

# Monday

Week 1

## Breakfast

N/A

## Lunch

Cup of Soup	Soup of the Day (V)
Main Course	Focaccia Pizza topped with Pepperoni, Mozzarella & Tomato, served with Potato Wedges and coleslaw
Vegetarian Course	Gently Spiced Cauliflower, Chick Pea and Spinach Curry on bed of Rice
Cold Salad	Prawn and Avocado
Ind. Salad Pots	Crudités, House Mixed Salad, Tomato & Cucumber
Puddings	Decadent Chocolate Sponge with Chocolate Sauce or Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes

## Supper

## Supper

Main Course	Minute Steak with Triple-cooked Chips & Peas
Or	Cheese Omelette with Fries and Peas
Dessert	Zingy Lemon Tart and Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Buns	Choice of Cereals, Breads and Spreads, Hot Chocolate and Milk



# Tuesday

Week 1

## Breakfast

Cereals	4 Types Daily
Hot Option	Scrambled Eggs, Grilled Tomato and Mushroom
Toast	Brown Bread with Jams & Marmalade
Baked Pastry	Croissant
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Hot Drink	French-style bowls of Hot Chocolate

Lunch

## Lunch

Cup of Soup	Soup of the Day (v)
Main Course	Chicken Korma with Rice
Vegetarian Course	3 Bean Chilli with Rice
Warm Salad	Pasta with Pomodoro Sauce topped with Grated Cheese
Cold Salad	Ham Ploughman's Salad
Ind. Salad Pots	Crudités, House Mixed Salad, Tomato & Cucumber
Puddings	Apple Crumble with Whipped Cream and Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes

Sup

## Supper

Main Course	Moules Mariniere with Crusty Bread
Or	Classic Macaroni Cheese with Sweetcorn
Dessert	Vanilla Ice Cream with Warm Chocolate Sauce
Fresh Cut Fruit	Melon, Pineapple, Kiwi, Grapes
Buns	Choice of Cereals, Breads and Spreads, Hot Chocolate and Milk



# Wednesday

Week 1

## Breakfast

Breakfast	
Porridge	Topped with Maple Syrup
Cereals	4 Types Daily
Hot Option	Boiled Eggs
Toast	Brown Bread with Jams & Marmalade
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Hot Drink	French-style bowls of Hot Chocolate
Lunch	

Lunch	
Cup of Soup	Soup of the Day (v)
Main Course	Pasta Bolognese with Garlic Bread
Vegetarian Course	Salmon with New Potatoes and Peas
Hot Salad	Baked Stuffed Pepper and Salad
Cold Salad	Mexican Egg Salad Bowl
Ind. Salad Pots	Crudités, House Mixed Salad, Tomato & Cucumber
Puddings	Fizzy Orange Jelly & Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Supper	

Supper	
Main Course	Herby Chicken Breast with Roasted Vegetable Bake, Couscous and Salad
Or	Spiced Falafel, Chick Pea and Red Pepper Bake, Couscous and Salad
Dessert	Strawberry Mousse Pots & Yoghurts
Fresh Cut Fruit	Melon, Pineapple, Kiwi, Grapes
Buns	Choice of Cereals, Breads and Spreads, Hot Chocolate and Milk



# Thursday

Week 1

## Breakfast

Cereals	4 Types Daily
Hot Option	Grilled Bacon, Baked Beans, Hash Browns
Toast	Brown Bread with Jams & Marmalade
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Hot Drink	French-style bowls of Hot Chocolate

## Lunch

Cup of Soup	Soup of the Day (v)
Main Course	Coughtrey's Pork Sausages, Mashed Potato and Baked Beans
Vegetarian Course	Vegetarian Sausages, Mashed Potato and Baked Beans
Warm Salad	Salmon Fishcakes with New Potatoes & Green Salad
Cold Salad	Brie and Black Grape Salad Bowl
Ind. Salad Pots	Crudités, House Mixed Salad, Tomato & Cucumber
Puddings	Homemade Shortbread Squares & Yoghurt
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes

## Supper

Main Course	Chilli-con-carne with Rice and Tortilla Chips
Or	Spinach and Ricotta Pancakes with Salad
Dessert	Yoghurt
Fresh Cut Fruit	Melon, Pineapple, Kiwi, Grapes
Buns	Choice of Cereals, Breads and Spreads, Hot Chocolate and Milk



# Friday

Week 1

## Breakfast

Porridge	Topped with Syrup
Cereals	4 Types Daily
Toast	Brown Bread with Jams & Marmalade
Baked Pastry	Croissant
Fresh Cut Fruit	Melon, Pineapple, Kiwi, Grapes
Hot Drink	French-style bowls of Hot Chocolate

