

WEEK ONE
 2nd - 6th Sept
 7th - 11th Oct
 25th - 29th Nov

<h1>MONDAY</h1> 	<h1>TUESDAY</h1>	<h1>WEDNESDAY</h1>	<h1>THURSDAY</h1>	<h1>FRIDAY</h1>
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Every Day: The Toasting Station / Fruit Juice / Cereals

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|-----------------------------------|---------------------------|----------------------|--------------------------|
| Croissants or Pain Aux Chocolates | Pancakes with Maple Syrup | Poached Egg on Toast | Grilled Bacon and Tomato |
|-----------------------------------|---------------------------|----------------------|--------------------------|

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

<p>Asian Coconut Chicken</p> <p>Moroccan Spiced Falafels with a Chunky Tomato Sauce</p> <ul style="list-style-type: none"> • Jasmine Rice • Steamed Broccoli • Roasted Medley of Vegetables 	<p>Braised Beef, Onion, and Smoky Bacon Casserole</p> <p>Quorn and Spinach Korma</p> <ul style="list-style-type: none"> • Roasted Courgette • Peas and Sweetcorn • Mashed Potato 	<p>Jacket Potato with a Selection of Fillings</p> <p>Toasted Sourdough with Guacamole and Poached Eggs</p> <ul style="list-style-type: none"> • Baked Beans • Steamed Green Beans 	<p>Roast Pork with Apple Sauce and Roast Gravy</p> <p>Aubergine & Halloumi Stack with a Salsa Verde</p> <ul style="list-style-type: none"> • Roast Potatoes • Steamed Carrots • Sauteed Cabbage 	<p>Battered Cod with a Lemon and Tartare Sauce</p> <p>Sweet Potato and Cherry Tomato Gnocchi with a Pesto Dressing</p> <ul style="list-style-type: none"> • Chips • Steamed Garden Peas • Baked Beans
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Classic Salad Bar Available Daily

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|----------|---------------|-----------------|------------------|--------------------|
| Gala Pie | Sliced Gammon | Tuna Mayonnaise | Tandoori Chicken | Salami and Chorizo |
|----------|---------------|-----------------|------------------|--------------------|

A selection of fresh fruit available from the fruit trolley & homemade yoghurt

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|--|--------------|--------------------------------------|-----------------|----------------------------------|
| Dark Chocolate Sponge with Chocolate Sauce | Banoffee Pie | White Chocolate and Cranberry Tiffin | Mars Bar Mousse | Strawberry Jelly and Fresh Cream |
|--|--------------|--------------------------------------|-----------------|----------------------------------|

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

<ul style="list-style-type: none"> • Meatballs with a Tomato and Herb Sauce and Rice • Pasta with a Tomato & Herb Sauce <p>A Selection of Cakes</p>	<ul style="list-style-type: none"> • Tuna Pasta Bake with Garlic Bread • Pasta with a Tomato & Herb Sauce <p>A Selection of Cakes</p>	<ul style="list-style-type: none"> • Croque Monsieur with Potato Wedges • Pasta with a Tomato & Herb Sauce <p>A Selection of Cakes</p>	<ul style="list-style-type: none"> • Sausage Casserole with Dough Balls • Pasta with a Tomato & Herb Sauce <p>A Selection of Cakes</p>	<ul style="list-style-type: none"> • Beef Tacos with Coleslaw and Salad • Pasta with a Tomato & Herb Sauce <p>A Selection of Cakes</p>
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GHAB

MAIN EVENT

MEAT FREE ZONE

5 A DAY

SALADS TO TRY

SWEET TREAT

GHAB

TEA
 (SERVED WITH SQUASH OR WATER)

WEEK TWO

9th - 13th Sept
14th - 18th Oct
2nd - 6th Dec



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Fruit Fritters with Maple Syrup

