



SAMPLE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Choice of 3 Cereals with Semi Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Seasonal Fresh Fruit Porridge Oats with Cinnamon & Brown Sugar Grilled Sausages Scrambled Egg Baked Beans Vegetable Sausages (V)	Choice of 3 Cereals with Semi Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Seasonal Fresh Fruit Porridge Oats with Cinnamon & Brown Sugar Grilled Bacon Plum Tomatoes Oven baked Hash Browns Quorn Sausages (V)	Choice of 3 Cereals with Semi Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Seasonal Fresh Fruit Porridge Oats with Cinnamon & Brown Sugar Grilled Sausages Scrambled Eggs Baked Beans Vegetable Sausages (V)	Choice of 3 Cereals with Semi Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Seasonal Fresh Fruit Porridge Oats with Cinnamon & Brown Sugar Grilled Bacon Fresh Mushrooms Spaghetti Hoops Quorn Sausages (V)	Choice of 3 Cereals with Semi Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Seasonal Fresh Fruit Porridge Oats with Cinnamon & Brown Sugar Grilled Sausages Scrambled Eggs Baked Hash Browns Vegetable Sausages (V)	Choice of 3 Cereals with Semi Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Seasonal Fresh Fruit Porridge Oats with Cinnamon & Brown Sugar Grilled Bacon Roast Tomatoes Baked Beans Quorn Sausages (V)	Choice of 3 Cereals with Semi Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Seasonal Fresh Fruit Porridge Oats with Cinnamon & Brown Sugar Grilled Sausages Scrambled Egg Spaghetti Hoops Vegetable Sausages (V)
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Tomato & Vegetable Soup served with a choice of breads Baguettes and Wraps with various fillings e.g. Turkey or Chicken strips Tuna & Sweetcorn Roasted Vegetables & Cheese (V) Tortilla Chips Salad Bar	Parsnip Soup served with a choice of breads Pasta Bar & Sauce e.g. Sausages in a Mild Chilli Sauce Vegetable Bolognese (V) Spinach & Cauliflower Cheese Bake Served with Garlic Bread Salad Bar	Cream of Mushroom Soup served with a choice of breads Burger in a Bun Bar e.g. Beef Burger with Tomato Relish Spicy Vegetarian Burger (V) Chips & Peas Salad Bar	Vegetable and Chickpea Soup served with a choice of breads Jacket Potato Bar served with hot and cold fillings e.g. Mexican Chilli Con Carne, Baked Beans Coleslaw Salad Bar	Spinach & Broccoli Soup served with a choice of breads Baguettes with hot and cold fillings served with Nachos e.g. Pork in Salsa Sauce Tuna & Cucumber Soft Cheese Salad Bar	Potato Soup served with a choice of breads Pasties / or Ploughman's Bar e.g. Cornish Pasty Cheese & vegetable slice (V) French Beans Garlic Bread Salad Bar	Minestrone Soup served with a choice of breads Deep Pan or Thin Crust Pizza Bar with a choice of toppings e.g. Ham Cheese & Tomato Peppers & Mushrooms Sweetcorn Served with Potato Wedges Salad Bar
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Chef's Special Soup Beef Lasagne Fish Fingers Vegetable Stir Fry with Noodles (V) Fresh Buttered Carrots French Beans Chips Salad Bar Cheesecake	Chef's Special Soup Lamb Rogan Josh Quorn and Vegetable Cottage Pie (V) Hot Dog Fresh Leek Baked Beans Rice Baked Jacket Potato Quarters Salad Bar Apple & Cherry Crumble	Chef's Special Soup Pork with Apple Sauce Cottage Pie Stuffed Peppers with Couscous Chickpeas and Cheese Grilled Tomatoes with Chives Boiled Potatoes with Parsley Salad Bar Mousse	Chef's Special Soup Roast Turkey Salmon Strips Spinach & Ricotta Cannelloni (V) Fresh Sautéed Leek Fresh Broccoli Oven Roasted Potato & Carrot Salad Bar Syrup Sponge with Custard	Chef's Special Soup Battered Chicken Chunks Tuna Pasta Bake Chickpea and Vegetable Curry (V) Peas & Sweetcorn Fresh Courgettes Potato Wedges Savoury Rice Salad Bar Waffle with toppings	Chef's Special Soup Sausages in Onion Gravy Fish - Chef's Special Vegetable Fajita & Salad with Sour Cream (V) Fresh Roasted Parsnips Roasted Mediterranean Vegetables Crushed Potatoes Salad Bar Angel Delight	Chef's Special Soup Roast Beef served with Yorkshire Pudding Meatballs in Tomato Sauce Macaroni Cheese (V) Grilled Tomatoes French Beans Steamed Rice Roasted New Potatoes Salad Bar Pineapple Upside Down Cake

