

WEEK ONE

6th - 10th January

3rd - 7th February

10th - 14th March

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Grilled Bacon and Hash Browns

Boiled Egg on Toast

Pancakes with Maple Syrup

Croissants or Pain Aux Chocolate

GHAB

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

MAIN EVENT

Piri Piri Chicken

Cottage Pie with a Cheesy Topping and Gravy

Jacket Potato with a Selection of Fillings

Roast Beef with Horseradish Sauce and Roast Gravy

Breaded Scampi with Lemon and Tartare Sauce

MEAT FREE ZONE

Stuffed Beef Tomatoes

Roasted Vegetable & Chickpea Biryani

Cherry Tomato, Cream Cheese and Spinach Tart

Quorn Sausage Toad in the Hole with Onion Gravy

Glazed Flat Mushroom

5 A DAY

- Steamed Rice
- Steamed Sweetcorn
- Steamed Broccoli

- Mashed Potato
- Roasted Medley of Vegetables
- Steamed Cauliflower

- Baked Beans
- Steamed Green Beans

- Roast Potatoes
- Steamed Carrots
- Sauteed Spring Cabbage

- Chips
- Steamed Garden Peas
- Baked Beans

Classic Salad Bar Available Daily

SALADS TO TRY

Flaked Tuna

Hard Boiled Eggs

Coronation Chicken

Sliced Ham

Salami and Chorizo

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

SWEET TREAT

Marbled Chocolate Sponge with Chocolate Sauce

Birds Seed with Custard

Flapjack

Apple Crumble with Custard

Strawberry Mousse with Forest Fruits

GHAB

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

TEA (SERVED WITH SQUASH OR WATER)

- Beef Meatballs with a Tomato and Herb Sauce and Rice
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

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

A Selection of Cakes

- Sausage Roll with Wedges
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

- Bacon and Mushroom Carbonara with Garlic Bread
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

- Pepperoni or Cheese & Tomato Pizza with Dough Balls
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

WEEK TWO

13th - 17th January
10th - 14th February
17th - 21st March

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Belgian Waffles with Maple Syrup

Croissants or Pain Aux Chocolates

Grilled Sausage on Hash Brown

Scrambled Egg on a Toasted Bagel

GHAB

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

MAIN EVENT

Braised Meatballs with a Tomato and Herb Sauce

Beef and Root Vegetable Pie

Jacket Potato with a Selection of Fillings

Roast Chicken with Sage & Onion Stuffing and Gravy

Salmon and Leek Fishcake with a Lemon Butter Sauce

MEAT FREE ZONE

Butternut Squash and Lentil Dhansak with Rice

Roasted Vegetable Arancini Balls with a Tomato and Herb Sauce

Poached Egg Florentine

Asian Coconut Vegetables

Sweet Potato and Five Bean Enchilada with a Spicy Tomato Relish

5 A DAY

- Steamed Pasta
- Steamed Green Beans
- Bashed Carrot & Swede

- Steamed Rice
- Broccoli
- Sweetcorn

- Baked Beans
- Courgettes

- Roast Potatoes
- Glazed Carrots
- Cheesy Leeks

- Chips
- Baked Beans
- Steamed Garden Peas

Classic Salad Bar Available Daily

SALADS TO TRY

Sliced Chicken

Scotch Egg

Tuna Mayonnaise

Salami & Chorizo

Gala Pie

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

SWEET TREAT

Chocolate Chipboard with Custard

Jubilee Mint Pudding

Lemon Drizzle Cake

Mars Bar Mousse

Orange Jelly with Mandarins

GHAB

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

TEA
(SERVED WITH SQUASH OR WATER)

- Chicken Katsu Curry with Rice
- Pasta with a Tomato & Herb Sauce

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

- Bacon and Cheese Turnover with Potato Wedges
- Pasta with a Tomato & Herb Sauce

- Spaghetti Bolognaise with Salad
- Pasta with a Tomato & Herb Sauce

- Chicken Korma with Rice and Poppadoms
- 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