Croissants or Pain Aux Chocolates

Grilled Sausage on Hash Brown

Boiled Egg on English Muffin

GHAB

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

MAIN EVENT

Seared Cumberland Sausages with Roast Gravy

Spaghetti Bolognese

Jacket Potato with a Selection of Fillings

Roast Turkey with Cranberry Sauce and Roast Gravy

Salmon and Leek Fishcake with a Lemon Butter Sauce

MEAT FREE ZONE

Stuffed Flat Mushroom with Leek, Spinach, and Cream Cheese

Thai Green Vegetable and Paneer Curry

Chinese Spiced Vegetables with a Hirata Bun

Aubergine Katsu Curry

Quorn and Wild Mushroom Taco with a Spicy Relish

5 A DAY

- Mashed Potato
- Steamed Green Beans
- Medley of Vegetables

- Spaghetti
- Steamed Broccoli
- Steamed Sweetcorn

- Baked Beans
- Courgettes

- Roast Potatoes
- Glazed Carrots
- Braised Red Cabbage

- Chips
- Baked Beans
- Steamed Garden Peas

Classic Salad Bar Available Daily

SALADS TO TRY

Sliced Beef

Salami and Chorizo

Coronation Chicken

Scotch Egg

Sliced Ham

A selection of fresh fruit available from the fruit trolley & homemade yoghurt

SWEET TREAT

Sticky Toffee Pudding with Toffee Sauce

Chocolate Chipboard with Custard

Flapjack

Apple and Blackberry Crumble with Custard

Butterscotch Mousse with a Caramel Sauce

GHAB

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

TEA
(SERVED WITH SQUASH OR WATER)

- Tandoori Chicken and Rice Wrap with Salad
- Pasta with a Tomato & Herb Sauce

- Grilled Bacon with a Cous Cous Salad
- Pasta with a Tomato & Herb Sauce

- Beef Burger with Potato Wedges
- Pasta with a Tomato & Herb Sauce

- Beef Lasagne with Garlic Dough Balls and Salad
- Pasta with a Tomato & Herb Sauce

- Pepperoni or Cheese & Tomato Pizza with Garlic Bread
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

A Selection of Cakes

A Selection of Cakes

A Selection of Cakes

A Selection of Cakes

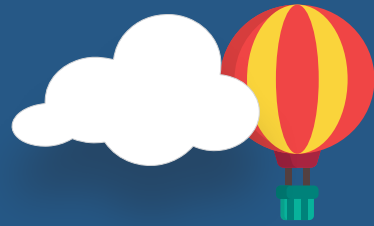
WEEK THREE

16th - 20th Sept

4th - 8th Nov

9th - 13th Dec

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Scrambled Egg with a
Toasted Bagel

Grilled Bacon and Tomato

Pancakes with Maple Syrup

Croissants or Pain Aux
Chocolate

GHAB

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

MAIN EVENT

Chinese Pork with a
Sticky Hoisin Sauce

Butter Chicken Curry with
Rice

Jacket Potato with a
Selection of Fillings

Roast Gammon with
Roast Gravy

Breaded Scampi with
Lemon and Tartare Sauce

MEAT FREE ZONE

Asian Coconut
Vegetables

Homemade Squash &
Sweet Pepper Cannelloni
with a Tomato Sauce

Glazed Stuffed Aubergine

Quorn Toad in the Hole
with Onion Gravy

Quorn Spaghetti
Bolognaise

5 A DAY

- Egg Noodles
- Steamed Carrots
- Steamed Green Beans

- Steamed Rice
- Steamed Sweetcorn
- Roasted Courgettes

- Baked Beans
- Roasted Medley of
Vegetables

- Roast Potatoes
- Steamed Carrots
- Cauliflower Cheese

- Chips
- Steamed Garden Peas
- Baked Beans

Classic Salad Bar Available Daily

SALADS TO TRY

Sliced Beef

Sliced Gammon

Chicken and Bacon

Tuna Mayonnaise

Ascot Pie

A selection of fresh fruit available from the fruit trolley & homemade yoghurt

SWEET TREAT

Bird Seed and Custard

Peach Eve's Pudding with
Custard

Rocky Road Slice

Pineapple & Orange
Chocolate Crumble

Orange Jelly and Fresh
Cream

GHAB

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

TEA
(SERVED WITH SQUASH OR
WATER)

- Jacket Potato with
Beans and Cheese
- Pasta with a Tomato &
Herb Sauce

- Macaroni Cheese with
Garlic Bread
- Pasta with a Tomato &
Herb Sauce

- Hot Dog with Onions
and Potato Wedges
- Pasta with a Tomato &
Herb Sauce

- Thai Green Chicken
Curry with Rice and
Naan Bread
- Pasta with a Tomato &
Herb Sauce

- Chinese Beef with Egg
Noodles and Prawn
Crackers
- Pasta with a Tomato &
Herb Sauce

A Selection of Cakes

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A Selection of Cakes

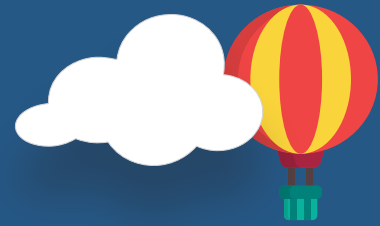
WEEK FOUR

23rd - 27th Sept

11th - 15th Nov

16th - 20th Dec

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Grilled Sausage with Plum Tomatoes

