

# WEEKLY MENU

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HYDRATION</b>	Oranka juice station Tea, Coffee, Fresh Milk						
<b>HOT ITEMS</b>	Bacon Baked beans Poached eggs	Sausages Slow roasted tomatoes Scrambled eggs	Full English	Sausages Grilled flat mushrooms Poached eggs	Continental breakfast  Selection of meats Selection of cheeses Smoked salmon Breads  Freshly made omelettes	Full English  Sausages Hash browns Baked beans Mushrooms Tomatoes Fried Eggs	Brunch  Bacon, cheddar and tomato sourdough toastie
<b>DAILY SPECIAL</b>	French toast with poached apples and maple cream	Belgian waffles with berry compote	Bacon Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Tomato, cheddar and spring onion frittata			Cheddar and tomato sourdough toastie  Tater tots Baked beans Fried eggs
<b>DAILY BREAKFAST ITEMS</b>	Selection of pastries Toast station with spreads and preserves Selection of cereals Porridge with toppings Homemade granola and toppings						
<b>FRUIT</b>	Fresh fruit platter and Whole fruits						

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WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HYDRATION</b>	Oranka juice station Tea, Coffee, Fresh Milk						
<b>HOT ITEMS</b>	Bacon Saute potatoes Poached eggs	Sausages Baked beans Fried eggs	Full English  Bacon Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Sausages Sauteed mushrooms Scrambled eggs	English muffins with sausage patties, fried egg and cheese  English muffins with Fried egg and cheese  Saute potatoes Baked beans	Full English  Sausages Hash browns Baked beans Mushrooms Tomatoes Fried Eggs	Brunch  Smoked haddock kedgeree  Avocado and poached egg on sourdough toast  Crispy potatoes Grilled tomatoes
<b>DAILY SPECIAL</b>	Smokey BBQ beans with fried eggs and crisp tortilla	Hungarian Langos with sour cream and feta cheese		Congee with toppings			
<b>DAILY BREAKFAST ITEMS</b>	Selection of pastries Toast station with spreads and preserves Selection of cereals Porridge with toppings Homemade granola and toppings						
<b>FRUIT</b>	Fresh fruit platter and Whole fruits						

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WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HYDRATION</b>	Oranka juice station Tea, Coffee, Fresh Milk						
<b>HOT ITEMS</b>	Bacon Baked beans Poached eggs	Sausages Saute potatoes Scrambled eggs	Full English  Bacon Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Sausages Grilled flat mushrooms Scrambled eggs	Belgian Waffles  Selection of sweet and savoury toppings	Full English  Sausages Hash browns Baked beans Mushrooms Tomatoes Fried Eggs	Brunch  Huevos rancheros  Tacos with avocado, feta and tomatoes  Ham and cheese sincronizada  Crispy potatoes BBQ Beans
<b>DAILY SPECIAL</b>	Smoked salmon and cream cheese multigrain bagels	Merguez sausage, cherry tomato, pepper and harissa stew with fried eggs		Potato rosti with streaky bacon and fried egg			
<b>DAILY BREAKFAST ITEMS</b>	Selection of pastries Toast station with spreads and preserves Selection of cereals Porridge with toppings Homemade granola and toppings						
<b>FRUIT</b>	Fresh fruit platter and Whole fruits						

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WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
MAIN COURSE 1	Peri Peri chicken legs with nandos style sauce	Chicken lalabdar	Crispy chilli pork	BBQ	 <p>Meat Free Friday</p> <p>MSC Certified sustainable breaded or battered fish with chunky chips, peas and mushy peas, lemon and tartar sauce</p> <p>Macaroni cheese bake with garlic bread</p>	Sweet chilli pork, vegetable and noodle stir fry	
MAIN COURSE 2	Slow cooked beef with tomato, peppers and white beans	Kheema peas	Chinese chicken curry	Cheeseburger with pickles, lettuce and tomatoes			
VEGETARIAN	Slow cooked quorn pieces with tomato, peppers and white beans	Kadi pakodi	Crispy chilli tofu	Jumbo sausage with fried onions Quorn sausages with fried onions			Sweet chilli tofu, vegetable and noodle stir fry
ON THE SIDE	Roasted sweet potato Sweetcorn Roasted broccoli with lemon and garlic	Mushroom rice Green beans Ghobi 65	Steamed rice Soy beans and peas Honey and soy roasted carrots	BBQ Beans Coleslaw Sweetcorn Homemade sauces			Vegetable spring rolls Stir fried pak choi and beansprouts Soy roasted broccoli
	Tofu Bulgogi	Roasted sweet potatoes stuffed with hummus, crispy harissa chickpeas and vegan feta	Bang bang cauliflower Sticky jasmine rice Soy beans and peas Honey and soy roasted carrots	Miso butter beans with sticky oyster mushrooms	Vegan sausage roll		
	Brown rice with shredded tofu in bulgogi sauce and vegetables	Green beans Roasted peppers		Pickled cucumber salad Toasted sourdough bread	Sweet potato fries Peas		
DESSERT	Peach and raspberry crumble with vanilla custard	Sticky lemon pudding with lemon caramel sauce	Chocolate and banana bread and butter pudding with cream	Carrot cake with cream cheese frosting	Chocolate chip cookies		
EVERY DAY	<p>Salad bar with dressings and toppings</p> <p>50/50 Pasta with tomato sauce, cheese and daily changing sauces</p> <p>Jacket potatoes and sweet potato jackets with baked beans, cheese and daily changing sauces</p> <p>Fresh cut fruit, whole fruits, Jelly pots and Yoghurt pots</p>						

