

BREAKFAST

W1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HYDRATION	Selection of juice	Selection of juice	Selection of juice	Selection of juice	Selection of juice	Selection of juice	Selection of juice
HOT ITEMS	Grilled English Bacon Baked Beans Panfried or Boiled Free Range Eggs, Grilled Button Mushroom	Grilled Chicken Sausage Roasted Tomato Hash Browns Poached or Boiled Free Range Eggs	Grilled West Country Sausage, Free Range Scrambled or Boiled Eggs, Grilled Button Mushrooms, Baked Beans	Grilled English Back Bacon BBQ Baked Beans Free Range Pan fried or Boiled Eggs	Pork Sausages Plum Tomato Free Range Poached or Boiled Eggs	Grilled English Back Bacon Baked Beans Hash Brown Free Range Pan fried or Boiled Eggs	Grilled Sausage Baked Beans Grilled Whole Mushroom Free Range Pan fried or Boiled Eggs
DAILY SPECIAL	Crumpets	Breakfast Frittata	Cinnamon Swirl Bread	Mini Pain Au Choc	Breakfast Pin wheels	Panacakes and Blueberries	Croque Monsieur
DAILY BREAKFAST ITEMS	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt
FRUIT	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit

BREAKFAST

W2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HYDRATION	Selection of juice	Selection of juice	Selection of juice	Selection of juice	Selection of juice	Selection of juice	Selection of juice
HOT ITEMS	Grilled Pork Sausages Baked Beans Panfried or Boiled Free Range Eggs, Grilled Button Mushroom	Grilled English Back Bacon, Roasted Tomato Hash Browns Poached or Boiled Free Range Eggs	Free Range Scrambled or Boiled Eggs, Grilled Button Mushrooms, Baked Beans	Grilled English Back Bacon BBQ Baked Beans Free Range Pan fried or Boiled Eggs	Grilled Pork Sausage, Plum Tomato Free Range Poached or Boiled Eggs	Grilled English Back Bacon Baked Beans Hash Brown Free Range Pan fried or Boiled Eggs	Grilled Sausage Baked Beans Grilled Whole Mushroom Free Range Pan fried or Boiled Eggs
DAILY SPECIAL	Home made Welsh cakes	Mini Croissants	Sausage Prep Muffin	Crumpets	Loaded Potato Tots	French Toast	Cheese and Bacon Swirl bread
DAILY BREAKFAST ITEMS	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt
FRUIT	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit

BREAKFAST

W3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HYDRATION	Selection of juice	Selection of juice	Selection of juice	Selection of juice	Selection of juice	Selection of juice	Selection of juice
HOT ITEMS	Grilled Bacon Baked Beans Panfried or Boiled Free Range Eggs, Grilled Button Mushroom	Grilled Chicken Sausage Roasted Tomato Hash Browns Poached or Boiled Free Range Eggs	Grilled West Country Sausage, Free Range Scrambled or Boiled Eggs, Grilled Button Mushrooms, Baked Beans	Grilled English Back Bacon BBQ Baked Beans Free Range Pan fried or Boiled Eggs	Grilled Pork Sausage, Plum Tomato Free Range Poached or boiled Eggs	Grilled English Back Bacon Baked Beans Hash Brown Free Range Pan fried or Boiled Eggs	Grilled Sausage Baked Beans Grilled Whole Mushroom Free Range Pan fried or Boiled Eggs
DAILY SPECIAL	Cinamon Swirl Bread	Pancakes and Syrup	Breakfast Frittata	Mini Pain Au Choc	Breakfast Pin wheels	Croque Monsieur	Homemade Welsh Cakes
DAILY BREAKFAST ITEMS	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt
FRUIT	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit

LUNCH

W1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Home Made Soup Of The Day, Selection Of Wild Farmed Bread	Home Made Soup Of The Day, Selection Of Wild Farmed Bread	Home Made Soup Of The Day, Selection Of Wild Farmed Bread	Home Made Soup Of The Day, Selection Of Wild Farmed Bread	Home Made Soup Of The Day, Selection Of Wild Farmed Bread	Home Made Soup Of The Day, Selection Of Wild Farmed Bread	Home Made Soup Of The Day, Selection Of Wild Farmed Bread
MAIN MEAL 1	Butchers Sausage red onion Gravy	Chilli Con Carni	Cajun Chicken Pasta	Roast Pork Loin and sage and apple stuffing	Battered Fish Sticky BBQ Chicken Thighs	Shredded chinese Chicken Noodles	Wrap Bar Selection of fresh fild Wraps
MAIN MEAL 2	Lamb and Mint Casserole	Hoisin Pork and vegetables					
MAIN MEAL 3	Mushroom and Spinach paella	Sweet Potato spinach and chickpea Curry	Tomato & Broccoli pasta	Sweet Potato and Tofu loafs	Baked Cajun Cauliflower Bites	Mushroom and Broccoli Curry	Wrap Bar Selection of fresh fild Wraps
ON THE SIDE	Creamed Mashed Potato Diced Carrot Broccoli	Rice Nachos Sour cream and quacamoli	Rigatoni Pasta Sweetcorn Roasted Peppers and Courgettes Homemade Foccacia	Homemade Gravy Cauliflower and Broccoli Cheese Peas Roast Potatos	Chips Baked Beans Mushy Peas	Prawn Crackers Stir Fried Vegetables	Selection of crisps and salads
DESSERT	Lemon curd Sandwich Shortbread	Syrup sponge	Rice pudding Jam Sauce	Spiced Apple Flapjack	Berry Upside Down Cake	Iced Doughnuts	Biscoff Krispie Cake
EVERY DAY	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And Jelly	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And Jelly	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And A Selection Of Yoghurt