Cup of Soup	Soup of the Day (v)
Main Course	Real Cod Fish Fingers with Thick-cut Oven Chips & Peas
Vegetarian Course	Fresh Herb Omelette with Thick-cut Oven Chips & Peas Or Baked Potato with Cheese and Salad
Warm Salad	Steak & Philly Sub Roll, packed with Salad
Ind. Salad Pots	Crudités, House Mixed Salad, Tomato & Cucumber
Puddings	Muffin and Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes

## Supper




# Monday

Week 2

## Breakfast

N/A

## Lunch

Cup of Soup	Soup of the Day (v)
Main Course	BBQ Pork Ribs or Chicken Drumsticks with Potato Wedges and Sweet Corn
Vegetarian Course	Cheese and Tomato Puff Pastry Tartlets with Salad
Cold Salad	Avocado, Mozzarella and Tomato Salad
Ind. Salad Pots	Crudités, House Mixed Salad, Tomato & Cucumber
Puddings	Treacle Sponge and Custard and Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
	Supper

## Supper

Main Course	French Bread Pizza, Potato Wedges and Salad
Dessert	American Pancakes with Fruit Compote & Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Buns	Choice of Cereals, Breads and Spreads, Hot Chocolate and Milk



# Tuesday

Week 2

## Breakfast

Cereals	4 Types Daily
Hot Option	Sausages, Potato Waffles and Baked Beans
Toast	Brown Bread with Jams & Marmalade
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Hot Drink	French-style bowls of Hot Chocolate

## Lunch

Cup of Soup	Soup of the Day
Main Course	Shepherd's Pie with Green Beans
Vegetarian Course	Vegetarian Savoury Pancakes with New Potatoes and Salad
Warm Salad	Broccoli and Blue Cheese Quiche
Cold Salad	Melon and Parma Ham Salad Bowl
Ind. Salad Pots	Crudités, House Mixed Salad, Tomato & Cucumber
Puddings	Fruity Flapjack and Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes

## Supper

Main Course	Chicken Goujons with Sweet Chilli Dip, Fries and Salad
Or	Mushroom Omelette
Dessert	Chocolate Sponge Cake
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Buns	Choice of Cereals, Breads and Spreads, Hot Chocolate and Milk



# Wednesday

Week 2

## Breakfast

Porridge	Topped with Syrup
Cereals	4 Types Daily
Toast	Brown Bread with Jams & Marmalade
Baked Pastry	Pain au Chocolat
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Hot Drink	French-style bowls of Hot Chocolate

## Lunch

Cup of Soup	Soup of the Day
Main Course	Lasagne with Garlic Bread and Salad
Vegetarian Course	Vegetable Curry with Rice
Warm Salad	Fishcakes with New Potatoes and Salad
Cold Salad	Cheese Ploughman's
Ind. Salad Pots	Crudités, House Mixed Salad, Tomato & Cucumber
Puddings	Chocolate Mousse Pots
Yoghurt	Fresh Summer Fruit
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes

## Supper

Main Course	Pork and Vegetable Stir Fry with Noodles
Or	Tofu and Vegetable Stir Fry with Noodles
Dessert	Salted Caramel Cheesecake and Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Buns	Choice of Cereals, Breads and Spreads, Hot Chocolate and Milk





# Thursday

Week 2

## Breakfast

Cereals	4 Types Daily
Hot Option	Bacon Bagel or Vegetarian Sausage Bagel
Toast	Brown Bread with Jams & Marmalade
Hot Drink	French-style bowls of Hot Chocolate

## Lunch

Cup of Soup	Soup of the Day (v)
Main Course	Chicken, Leek and Ham Pie, Roasted Potatoes, Carrots and Peas
Pasta Option	Penne Pasta in Sauce (v)
Vegetarian Course	Vegetarian Pie, Roast Potatoes, Carrots and Peas
Cold Salad	Tuna and Sweetcorn Salad Bowl
Ind. Salad Pots	Crudités, House Mixed Salad, Tomato & Cucumber
Puddings	Fruity Upside Down Cake and Custard and Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes

## Supper

Main Course	Burrito with Rice, Shredded Lettuce and Cheese
Or	Vegetarian Burrito with Rice, Shredded Lettuce and Cheese
Dessert	Ginger Cake Squares and Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Buns	Choice of Cereals, Breads and Spreads, Hot Chocolate and Milk



# Friday

Week 2

## Breakfast

Cereals	4 Types Daily
Hot Option	Eggs, Hash Browns and Mushroom
Toast	Brown Bread with Jams & Marmalade
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Hot Drink	French-style bowls of Hot Chocolate

