

weekly menu

week commencing 03/09/2018

meal	mon	tue	wed	thu	fri
homemade soup	roast red pepper	tomato & basil	sweet potato & chilli	carrot and orange	courgette & watercress
main option 1	chicken burrito	beef lasagne	roast turkey with cranberry sauce	tandoori chicken leg	cheese burger in a floured bun
main option 2	cajun vegetable & bean wrap	spinach & soft cheese lasagne	quorn roast with cranberry gravy	potato, chickpea & tomato rogan josh	southern fried quorn escalope
sides	mexican rice tortilla chips & guacamole grilled peppers & onions	diced potatoes with onions, sundried tomato & olives green beans	roast root vegetables rosemary roast potatoes gravy	basmati rice garlic naan shards indian savouries	potato wedges baked beans onion rings
deli bar	jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily				
salad bar	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta
smart bar	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station fresh milk option	selection of fruits hydration station
dessert	jam sponge & custard	fruit & yoghurt bar	meringue nest with fruit coulis	apple crumble & custard	chocolate & beetroot brownie

weekly menu

week commencing 10/09/2018

meal	mon	tue	wed	thu	fri
homemade soup	leek & potato	butternut squash & parsnip	cream of cauliflower	chicken, rice & corn	red lentil
main option 1	cottage pie	szechaun chicken & pineapple	roast gammon & wholegrain mustard	pasta carbonara with smoked bacon & spinach	battered salmon fish cake
main option 2	tomato, basil & goats cheese tart	tempura battered vegetables with hot & sour sauce	vegetable sausages & onion gravy	quorn meatballs in a arriabiatta sauce	pepper and houmous wrap
sides	roasted carrots garden peas	steamed rice stir fried vegetables prawn crackers	broccoli & cauliflower roast potatoes gravy	green beans garlic bread	chips garden peas baked beans
deli bar	jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily				
salad bar	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, tomato basil & mozzarella, pink coleslaw	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, tomato basil & mozzarella, pink coleslaw	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, tomato basil & mozzarella, pink coleslaw	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, tomato basil & mozzarella, pink coleslaw	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, tomato basil & mozzarella, pink coleslaw
smart bar	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station fresh milk option	selection of fruits hydration station	selection of fruits hydration station
dessert	carrot cake slice	marmalade sponge with custard	fruit & yoghurt bar	plum crumble with custard	iced ring doughnut

weekly menu

week commencing 17/09/2018

meal	mon	tue	wed	thu	fri
homemade soup	courgette & potato	winter vegetable	chicken & leek	red lentil & chickpea	tuscan style bean
main option 1	turkey meatballs	pork & pepper thai green curry	roast chicken thigh with rosemary & garlic	jamaican jerk pollock with mango & avocado salsa	jumbo hot dog with onions
main option 2	vegetable bolognese sauce	curried vegetable balti	quorn fillets & balsamic onions	grilled pepper & red onion frittata with salad garnish	spicy bean burger
sides	spaghetti garlic bread mixed leaf salad	basmati rice mini poppadom onion bhaji	mixed greens creamed potatoes gravy	wholegrain rice & black eyed beans sweetcorn & peppers	french fries baked beans
deli bar	jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily				
salad bar	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, red cabbage & apple, morrocan cous-cous	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, red cabbage & apple, morrocan cous-cous	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, red cabbage & apple, morrocan cous-cous	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, red cabbage & apple, morrocan cous-cous	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, red cabbage & apple, morrocan cous-cous
smart bar	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station fresh milk option	selection of fruits hydration station
dessert	chocolate cookie	lemon syrup sponge & custard	fruit & yoghurt bar	banana loaf & custard	vanilla ice cream

weekly menu

week commencing 24/09/2018

meal	mon	tue	wed	thu	fri
homemade soup	roast red pepper	tomato & basil	sweet potato & chilli	carrot and orange	courgette & watercress
main option 1	chicken burrito	beef lasagne	roast turkey with cranberry sauce	tandoori chicken leg	cheese burger in a floured bun
main option 2	cajun vegetable & bean wrap	spinach & soft cheese lasagne	quorn roast with cranberry gravy	potato, chickpea & tomato rogan josh	southern fried quorn escalope
sides	mexican rice tortilla chips & guacamole grilled peppers & onions	diced potatoes with onions, sundried tomato & olives green beans	roast root vegetables rosemary roast potatoes gravy	basmati rice garlic naan shards indian savouries	potato wedges baked beans onion rings
deli bar	jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily				
salad bar	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, greek salad, vegetable pasta
smart bar	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station fresh milk option	selection of fruits hydration station
dessert	jam sponge & custard	fruit & yoghurt bar	meringue nest with fruit coulis	apple crumble & custard	chocolate & beetroot brownie

weekly menu

week commencing 01/10/2018

meal	mon	tue	wed	thu	fri
homemade soup	leek & potato	butternut squash & parsnip	cream of cauliflower	chicken, rice & corn	red lentil
main option 1	cottage pie	szechaun chicken & pineapple	roast gammon & wholegrain mustard	pasta carbonara with smoked bacon & spinach	battered salmon fish cake
main option 2	tomato, basil & goats cheese tart	tempura battered vegetables with hot & sour sauce	vegetable sausages & onion gravy	quorn meatballs in a arriabiatta sauce	pepper and houmous wrap
sides	roasted carrots garden peas	steamed rice stir fried vegetables prawn crackers	broccoli & cauliflower roast potatoes gravy	green beans garlic bread	chips garden peas baked beans
deli bar	jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily				
salad bar	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, tomato basil & mozzarella, pink coleslaw	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, tomato basil & mozzarella, pink coleslaw	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, tomato basil & mozzarella, pink coleslaw	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, tomato basil & mozzarella, pink coleslaw	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, tomato basil & mozzarella, pink coleslaw
smart bar	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station fresh milk option	selection of fruits hydration station	selection of fruits hydration station
dessert	carrot cake slice	marmalade sponge with custard	fruit & yoghurt bar	plum crumble with custard	iced ring doughnut

weekly menu

week commencing 08/10/2018

meal	mon	tue	wed	thu	fri
homemade soup	courgette & potato	winter vegetable	chicken & leek	red lentil & chickpea	tuscan style bean
main option 1	turkey meatballs	pork & pepper thai green curry	roast chicken thigh with rosemary & garlic	jamaican jerk pollock with mango & avocado salsa	jumbo hot dog with onions
main option 2	vegetable bolognese sauce	curried vegetable balti	quorn fillets & balsamic onions	grilled pepper & red onion frittata with salad garnish	spicy bean burger
sides	spaghetti garlic bread mixed leaf salad	basmati rice mini poppadom onion bhaji	mixed greens creamed potatoes gravy	wholegrain rice & black eyed beans sweetcorn & peppers	french fries baked beans
deli bar	jacket potatoes with fillings, bread selection along with our cheese & meat boards freshly prepared daily				
salad bar	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, red cabbage & apple, morrocan cous-cous	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, red cabbage & apple, morrocan cous-cous	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, red cabbage & apple, morrocan cous-cous	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, red cabbage & apple, morrocan cous-cous	tomato, cucumber, sweetcorn, beetroot, iceberg lettuce, red cabbage & apple, morrocan cous-cous
smart bar	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station	selection of fruits hydration station fresh milk option	selection of fruits hydration station
dessert	chocolate cookie	lemon syrup sponge & custard	fruit & yoghurt bar	banana loaf & custard	vanilla ice cream