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# WEEKLY MENU

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAIN COURSE 1	Garlic butter pork chops with grain mustard and mushroom cream sauce	Chicken and chorizo jambalaya with cornbread	Sticky teriyaki chicken breast	Southern fried chicken with roasted sweet potato garlic chilli slaw	 <p><b>FUTURE-PROOF FOOD</b> Meat Free Friday</p> <p>MSC Certified sustainable breaded or battered fish with chunky chips, peas and mushy peas, lemon and tartar sauce</p> <p>Margarita Pizza</p>	Deli bar
MAIN COURSE 2	Chicken with red wine, tomatoes, baby onions and roasted peppers	Louisiana pulled pork bap with pickled red cabbage	Stir fried beef with ginger and spring onions	Beef chilli with mexican rice		Selection of sandwich fillings
VEGETARIAN	Quorn pieces with red wine, tomatoes, baby onions and roasted peppers	Louisiana pulled jackfruit bap with pickled red cabbage	Sticky teriyaki tofu	Mixed bean chilli with Mexican rice		Selection of breads
ON THE SIDE	Roasted new potatoes Green beans with balsamic red onions Honey roasted carrots	Cajun BBQ beans Sweet Corn with peppers, onions, jalapeno and coriander Cajun coleslaw	Egg noodles Stir fried greens Soy, garlic and ginger roasted broccoli	Sweetcorn Green beans		Tomato, mozzarella and rocket salad
	Coconut satay tofu Noodles with pak choi, red peppers and spring onions Green beans	Cauliflower pakora Lentil Dhal Avocado raita Poppadoms	Creamy spaghetti with asparagus, peas and mint Steamed broccoli Garlic bread	Persian mixed herb frittata Harissa hummus Roasted aubergines with mint and pomegranate Sumac slaw		Greek salad
	DESSERT	Orange cake with passion fruit mascarpone topping	Banoffee sundae	Rocky road	Roasted peppers with mixed olives	
EVERY DAY	<p>Steamed new potatoes with herb butter</p> <p>Battered tofu with lemon and parsley</p> <p>Sweet potato fries</p> <p>Crushed peas with mint</p> <p>Chocolate fudge cake</p>					
<p>Salad bar with dressings and toppings</p> <p>50/50 Pasta with tomato sauce, cheese and daily changing sauces</p> <p>Jacket potatoes and sweet potato jackets with baked beans, cheese and daily changing sauces</p> <p>Fresh cut fruit, whole fruits, Jelly pots and Yoghurt pots</p>						

# WEEKLY MENU

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAIN COURSE 1	Chicken fajitas with sour cream, cheese and guacamole	Tandoori chicken breast with kachumber salad	Nasi goreng - Indonesian fried rice with chicken, prawns and egg	Beef bolognese with wholemeal spaghetti	 <b>FUTURE-PROOF FOOD</b> Meat Free Friday  MSC Certified sustainable breaded or battered fish with chunky chips, peas and mushy peas, lemon and tartar sauce	Beef lasagna
MAIN COURSE 2	Pulled beef fajitas with sour cream, cheese and guacamole	Beef balti curry	Korean bulgogi pork with rice and pickled cucumber	<b>Deli Bar</b> Ham and cheese bagels Coronation chicken baguette Coleslaw		Vegetable lasagna
VEGETARIAN	Mixed vegetable fajitas with sour cream, cheese and guacamole	Mixed vegetable balti curry	Tofu Nasi goreng	Tomato, mozzarella and pesto bagel		Garlic bread Fries Roasted peppers Tomato and mozzarella salad
ON THE SIDE	Mexican rice Roasted courgettes Sweetcorn	Lentil dhal Naan breads Tandoori roasted cauliflower Cabbage fagooth	Vegetable stir fry Soy and honey roast aubergines	Roasted vegetables Sweetcorn		
	Tofu Banh Mi with soy mayonnaise and pickled cucumber and radish  Asian slaw Roasted courgettes	Risotto primavera  Garlic bread Rocket, tomato, red onion and olive salad	Chipotle kidney beans and sweet potato  Brown rice Avocado mayonnaise Sweetcorn, roasted peppers and coriander	Vegetable bread pakora  Chutneys and sauces Spiced sweet potato Kachumber salad		Vegan feta and roasted vegetable pizza  Sweet potato fries Peas Red cabbage coleslaw
DESSERT	Shortbread, mixed fruit jam and coconut squares	Eton mess cake	Chocolate and orange tarts	Sticky toffee pudding	Jam doughnuts	
EVERY DAY	Salad bar with dressings and toppings 50/50 Pasta with tomato sauce, cheese and daily changing sauces Jacket potatoes and sweet potato jackets with baked beans, cheese and daily changing sauces Fresh cut fruit, whole fruits, Jelly pots and Yoghurt pots					

