

Morning Breakfast Week 2 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	Grilled sausages	scrambled egg	grilled bacon rashers	vegan sausage roll	vegetable frittata pistou	omelette cheddar cheese	Brunch
Continental Breakfast	Yogurt, Granola & Fruit Compote, Boiled eggs, selection hams, Charcuterie & selection of sliced cheese melons, Orange segment, Grapefruit, Pineapple and apple and orange juice.						
Hydration Station	Freshly Brewed Tea & Coffee. Chilled Full Fat, Low Fat & Lactose Free Milk. Still and flavoured water & juices						
Mid-Morning Break							
Morning Break	Short bread	sliced trio of melon	Baked chocolate torsade	strawberry banana smoothie	mini chocolate chip muffin	Mini Biscuits	
Lunch break							
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day		
Plant Option	Sweet potato chana masala with peas & steamed rice (PP)	Spicy vegetable chilli beans with rice and sour cream	Pasta macaroni with garlic bread	Vegetables Stroganoff served with boiled rice	Japanese teriyaki tofu & roasted vegetable and rice	Boston bean loaded sweet potato with cheese	Brunch
Main Option	Pasta Carbonari with diced ham, peas & roasted vegetables & grated cheddar	Creamy peri peri chicken with rice and Steamed vegetables	Teriyaki beef with mushroom stir-fry with pak choi and sticky rice (PP)	Pasta sauce with Chicken, mushroom penne and garlic bread	Battered fillet of hake with baby potato, lemon and tartar sauce	Chicken Kiev and garlic butter with herbed potatoes and roasted broccoli	Brunch
Treat/Fruit Option	Fruit salad	chocolate mousse with mini marshmallows	selection of yogurt pots	rice Krispie squares	sliced water melon	ice cream and jelly	chocolate profito roll pot with chocolate sauce
Salad bar	Selection of fresh simple salad items including mixed leaves, tomatoes, cucumber, sweet peppers and red onion 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 Salad dressings including balsamic, vinaigrette, Caesar, blended oils						
Dinner break							
Plant Option	Spicy pepper and bean Burrito with coriander and rice	Basil Gnocchi ,slow roasted tomato sauce and rocket leaves	Aubergine and pepper Balti with basmati rice	Roasted (baked) sweet potato with black bean and corn salsa	White bean and Quorn bolognaise with fusilli pasta	Yardbird Southern Fried Chicken or BBQ Cauliflower Wings	Vegetable kebab
Meat Protein Option	BBQ hunter chicken with cheese and tomato salsa	Indian beef rogan josh with Naan bread, green beans & cucumber riata	Penne and fennel sausage Ragu with basmati rice	Mexican beef fajitas with tortilla wrap and peppers	Turkey and lentil Tikka Masala (PP)	BBQ Cauliflower Wings with Southern Slaw, Corn on the Cob, Onion Rings & Spicy BBQ Sauce.	Greek style Beef Mince with grated cheese
On the Side	cheesy mash potato and green beans	Popadom	Steamed broccoli & carrots / Dessert	Mexican rice with sour cream and salsa sauce	Naan bread		Pita, Olive & feta cheese
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