LUNCH

W2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Home Made Soup Of The Day, Selection Of Wild Farmed Bread	Home Made Soup Of The Day, Selection Of Wild Farmed Bread	Home Made Soup Of The Day, Selection Of Wild Farmed Bread	Home Made Soup Of The Day, Selection Of Wild Farmed Bread	Home Made Soup Of The Day, Selection Of Wild Farmed Bread	Home Made Soup Of The Day, Selection Of Wild Farmed Bread	Home Made Soup Of The Day, Selection Of Wild Farmed Bread
MAIN MEAL 1	Sweedish Pork Meatballs	Sweet Chilli Beef Strips	Pasta Carbonara	Roast Chicken Homemade herb Stuffing	Breaded Pollock Lamb Keema Curry	CheeseBurger	Sub Bar Selection of Hot and cold Fillings
MAIN MEAL 2	Beef and Vegetable Casserole	Chicken and Spinach takka Masala					
MAIN MEAL 3	Pesto and sunflower seed Pasta	Sweet Potato Fallafel morrocon Couscous	Tomato and Cheese Pasta Bake	Cheese and Broccoli Quiche	Vegan Sausage and caramilsed Onions	Vegan Burger	Sub Bar Selection of Hot and cold Fillings
ON THE SIDE	Minted Glazed New Potatoes Country Vegetable Medley	Coconut infused Rice Sweetcorn Puppadums	Garlic Bread Garlic Green Beans Steamed Carrot	Gravy Roast Potato Roasted Parsnips Batton Carrots	Chips Peas and Chip shop curry sauce	Homemade Potato Wedges Coleslaw Onion rings Burger Sauce	Selection of crisps and salads
DESSERT	Jam and Coconut Sponge	School Cake	Creamy Biscoff Rice Pudding	Caramel apple Crumble	Lemon Drizzle Cake	Chocolate and Banana Milkshake	Churros Cinamon sugar
EVERY DAY	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And Jelly	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And Jelly	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And A Selection Of Yoghurt

LUNCH

W3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Home Made Soup Of The Day, Selection Of Wild Farmed Bread	Home Made Soup Of The Day, Selection Of Wild Farmed Bread	Home Made Soup Of The Day, Selection Of Wild Farmed Bread	Home Made Soup Of The Day, Selection Of Wild Farmed Bread	Home Made Soup Of The Day, Selection Of Wild Farmed Bread	Home Made Soup Of The Day, Selection Of Wild Farmed Bread	Home Made Soup Of The Day, Selection Of Wild Farmed Bread
MAIN MEAL 1	Chilli Beef Lasagna topped with Nachos	Chicken fried Rice Sweet and Sour Sauce					
MAIN MEAL 2	Honey and Mustard Chicken Thighs	Pork and mushroom Stroganoff	Beef and Lentil Bolognaise	Honey Roast Gammon	Breaded Fish Cakes Battered Sausage	Maccaroni Cheese Pulled Chicken	Homemade focaccia Filled with a selection sliced meats and salads
MAIN MEAL 3	Sweet Potato Chickpea Paella	Sweet Chilli Vegetbales	Roasted Vegetable and Tomato Sauce	Cheesy pesto and Pumpkin seed Gnocchi	Vegetable Fajita Pasta	Three cheese pasta and tomato Bake	Homemade focaccia Filled with a selection sliced meats and salads
ON THE SIDE	Roasted New Potato Roasted Carrots Green Beans	Rice Prawn crackers Stir fried Vegetables	Garlic Bread Slices Medley of Green Vegetables Steamed buttered Corn	Roast Potato Cauliflower Cheese Saute Cabbage	Chips Baked Beans Peas	Roasted Broccoli Garlic Bread	Selection of crisps and Salad
DESSERT	Chocolate Twix topped Shortbread	Marble Cake	Rice Pudding Strawberry Crumble	Pear and Rhubarb Crumble	Banoffee bread and butter pudding	Homemade Chocolate Muffins	Jam Doughnuts
EVERY DAY	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And Jelly	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And Jelly	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And A Selection Of Yoghurt