## Lunch

Cup of Soup	Soup of the Day (v)
Main Course	Butcher's Burger in a Bun with Fries & Baked Beans
Vegetarian Course	Portobello Mushroom & Halloumi Burger in a Bun with Fries & Salad
Cold Salad	Classic Greek Salad
Ind. Salad Pots	Crudités, House Mixed Salad, Tomato & Cucumber
Puddings	Chocolate Brownie & Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes

Supper

N/A



# Monday

Week 3

## Breakfast

N/A  
Lunch

## Lunch

Cup of Soup	Soup of the Day (v)
Main Course	Chicken and Vegetable Stir Fry served with Rice
Vegetarian Course	Baked Stuffed Peppers
Cold Salad	Pear and Stilton Salad
Ind. Salad Pots	Crudités, House Mixed Salad, Tomato & Cucumber
Puddings	Lemon Sponge with Custard and Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes

## Supper

Main Course	Hot Cornish Sausage Roll served with Chips and Baked Beans
Or	Vegetarian Sausage Rolls served with Chips and Baked Beans
Dessert	Cheesecake and Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Buns	Choice of Cereals, Breads and Spreads, Hot Chocolate and Milk



# Tuesday

Week 3

## Breakfast

Cereals	4 Types Daily
Hot Option	Grilled Bacon, Baked Beans & Mushrooms
Toast	Brown Bread with Jams & Marmalade
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Hot Drink	French-style bowls of Hot Chocolate
	Lunch

## Lunch

Cup of Soup	Soup of the Day (v)
Main Course	Hearty Beef Casserole with New Potatoes, Yorkshire Pudding, Green Beans and Peas
Vegetarian Course	Fusilli Pasta with Pomodoro Sauce topped with Grated Cheddar Cheese
Warm Salad	Classic Chicken Caesar
Cold Salad	Brie and Black Grape Salad
Ind. Salad Pots	Crudités, House Mixed Salad, Tomato & Cucumber
Puddings	DH Mess made with Meringue, Fruits and Cream and Yoghurt
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes

## Supper

Main Course	Chicken and Red Pepper Fajitas with Tortilla Chips
Or	Vegetarian Fajitas
Dessert	Ice Cream and Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Buns	Choice of Cereals, Breads and Spreads, Hot Chocolate and Milk



# Wednesday

Week 3

## Breakfast

Porridge	Topped with Apple and Cinnamon
Cereals	4 Types Daily
Hot Option	Boiled Eggs
Toast	Brown Bread with Jams & Marmalade
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Hot Drink	French-style bowls of Hot Chocolate

## Lunch

Cup of Soup	Soup of the Day (v)
Main Course	Cheesy Penne Pasta Bake with Garlic Bread and Mixed Green Salad or Peas
Vegetarian Course	Baked Potatoes with Cheese and Salad
Warm Salad	Mediterranean Quiche with Salad
Cold Salad	Ham and Pineapple Salad
Ind. Salad Pots	Crudités, House Mixed Salad, Tomato & Cucumber
Puddings	Chocolate Chip Shortbread Squares and Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes

## Supper

Main Course	'Subway' Rolls with selection of Meats, Cheeses and Salads
Or	Spinach and Ricotta Savoury Pancakes
Dessert	Strawberry Jelly Pots or Yoghurt
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Buns	Choice of Cereals, Breads and Spreads, Hot Chocolate and Milk



# Thursday

Week 3

## Breakfast

Cereals	4 Types Daily
Hot Option	Eggs, Grilled Tomatoes, Potato Waffles
Toast	Brown Bread with Jams & Marmalade
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Hot Drink	French-style bowls of Hot Chocolate

## Lunch

## Lunch

Cup of Soup	Soup of the Day (v)
Main Course	Roast Turkey, Roast Potatoes, Cauliflower, Carrots and Gravy Or Salmon with New Potatoes and Salad
Vegetarian Course	Spiced Chickpeas, Lentils and Spinach with Rice
Cold Salad	Egg Mayonnaise
Ind. Salad Pots	Crudités, House Mixed Salad, Tomato & Cucumber
Puddings	Chocolate Sponge with Chocolate Sauce or Yoghurt
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes

## Supper

Main Course	Chicken Tikka Masala with Rice
Or	Three Bean Chilli with Rice
Dessert	Lemon Tart or Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Buns	Choice of Cereals, Breads and Spreads, Hot Chocolate and Milk



# Friday

Week 3

## Breakfast

Cereals	4 Types Daily
Hot Option	Sausages, Baked Beans and Hash Browns
Toast	Brown Bread with Jams & Marmalade
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Hot Drink	French-style bowls of Hot Chocolate