Poached Egg on Toast

Croissant / Pain Aux Chocolate

Belgian Waffle with Maple Syrup

GHAB

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

MAIN EVENT

BBQ Chicken and Bacon topped with Melted Cheese

Braised Beef and Mushroom Pie

Jacket Potato with a Selection of Fillings

Roast Pork with Apple Sauce and Roast Gravy

Seafood Paella

MEAT FREE ZONE

Spinach, Feta, and Spring Onion Tart

Roasted Vegetable Biryani

Quorn Meatballs in a Tomato and Herb Sauce

Breaded Tofu with Cajun Spiced Butternut Squash

Spinach and Ricotta Tortelloni with a Basil Cream Sauce

5 A DAY

- Steamed Rice
- Green Beans
- Sweetcorn

- Potato Wedges
- Broccoli
- Bashed Swede

- Baked Beans
- Cauliflower

- Roast Potatoes
- Steamed Carrots
- Cheesy Leeks

- Chips
- Baked Beans
- Steamed Garden Peas

Classic Salad Bar Available Daily

SALADS TO TRY

Salami and Chorizo

Sliced Chicken

Gala Pie

Tuna Mayonnaise

Sliced Gammon

A selection of fresh fruit available from the fruit trolley & homemade yoghurt

SWEET TREAT

Marbled Chocolate Sponge with Chocolate Sauce

Toffee Pear Crumble with Custard

Chocolate Brownie

Jam and Coconut Sponge with Custard

Layered Eton Mess

GHAB

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

TEA (SERVED WITH SQUASH OR WATER)

- Spaghetti Bolognese with Garlic Bread
- Pasta with a Tomato & Herb Sauce

- Southern Fried Chicken with Rice
- Pasta with a Tomato & Herb Sauce

- Chicken Nuggets with Potato Wedges
- Pasta with a Tomato & Herb Sauce

- Chicken Meatballs with Rice
- Pasta with a Tomato & Herb Sauce

- Pulled Pork Burger with Spaghetti Hoops
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

A Selection of Cakes

A Selection of Cakes

A Selection of Cakes

A Selection of Cakes

WEEK FIVE

30th Sept - 4th Oct

18th - 22nd Nov

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Scrambled Egg with a Bagel

Sausage and Mushroom Hash with Fried Egg

Churros with Chocolate Sauce

Croissants or Pain Aux Chocolate

GHAB

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

MAIN EVENT

Chilli Con Carne

Chicken and Leek Cottage Pie

Jacket Potato with a Selection of Fillings

Roast Chicken with Sage and Onion Stuffing and Roast Gravy

Battered Pollock with Lemon and Tartare Sauce

MEAT FREE ZONE

Wild Mushroom and Spinach Stroganoff

Butternut Squash and Red Lentil Dhansak

Focaccia with Roasted Sweet Peppers and Cherry Tomatoes

Vegetable Arancini with a Tomato and Herb Sauce

Stuffed Beef Tomatoes with a Tabouleh Salad

5 A DAY

- Steamed Rice
- Peas & Sweetcorn
- Roasted Medley of Vegetables

- Mashed Potato
- Steamed Broccoli
- Courgettes

- Baked Beans
- Steamed Green Beans

- Roast Potatoes
- Steamed Carrots
- Broccoli

- Chips
- Baked Beans
- Steamed Garden Peas

Classic Salad Bar Available Daily

SALADS TO TRY

Sliced Chicken

Salami & Chorizo

Ascot Pie

Tuna Mayonnaise

Hard Boiled Egg

A selection of fresh fruit available from the fruit trolley & homemade yoghurt

SWEET TREAT

Lemon and Ginger Sponge with Custard

Jubilee Mint Pudding

Coca Cola Cake

Chocolate Bread and Butter Pudding with Vanilla Sauce

Baked Rice Pudding with Jam Sauce

GHAB

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

TEA (SERVED WITH SQUASH OR WATER)

- Chicken, Pork & Cranberry Sausage Roll
- Pasta with a Tomato & Herb Sauce

- Jacket Potato with Cheese and Beans
- Pasta with a Tomato & Herb Sauce

- Salmon Fishcake with Potato Wedges
- Pasta with a Tomato & Herb Sauce

- Chicken Katsu Curry with Egg Noodles
- Pasta with a Tomato & Herb Sauce

- Beef and Sweet Pepper Chimichanga with Rice
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

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