SUPPER

W1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE ONE	Wing shack A selection of marinated Chicken wings	Hawain Gammon Steak Topped with pineapple and Cheese	Katsu Chicken Curry	Mexican Chilli beef	Pizza Night Homemade Pizza and selection of toppigs	Chicken Schwarma Wholemeal Pitta breads Sweet chilli Sauce	Toad in The Whole
MAIN COURSE TWO	Halloumi Fries and Tomato Salsa	Cauliflower steaks topped with Tomato Salsa and Cheese	Roasted Vegetable Mango and coconut curry	Mixed been and Spinach Chilli	Pizza Night Homemade Pizza and selection of toppings	Chargrilled Halloumi Wholemeal pitta bread Naked slaw	Vegetarian Sausage Yorshire Pudding
ON THE SIDE	Sweet Potato Fries Coleslaw Salads Homemade Bread	Baby herbed Jacket Potatoes Peas and sweetcorn mix	Rice Green Beans Naan Bread	Sour Cream Nachos Rice Tomato Salasa Quacamole	Potato Wedges Colslaw	Roasted Cajun baby Jackets Salads	Mashed Potato Roasted Carrots Steamed Broccoli
DESSERT	iced Bun	Strawberry cheesecake pots	Chocolate Muffins	Jam and Coconut Sponge	Chocolate orange Brownie	Chocolate oaty Flapjack	Chocolate dipped waffle fingers
EVERY DAY	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt
SELECTION OF FRESHLY CUT & WHOLE FRUITS							

SUPPER

W2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE ONE	Spud Society Selection of Hot Fillings	Deconstructed Taco Bar Mexican Beef Avocado sour cream Baked Tortilla Strips Chunky tomato salsa	Shredded Lemon Chciken	Pepperoni Pizza Pinwheels	Nachos Topped with a choice of two hot fillings and Thick cheese sauce	Sticky Pork Noodles	Roast Chicken Homemade stuffing
MAIN COURSE TWO	Spud Society Selection of Hot Fillings	Deconstructed Taco Bar Tomato and Bean Chilli Avocado sour cream Baked Tortilla Strips Chunky tomato salsa	Vegetable egg fried Rice Hoisin Sauce	BBq vegetable pizza Pinwheels	Nachos Topped with a choice of two hot fillings and Thick cheese sauce	Hoisin Broccolli and baby corn chow mein	Glamorgan Sausage
ON THE SIDE	Selection of Salads Crusty Bread	Savoury Golden Rice Roasted ChickPea Homus Sauted sweetcorn	Noodles Prawn crackers Stir fried Greens	Crispy Jacket Potato skins Coronation Slaw	Quacamole, Tomato Salsa Sour Cream Pico di galo	Chinese 5 spiced vegetables Prawn Crackers Sweet and Sour sauce	Gravy Roasted New potato Green Vegetable medley
DESSERT ONE	Rocky Road	Lemon Cheese cake pots	Chocolate Crunch	Chocolate chip shortbread	Scrumble	Mini Iced Doughnuts and toffee sauce	Mand Ms topped chocolate cake
EVERY DAY	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And A Selection Of Yoghurt
SELECTION OF FRESHLY CUT & WHOLE FRUITS							

SUPPER

W3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE ONE	Trio Of sausages A selection of flavoured butchers sausages	Build Your own Burger Beef Burger Sliced Cheese Bacon Onion rings	Hunters Chicken	Garlic and herb chicken Pasta Bake	Lamb Kofta Flat bread	Loaded Fries Topped with a choice of two hot fillings and cold fillings	Beef Stew And Herbie Dumplings
MAIN COURSE TWO	Vegetarian Sausage Casserole	Vegan Burger Sliced Cheese Bacon Onion Rings	BBq Vegan Strips	Garlic Mushroom And Broccoli pasta Bake	BBq vegetable strips Flat Breads	Loaded Fries Topped with a choice of two hot fillings and cold fillings	Vegetable cottage Pie
ON THE SIDE	Caramilised red onion Gravy Yorkshire Pudding Mashed Potato Country vegetable medley	Potato Tots Peas Burger Sauce	New Potatos Sweetcorn	Garlic Crumb Topping Crispy Onions Stir fried Green Beans	Selection of Greek salads Sauces Flavoured Homous Mediterranean Vegetable rice	Coleslaw Selection of sauces	Mashed potato Roasted root vegetables
DESSERT ONE	Blueberry Crumb Bar	Lemon Posset pot	Homemade Cupcakes	Strawberry shortbread	Biscoff Cheese cake pot	Brookies	Sticky Toffee Pudding
EVERY DAY	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And A Selection Of Yoghurt	Fresh Fruit And A Selection Of Yoghurt
SELECTION OF FRESHLY CUT & WHOLE FRUITS							