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Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Winter Vegetable Soup served with a choice of breads Baguette Sandwich Bar With a choice of hot & cold fillings e.g. <i>Turkey in Mediterranean Sauce</i> <i>Mixed Vegetables in Balti Sauce (V)</i> Salad Bar	Tomato & Basil Soup served with a choice of breads Jacket Potato Bar with a variety of fillings e.g. <i>Pork or Chicken and Vegetable Casserole</i> <i>Cheddar Cheese (V)</i> <i>Baked Beans</i> Salad Bar	Broccoli Soup served with a choice of breads Quiche/Pasties/Omelette Bar e.g. <i>Omelette with Tomato or Ham</i> <i>Sausage rolls</i> Served with Nachos & Salad Salad Bar	Leek and Potato Soup served with a choice of breads Pizza Bar Deep Pan or Thin Crust with choice of toppings e.g. <i>Pepperoni</i> <i>Vegetable Supreme (V)</i> French Fries Salad Bar	Cauliflower Soup served with a choice of breads Baguettes & Wraps Bar with a selection of fillings served with Tortilla Chips e.g. <i>Ham</i> <i>Cheese</i> Salad Bar	Carrot & Coriander Soup served with a choice of breads Burger in a Bun Bar e.g. <i>Beef Burger with Tomato Relish</i> <i>Vegi Burger (V)</i> Chips & Peas Salad Bar	Spicy Sweetcorn Soup served with a choice of breads Nachos & Pasta Bar e.g. <i>Turkey & Vegetables in Tomato Basil Sauce</i> <i>Ratatouille (V)</i> Served with a choice of Nachos & Melted Cheese or Pasta Salad Bar
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Chef's Special Soup Chicken Tikka Masala Shepherd's Pie Spinach and Ricotta Tortellini (V) Sauté of Mixed Beans Fresh Roast Carrots with Coriander Steamed Rice Salad Bar Peach Crumble & Cream	Chef's Special Soup Pasta Bolognese Fish Cake Cheese, Onion & Potato Pie (V) Sweetcorn Fresh Broccoli Chips Salad Bar Chocolate Crispy	Chef's Special Soup Roast Pork Chicken Strips Thai Vegetable Curry (V) Mashed Swede Peas Baked Herby Diced Potatoes Couscous Salad Bar Rice Pudding & Jam	Chef's Special Soup Chicken in Sweet & Sour Sauce or a Tomato Sauce Beef Hot Pot or Beef Cobbler Cauliflower & Broccoli Cheese Bake (V) Grilled Tomato French Beans Steamed Rice Salad Bar Jelly	Chef's Special Soup Breaded Fish Meatballs in Tomato Sauce Chilli Beans Peas Fresh Carrots Sauté Potatoes Rice Salad Bar Apple Pie & Custard	Chef's Special Soup Tikka Turkey or Turkey & Cranberry Pie with Stuffing Toad in the Hole Vegetable Hot Pot (V) Roast Parsnip and Carrots Cabbage or Brussels Sprouts Creamy Potatoes Salad Bar Doughnuts	Chef's Special Soup Marinated Roast Chicken Mustard & Honey Glazed Gammon Vegetable Lasagne (V) Corn on the Cob Fresh Broccoli Roasted New Potatoes Salad Bar Chocolate sponge with chocolate sauce

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