## Lunch

Cup of Soup	Soup of the Day (v)
Main Course	Cod and Chorizo Fishcakes, Fries and Sweetcorn
Vegetarian Course	Herby Omelette with Fries and Sweetcorn
Warm Salad	Steak Sub Roll with Salad
Cold Salad	Coronation Chicken Salad Bowl
Ind. Salad Pots	Crudités, House Mixed Salad, Tomato & Cucumber
Puddings	Iced Cup Cake & Yoghurt
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes

## Supper


N/A



# Monday

Week 4

## Breakfast

N/A

## Lunch

Cup of Soup	Soup of the Day (v)
Main Course	Chicken and Roasted Vegetables with Rice
Vegetarian Course	Fusilli Pasta with Herby Tomato Sauce topped with Grated Cheese
Warm Salad	Aubergine, Mozzarella and Tomato Stack with Salad
Cold Salad	Melon and Parma Ham Salad Bowl
Ind. Salad Pots	Crudités, House Mixed Salad, Tomato & Cucumber
Puddings	Pear Crumble and Custard or Yoghurts
Fresh Cut Fruit	Melon, Kiwi, Pineapple, Grapes

## Supper

Main Course	Tortellini Pasta with Sauce, Garlic Bread and Salad
Or	Grilled Butternut Squash and Halloumi Salad
Dessert	Pavlova with Fresh Fruits and Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Buns	Choice of Cereals, Breads and Spreads, Hot Chocolate and Milk





# Tuesday

Week 4

## Breakfast

Cereals	4 Types Daily
Toast	Brown Bread with Jams & Marmalade
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Hot Drink	French-style bowls of Hot Chocolate
	Lunch

## Lunch

Cup of Soup	Soup of the Day (v)
Main Course	Cottage Pie served with Green Beans and Peas
Vegetarian Course	Roasted Vegetables and Lentils
Hot Salad	Leek and Goats Cheese Tart with Salad
Cold Salad	Cheddar Cheese Ploughman's
Ind. Salad Pots	Crudités, House Mixed Salad, Tomato & Cucumber
Puddings	Fruity Flapjack Squares or Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes

## Supper

Main Course	Chicken Burger in a Bun with Fries and Coleslaw
Or	Vegetarian Burger in a Bun with Fries and Coleslaw
Dessert	Chocolate Fudge Cake
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Buns	Choice of Cereals, Breads and Spreads, Hot Chocolate and Milk



# Wednesday

Week 4

## Breakfast

Cereals	4 Types Daily
Hot Option	Sausages, Hash Brown, Grilled Mushrooms
Toast	Brown Bread with Jams & Marmalade
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Hot Drink	French-style bowls of Hot Chocolate
	Lunch

## Lunch

Cup of Soup	Soup of the Day (v)
Main Course	Meatballs in Tomato Sauce with Garlic Bread and Salad
Alternative	Asian Chicken Noodles
Vegetarian	Beetroot and Feta Salad Bowl
Puddings	Ice Cream Pots or Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes

## Supper

Main Course	Bacon and Pea Risotto
Or	Vegetarian Pasta Bake
Dessert	Banoffee Pancakes
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Buns	Choice of Cereals, Breads and Spreads, Hot Chocolate and Milk



# Thursday

Week 4

## Breakfast

Cereals	4 Types Daily
Hot Option	Croissants and Creamy Porridge
Toast	Brown Bread with Jams & Marmalade
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Hot Drink	French-style bowls of Hot Chocolate
	Lunch

## Lunch

Cup of Soup	Soup of the Day (v)
Main Course	Roast Turkey, Roast Potatoes, Broccoli, Carrots and Gravy
Vegetarian	Vegetarian Lasagne with Salad
Hot Salad	Chorizo and Chick Pea Warm Spiced Salad
Cold Salad	Prawn and Cucumber Salad Bowl
Puddings	Ginger Cake with Vanilla Sauce or Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes

## Supper

Main Course	Jacket Potato bar with choice of fillings
Or	Gnocchi with Spinach and Cheese
Dessert	Slice of Victoria Sponge Cake and Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Buns	Choice of Cereals, Breads and Spreads, Hot Chocolate and Milk



# Friday

Week 4

## Breakfast

Cereals	4 Types Daily
Hot Option	Bacon Bagel or Vegetarian Sausage Bagel
Toast	Brown Bread with Jams & Marmalade
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes
Hot Drink	French-style bowls of Hot Chocolate
	Lunch

## Lunch

Cup of Soup	Soup of the Day (v)
Main Course	Chicken Goujons with Chips and Peas
Vegetarian	Herb Omelette with Chips and Peas
Hot Salad	Vegetable and Pasta Salad Bowl
Cold Salad	Goats Cheese Salad Bowl
Puddings	Chocolate Rice Crispy Cakes or Yoghurts
Fresh Cut Fruit (Seasonal)	Melon, Pineapple, Kiwi, Grapes

## Supper

	N/A
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