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WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main course</b>	Chicken shish kebabs with hummus and pomegranate	Satay Chicken with pickled cucumber	Hungarian beef goulash with sour cream	Mexican pulled pork tacos with sour cream and guacamole	Classic chicken Caesar salad or Tandoori prawn Caesar salad	Peri peri chicken and roasted pepper pizza	Roast beef with yorkshire pudding and gravy
<b>Vegetarian</b>	Halloumi kebabs with hummus and pomegranate	Satay tofu with pickled cucumber	Hungarian vegetable goulash with sour cream	Mixed bean tacos with sour cream and guacamole	Halloumi and roasted chickpea Caesar salad	Peri peri roasted vegetable pizza	Butternut squash and goats cheese wellington
<b>On the side</b>	Flatbreads Greek salad Roasted vegetables	Sticky rice Stir fried pak choi Soy beans	Noodles Green beans Cabbage	Mexican rice Rainbow slaw Garlic butter corn on the cob	Baby gem lettuce, parmesan, croutons, anchovies, boiled eggs Cajun potato wedges	Cajun spiced sweet potato Sweetcorn Green beans	Roast potatoes Cauliflower cheese Honey roasted parsnips
Dessert of the day							
Selection of salads and fresh fruit							

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# WEEKLY MENU

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main course</b>	Mediterranean grilled turkey escalope	Slow roasted pork belly with roasted apples and crackling	Pulled pork quesadillas	Brazilian Moquea - Brazilian fish stew	Chicken, bacon and egg club sandwich	Teriyaki chicken bao buns	Rump steak, onion rings and peppercorn sauce
<b>Vegetarian</b>	Mediterranean grilled halloumi	Celeriac and apple gratin bake	Jackfruit quesadillas	Brazilian vegetable stew	Halloumi, roasted pepper and rocket club sandwich	Teriyaki tofu bao buns	Grilled cauliflower steak with onion rings and peppercorn sauce
<b>On the side</b>	Pitta breads Hummus Giant couscous and roasted vegetable salad Greek salad	Saute potatoes Green beans Roasted squash	Sweet potato fries Garlic creamed corn Roasted courgettes	Djuvec - Mixed vegetable rice Buttered corn on the cob with paprika and coriander Roast broccoli	French fries Green salad Roasted vegetables	Sticky rice Pickled cucumber Stir fried vegetables	French fries Grilled asparagus Roasted carrots
Dessert of the day							
Selection of salads and fresh fruit							

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WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main course</b>	Hunters chicken	Beef meatballs in red wine and tomato sauce	Pesto grilled chicken, red pepper tapenade and rocket focaccia	Chicken gyozas	Chicken katsu curry	Grilled tuna Nicoise salad	Bacon chop with grilled pineapple and fried egg
<b>Vegetarian</b>	Hunters buttermilk quorn	Quorn meatballs in red wine and tomato sauce	Balsamic tomato, mozzarella and rocket focaccia	Vegetable gyozas	Aubergine katsu curry	Grilled tofu Nicoise salad	Tomato, cheddar and spring onion quiche
<b>ON THE SIDE</b>	Potato skins stuffed with cheddar and spring onions Peas Roasted squash	Wholemeal spaghetti Roasted peppers Hispi cabbage	Saute potatoes with olives and sun blushed tomatoes Green beans with parmesan and garlic Panzanella salad	Singapore style rice noodles Cucumber salad Stir fried greens	Sticky rice Pickled vegetables Soy beans	Buttered new potatoes	Chips Peas Green beans
Dessert of the day							
Selection of salads and fresh fruit							

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