

Morning breakfast Week 3							
	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	Rashers	Chocolate torsade	freshly baked croissant	scrambled eggs	Pancakes & chocolate sauce	Sausages	Belgian waffle & chocolate sauce
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.						
Mid-Morning Break							
Morning Break	freshly sliced pineapple	Berry yogurt posset	Cheese & crackers	sliced melon	chocolate chip cookies	selection yogurt pots	
Lunch break							
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day		
Plant Option	Baked vegetable burger with sesame bap & salad	Chilli Quorn, kidney burrito and tomato salsa (PP)	Aubergine and pepper Balti with naan bread	chilli vegetable chimichanga with bean	Oven roasted vegetable quiche, peas & salad	Butternut squash & sweet potato baked	Bakes ham, braised cabbage, mashed potato & parsley sauce
Main Option	Tomato & basil sausage with mash, garden peas & gravy	Buttermilk Chicken burger with hot sauce, pickles and chips	The best mac & cheese with Crispy Bacon and garlic bread	Baked chicken with Provençale sauce and roasted baby potatoes & carrots	Battered Cod with tartare Sauce, baby potatoes & mushy Peas	Loin pork with hoisin sauce and basmati rice	
Treat/Fruit Option	Peach cobbler with cream	Banoffee	fruit salad	strawberry milk shake	sliced pineapple	Eton mess with mixed berry compote and cream	mini chocolate doughnut
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	Vegetables pie with crispy pastry topping	Chickpea and Aubergine curry with steamed rice and tomato chutney	Vegetable and sweet potato chilli with rice, nachos & sour cream	Sweet potato Chana Masala with khubz bread (PP)	Cauliflower katsu curry with jasmine rice	Pizza Bar selection of margherita , pepperoni or spiced chicken with garlic potato wedges, garlic dip and salad bar selection	Tofu and broccoli wedge pad Thai with glass noodles
Meat Protein Option	Chicken and ham, leek pie with crispy pastry topping	Meat ball in rich tomato sauce and tender penne pasta with cheese	beef chilli con carnie with steamed rice and cheddar cheese	Caribbean style BBQ pork with loaded wedges and green onions	Baked cottage pie with mash, glazed carrots and gravy		Creamy tender Cajun Chicken
On the Side	creamy mash potato with roasted broccoli	Garlic green beans	refried beans and rice / Dessert	Loaded wedges			Steamed rice
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