

Morning Breakfast Week 1 SD							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Porridge Bar	Hot Porridge with a selection of toppings from granola, golden syrup , Dried Fruit, Toasted coconut and a selection of Seeds.						
Toast Bar	sliced Brown and White bread with a selection of Jams, spreads ,Butter and Low Low butters.						
Cereals	Selection of cereals (cornflakes, rice crispies, branflakes, cocopops and Weetabix)						
Hot Daily Special	Freshly baked croissants	Grilled sausages	Scrambled eggs	Baked beans & toast	Pancakes & chocolate sauce	Hash brown	Brunch / Lunch
Hydration Station	Freshly Brewed Tea & Coffee. Chilled Full Fat, Low Fat & Lactose Free Milk. Still and flavoured water & Juices						
Mid-Morning Break							
Morning Break	sliced watermelon	cheese toastie	crackers & cheese	sliced pineapple	chocolate chip cookies	Biscuits selection	N/A
Lunch break							
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day		
Plant Option	Thai red Veg curry with rice & garlic green beans	Risotto with greens and pumpkin seed pesto	Southern Indian chickpea curry with Chhota naan	Charred broccoli and spinach gnocchi	Japanese panko aubergine katsu with and rice	Pizza margherita stone baked pizza with freshly made potato wedges	Sunday Roast Beef with roast potatoes, roast vegetables & Gravy
Main option	Thai red chicken curry with rice, garlic green beans & prawn crackers	Roasted Chicken breast with herb stuffing, cheesy cauliflower, roasted potatoes & Gravy	Chicken cacciatore with tomato lentils, pasta, roasted vegetables	Roasted pork loin with roasted potato, carrots & gravy	Beef & vegetable lasagne with peas, corn & roasted garden vegetables		
Treat/Fruit Option	Chocolate sponge	Mixed berry smoothie	Trio of melon	Eton mess with raspberry sauce	fruit salad	Apple crumble & custard	Strawberry cheesecake
salad bar	<p>Selection of fresh simple salad items including mixed leaves, tomatoes, cucumber, sweet peppers and red onion</p> <p>Choose from our amazing power salads – freshly prepared daily and comprising of an ever changing array of healthy, tasty and nutritiocomposite salads served in our unique fresh food from scratch style</p> <p>Salad dressings including balsamic, vinaigrette, Caesar, blended oils</p>						
Dinner break							
Plant Option	Pasta macaroni and cheese with garlic bread.	Stuffed Mushroom & mix peppers	Aubergine Parmigiana with Torn Basil & Rucola	Baked broccoli and cheddar quiche with salad bar selection	Traditional Spice bag with Chicken or Vegetables & mild curry sauce	Burger Bar 6oz Roasted Chicken burger or Veggie burger with bap sliced cheese, fries and garnish with build your own salad	Garden veg in black bean sauce & steamed rice
Meat Protein Option	Korean Grilled BBQ Beef with corn salsa	Irish style beef burger with rasher, cheese & sesame bap	Tender beef and vegetable bolognaise with spaghetti	Grilled chicken with pineapple salsa and rice (PP)			Tender Beef in black bean sauce & steamed rice
On the Side	Steamed Broccoli / Boiled potato	Chips	Garlic Bread / Dessert	Buttered corn & peas			Prawn crackers
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