20th - 24th January

24th - 28th February

24th - 28th March

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Pancake with Maple Syrup

Grilled Bacon and Baked Beans

Croissants or Pain Aux Chocolate

Poached Egg with English Muffin

GHAB

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

MAIN EVENT

Cumberland Sausages with Onion Gravy

Chicken Tikka Masala

Jacket Potato with a Selection of Fillings

Roast Pork with Apple Sauce and Gravy

Breaded Haddock with Lemon and Tartare Sauce

MEAT FREE ZONE

Broccoli, Squash & Mozzarella Frittata

Bubble & Squeak with a Fried Egg

Moroccan Spiced Falafels with a Chunky Tomato Sauce

Aubergine Katsu Curry

Brie and Red Onion Marmalade Filo Parcel

5 A DAY

- Mashed Potato
- Steamed Peas & Sweetcorn
- Steamed Green Beans

- Steamed Rice
- Steamed Broccoli
- Roasted Medley of Vegetables

- Baked Beans
- Roasted Courgettes

- Roast Potatoes
- Steamed Carrots
- Sauteed Cabbage

- Chips
- Steamed Garden Peas
- Baked Beans

Classic Salad Bar Available Daily

SALADS TO TRY

Tandoori Chicken

Sliced Beef

Chicken and Bacon

Tuna Mayonnaise

Sliced Ham

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

SWEET TREAT

Rice Pudding with a Fruit Compote Sauce

Banoffee Pie with Cream

Chocolate Tiffin

Pear & Blackberry Crumble with Custard

Cornflake Cake

GHAB

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

TEA
(SERVED WITH SQUASH OR WATER)

- Cottage Pie with Salad
- Pasta with a Tomato & Herb Sauce

- Sausage Casserole with Rice and Garlic Bread
- Pasta with a Tomato & Herb Sauce

- Cheese & Tomato Pizza with Wedges
- Pasta with a Tomato & Herb Sauce

- Tuna Pasta Bake with Dough Balls
- Pasta with a Tomato & Herb Sauce

- Chicken, Tomato & Pesto with Rice and Garlic Bread
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

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A Selection of Cakes

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A Selection of Cakes

WEEK FOUR

27th - 31st January

3rd - 7th March

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Croissants or Pain Aux
Chocolate

Churros with Chocolate
Sauce

Scrambled Egg &
Mushrooms

Grilled Sausage with Plum
Tomatoes

GHAB

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

MAIN EVENT

Chicken and Mushroom
Pie

Beef and Onion Casserole

Jacket Potato with a
Selection of Fillings

Roast Gammon and
Gravy

Battered Cod with Lemon
and Tartare Sauce

MEAT FREE ZONE

Halloumi Stack with Salsa
Verde Dressing

Artichoke and Sweet
Potato Gnocchi with a
Parsely and Garlic Butter

Thai Red Paneer and
Vegetable Curry

Vegetarian Meatballs with
a Tomato and Herb Sauce

Cauliflower and Sweet
Potato Samosas with a
Riata Sauce

5 A DAY

- Egg Fried Rice
- Steamed Broccoli
- Steamed Green Beans

- Potato Wedges
- Cheesy Leeks
- Steamed Sweetcorn

- Baked Beans
- Roasted Medley of
Vegetables

- Roast Potatoes
- Steamed Carrots
- Cauliflower Cheese

- Chips
- Baked Beans
- Steamed Garden Peas

Classic Salad Bar Available Daily

SALADS TO TRY

Ascot Pie

Tuna Mayonnaise

Chicken Mayonnaise

Sliced Beef

Sliced Salami & Chorizo

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

SWEET TREAT

Coca Cola Cake with
Pouring Cream

Peaches Eves Pudding
with Custard

Carrot Cake

Mississippi Mud Tart with
Fudge Sauce

Strawberry Jelly with
Forest Fruits

GHAB

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

TEA (SERVED WITH SQUASH OR WATER)

- Macaroni Cheese,
Leeks, Peas, and Garlic
Bread
- Pasta with a Tomato &
Herb Sauce

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

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

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

- Beef Keema with Rice
and Naan Bread
- Pasta with a Tomato &
Herb Sauce

A Selection of Cakes

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