coleslaw with pineapple	grilled vegetable pasta traditional greek salad curried coleslaw with pineapple	grilled vegetable pasta traditional greek salad curried coleslaw with pineapple	grilled vegetable pasta traditional greek salad curried coleslaw with pineapple
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	carrot cake slice	choc chip muffin with custard	fruit, granola & yoghurt bar	banoffee sponge with custard	american pancake with sauce & toppings

weekly menu

week commencing 16/09/2019

meal	mon	tue	wed	thu	fri
homemade soup	potato & herb	carrot & coriander	chicken & sweetcorn	broccoli	tomato
main option 1	salmon & vegetable paella	beef chilli with tortilla wrap	lemon roasted chicken thighs & drumstick	pasta carbonara with smoked bacon	breaded pollock or peppered mackerel with lemon wedge
main option 2	feta & potato frittata	vegetarian chimichanga	grilled quorn fillets	macaroni cheese	spicy vegetable burger in a seeded bun
sides	green beans with tomatoes grilled courgette & aubergines	spicy rice roasted sweetcorn & peppers	mixed greens roasted new potatoes gravy	green beans garlic dough ball	potato wedges baked beans tartare sauce
deli bar	jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily				
salad bar	inca tomato, pepper & pomegranate minted cous-cous, pea & spring onion potato salad, mayo & chives	inca tomato, pepper & pomegranate minted cous-cous, pea & spring onion potato salad, mayo & chives	inca tomato, pepper & pomegranate minted cous-cous, pea & spring onion potato salad, mayo & chives	inca tomato, pepper & pomegranate minted cous-cous, pea & spring onion potato salad, mayo & chives	inca tomato, pepper & pomegranate minted cous-cous, pea & spring onion potato salad, mayo & chives
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 with fruit coulis	lemon sponge slice	fruit, granola & yoghurt bar	jam roly poly & custard	fresh fruit salad pot choice of sorbet

weekly menu

week commencing 23/09/2019

meal	mon	tue	wed	thu	fri
homemade soup	tomato & basil	roasted red pepper	sweet potato & chilli	carrot & coriander	cauliflower
main option 1	pork sausages or chicken sausages with mashed potatoes	beef bolognese with wholemeal pasta	roast turkey & cranberry sauce	chicken tikka masala	beef burger or salmon fishcake
main option 2	vegan sausages with mashed potatoes	grilled vegetable lasagne	quorn roast	indian quorn & pea balti	falafel filled pitta with houmous & spinach
sides	garden peas baked beans gravy	penne pasta sweetcorn garlic bread	roast potatoes peas & carrots gravy	yellow rice chota naan poppadom shards	chips baked beans tomato reish
deli bar	jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily				
salad bar	gem lettuce, egg & cress with mayo mango, mint & cucumber tomato, basil & red onion	gem lettuce, egg & cress with mayo mango, mint & cucumber tomato, basil & red onion	gem lettuce, egg & cress with mayo mango, mint & cucumber tomato, basil & red onion	gem lettuce, egg & cress with mayo mango, mint & cucumber tomato, basil & red onion	gem lettuce, egg & cress with mayo mango, mint & cucumber tomato, basil & red onion
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	flapjack slice	fruit, yoghurt & granola bar	chocolate brownie	apple & berry crumble with custard	ice cream selection

weekly menu

week commencing 30/09/2019

meal	mon	tue	wed	thu	fri
homemade soup	leek & potato	butternut squash	courgette & watercress	tomato	red lentil & chickpea
main option 1	beef meatballs	hoi sin chinese kicking chicken	hand carved honey roast ham	spicy chicken salsa	battered chicken steak or barbecue pork ribs
main option 2	quorn meatballs	vegetable pancake roll with sweet chilli sauce	vegetarian sausages	vegan mixed bean cassoulet	cheesy quorn & mushroom burger
sides	garlic roasted asparagus grilled tomatoes	mushroom rice mange tout sweet chilli broccoli	roasted potatoes glazed carrots sautéed leeks & gravy	mexican rice sweetcorn & peppers nachos with dips	chips baked beans corn on the cob
deli bar	jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily				
salad bar	grilled vegetable pasta traditional greek salad curried coleslaw with pineapple	grilled vegetable pasta traditional greek salad curried coleslaw with pineapple	grilled vegetable pasta traditional greek salad curried coleslaw with pineapple	grilled vegetable pasta traditional greek salad curried coleslaw with pineapple	grilled vegetable pasta traditional greek salad curried coleslaw with pineapple
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	carrot cake slice	choc chip muffin with custard	fruit, granola & yoghurt bar	banoffee sponge with custard	american pancake with sauce & toppings

weekly menu

week commencing 07/10/2019

homemade soup	potato & herb	carrot & coriander	chicken & sweetcorn	broccoli	tomato
main option 1	salmon & vegetable paella	beef chilli with tortilla wrap	lemon roasted chicken thighs & drumstick	pasta carbonara with smoked bacon	breaded pollock or peppered mackerel with lemon wedge
main option 2	feta & potato frittata	vegetarian chimichanga	grilled quorn fillets	macaroni cheese	spicy vegetable burger in a seeded bun
sides	green beans with tomatoes grilled courgette & aubergines	spicy rice roasted sweetcorn & peppers	mixed greens roasted new potatoes gravy	green beans garlic dough ball	potato wedges baked beans tartare sauce
deli bar	jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily				
salad bar	inca tomato, pepper & pomegranate minted cous-cous, pea & spring onion potato salad, mayo & chives	inca tomato, pepper & pomegranate minted cous-cous, pea & spring onion potato salad, mayo & chives	inca tomato, pepper & pomegranate minted cous-cous, pea & spring onion potato salad, mayo & chives	inca tomato, pepper & pomegranate minted cous-cous, pea & spring onion potato salad, mayo & chives	inca tomato, pepper & pomegranate minted cous-cous, pea & spring onion potato salad, mayo & chives
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 with fruit coulis	lemon sponge slice	fruit, granola & yoghurt bar	jam roly poly & custard	fresh fruit salad pot choice of sorbet