

# MENU WEEK 1

| Morning Snack<br>Breadsticks                           | Morning Snack<br>Mini Waffles                                 | Morning Snack<br>Cut Fruit Selection                    | Morning Snack<br>Crudites                                                     | Morning Snack<br>Cookie                                                 |
|--------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------|-------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| <b>Main Course</b><br>Pasta Bar<br>Beef Bolognaise     | <b>Main Course</b><br>Katsu Chicken Curry                     | <b>Main Course</b><br>Pork Lasagne                      | <b>Main Course</b><br>Roast Chicken                                           | <b>Main Course</b><br>Fish Fingers or Fish Pie<br>or<br>Pork Sausages   |
| <b>Vegetarian</b><br>Tomato, lentil and Basil<br>Sauce | <b>Vegetarian</b><br>Vegetable, Chickpea and<br>Coconut Curry | <b>Vegetarian</b><br>Mediterranean Vegetable<br>Lasagne | <b>Vegetarian</b><br>Vegetarian Lentil Roast                                  | <b>Vegetarian</b><br>Ultimate Veggie Burger<br>with Pickled Carrot Slaw |
| <b>Vegetables</b><br>Pasta<br>Broccoli<br>Sweetcorn    | <b>Vegetables</b><br>Rice<br>Green Beans<br>Corn on the Cob   | <b>Vegetables</b><br>Carrots<br>Peas                    | <b>Vegetables</b><br>Roast potatoes<br>Broccoli, Cauliflower<br>Cheese, Gravy | <b>Vegetables</b><br>Chips<br>Peas<br>Baked Beans                       |
| <b>Jacket Potatoes &amp; Beans</b>                     | <b>Pasta &amp; Sauce</b>                                      | <b>Jacket Potato &amp; Beans</b>                        | <b>Pasta &amp; Sauce</b>                                                      | <b>Pasta &amp; Sauce</b>                                                |
| <b>Dessert</b><br>Fruit Salad<br>Jam Doughnut          | <b>Dessert</b><br>Fruit Salad or Yogurt pots                  | <b>Dessert</b><br>Fruit Salad<br>Berry Cheesecake       | <b>Dessert</b><br>Fruit Salad<br>Bread and Butter pudding<br>& Custard        | <b>Dessert</b><br>Fruit Salad or Yogurt                                 |

# MENU WEEK 2

| Morning Snack<br>Breadsticks                                       | Morning Snack<br>Cut Fruit Selection                                              | Morning Snack<br>Crudites                                                                          | Morning Snack<br>Pancake                                        | Morning Snack<br>Oat and Raisin Cookie                    |
|--------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------|
| <b>Main Course</b><br>Pizza<br>Classic Margarita                   | <b>Main Course</b><br>Roast Pork                                                  | <b>Main Course</b><br>Greek Chicken Kabobs                                                         | <b>Main Course</b><br>Pork Curry                                | <b>Main Course</b><br>Breaded Hake or<br>Beef Burger      |
| <b>Vegetarian</b><br>Pizza<br>Artichoke, mushroom and<br>Red Onion | <b>Vegetarian</b><br>Leek & Goats Cheese<br>Tartlets                              | <b>Vegetarian</b><br>Falafels                                                                      | <b>Vegetarian</b><br>Mixed Bean Stuffed<br>Portobello Mushrooms | <b>Vegetarian</b><br>Spiced Roasted Cauliflower<br>Burger |
| <b>Vegetables</b><br>Corn on the Cob<br>Sweet Chilli Slaw          | <b>Vegetables</b><br>Roast Potatoes<br>Carrots, Cabbage and<br>Sweetcorn<br>Gravy | <b>Vegetables</b><br>Greek Potato Hash<br>Green Beans<br>Sides: Pickled red<br>cabbage, Tahini dip | <b>Vegetables</b><br>Turmeric Rice<br>Green Beans<br>Sweetcorn  | <b>Vegetables</b><br>Chips<br>Peas<br>Baked Beans         |
| <b>Jacket Potatoes &amp; Beans</b>                                 | <b>Pasta &amp; Sauce</b>                                                          | <b>Pasta &amp; Sauce</b>                                                                           | <b>Pasta &amp; Sauce</b>                                        | <b>Pasta &amp; Sauce</b>                                  |
| <b>Dessert</b><br>Fruit Salad<br>Blueberry Muffin                  | <b>Dessert</b><br>Fruit salad or Yogurt                                           | <b>Dessert</b><br>Fruit Salad<br>Jelly Trifle                                                      | <b>Dessert</b><br>Fruit salad<br>Chocolate Brownie              | <b>Dessert</b><br>Fruit Salad or Yogurt                   |

# MENU WEEK 3

| <b>Morning Snack</b><br><b>Breadsticks</b>            | <b>Morning Snack</b><br><b>Mini Waffles</b>    | <b>Morning Snack</b><br><b>Crudities</b>                                               | <b>Morning Snack</b><br><b>Cut Fruit Selection</b>                    | <b>Morning Snack</b><br><b>Cookie</b>             |
|-------------------------------------------------------|------------------------------------------------|----------------------------------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------|
| <b>Main Course</b><br>Chicken Enchilada               | <b>Main Course</b><br>Shepards Pie             | <b>Main Course</b><br>Roast Beef                                                       | <b>Main Course</b><br>Chicken and Seafood<br>Paella                   | <b>Main Course</b><br>Breaded Hake<br>Or Sausages |
| <b>Vegetarian</b><br>Vegetarian Enchilada             | <b>Vegetarian</b><br>Vegetarian Cottage Pie    | <b>Vegetarian</b><br>'Meat Free' Chicken Pie                                           | <b>Vegetarian</b><br>Spanakopita                                      | <b>Vegetarian</b><br>Vegetable Quiche             |
| <b>Vegetables</b><br>Sweetcorn<br>Green beans         | <b>Vegetables</b><br>Savoy Cabbage<br>Broccoli | <b>Vegetables</b><br>Roast Potatoes<br>Patsnips, Braised red<br>cabbage, peas<br>Gravy | <b>Vegetables</b><br>Green Beans<br>Carrots                           | <b>Vegetables</b><br>Chips<br>Peas<br>Baked Beans |
| <b>Jacket Potatoes &amp; Beans</b>                    | <b>Pasta &amp; Sauce</b>                       | <b>Pasta &amp; Sauce</b>                                                               | <b>Jacket Potatoes &amp; Beans</b>                                    | <b>Pasta &amp; Sauce</b>                          |
| <b>Dessert</b><br>Fruit Salad<br>Choc Chip Shortbread | <b>Dessert</b><br>Fruit Salad or Yogurt        | <b>Dessert</b><br>Fruit Salad<br>Spiced pear cake                                      | <b>Dessert</b><br>Fruit Salad<br>Jam & Cornflake Tart with<br>Custard | <b>Dessert</b><br>Fruit Salad or Yogurt           |