



# MENU WEEK 1



| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>PORK SAUSAGES OR QUORN SAUSAGES</b><br/>Mashed potatoes<br/>Garden peas<br/>Honey baked carrots<br/>Gravy</p> <p><b>DELI BAR &amp; SALAD BAR</b><br/>Made to order sandwiches &amp; fillings, cut vegetables &amp; salads<br/>Snack special <b>Bacon &amp; Cheddar ciabatta</b><br/>Salad special <b>Pesto pasta bocconcini &amp; cherry tomatoes</b></p> <p><b>PASTA FRESCA COTTA</b><br/>Fresh formed &amp; filled pasta, choice of sauces, cooked to order</p> <p><b>BAKED POTATOES</b><br/>Plain or spiced jacket potatoes with baked beans, cheese &amp; choice of salads</p> <p><b>APPLE &amp; BLACKBERRY CRUMBLE VANILLA CUSTARD</b><br/>Selection of yoghurts, mousses &amp; jellies<br/>Fresh pineapple pot</p> | <p><b>SMOKY BBQ TURKEY ENCHILADAS OR ROASTED RED PEPPER &amp; KIDNEY BEAN ENCHILADAS</b><br/>Cheese sauce, tomato salsa sweetcorn, nachos &amp; re-fried beans</p> <p><b>DELI BAR &amp; SALAD BAR</b><br/>Made to order sandwiches &amp; fillings, cut vegetables &amp; salads<br/>Snack special <b>Pepperoni pizza melt</b><br/>Salad special <b>Caribbean avocado</b></p> <p><b>PASTA FRESCA COTTA</b><br/>Fresh formed &amp; filled pasta, choice of sauces, cooked to order</p> <p><b>BAKED POTATOES</b><br/>Plain or spiced jacket potatoes with baked beans, cheese &amp; choice of salads</p> <p><b>FRUITY FLAPJACK</b><br/>Selection of yoghurts &amp; jellies<br/>Watermelon &amp; mint</p> | <p><b>ROAST LOIN OF PORK OR BUTTERNUT SQUASH &amp; SPLIT-PEA CRUMBLE</b><br/>Yorkshire pudding, roast potatoes, sage &amp; onion stuffing glazed carrots, green beans, apple sauce &amp; gravy</p> <p><b>DELI BAR &amp; SALAD BAR</b><br/>Made to order sandwiches &amp; fillings, cut vegetables &amp; salads<br/>Snack special <b>Tuna &amp; Cheddar panini</b><br/>Salad special <b>Bombay cous cous</b></p> <p><b>PASTA FRESCA COTTA</b><br/>Fresh formed &amp; filled pasta, choice of sauces, cooked to order</p> <p><b>BAKED POTATOES</b><br/>Plain or spiced jacket potatoes with baked beans, cheese &amp; choice of salads</p> <p><b>CHOCOLATE RASPBERRY COLA CAKE</b><br/>Selection of yoghurts &amp; jellies<br/>Mixed melon pot</p> | <p><b>CHICKEN, PRAWN &amp; MUSSEL PAELLA OR CHICKEN &amp; CHORIZO PAELLA OR CHARRED MED VEG &amp; CHICKPEA PAELLA</b><br/>Crispy potatoes with alioli, steamed brocolli &amp; shredded salad</p> <p><b>DELI BAR &amp; SALAD BAR</b><br/>Made to order sandwiches &amp; fillings, cut vegetables &amp; salads<br/>Snack special <b>Ham &amp; Cheddar panini</b><br/>Salad special <b>Greek salad</b></p> <p><b>PASTA FRESCA COTTA</b><br/>Fresh formed &amp; filled pasta, choice of sauces, cooked to order</p> <p><b>BAKED POTATOES</b><br/>Plain or spiced jacket potatoes with baked beans, cheese &amp; choice of salads</p> <p><b>ICE CREAM BAR</b><br/>Selection of yoghurts &amp; jellies<br/>Mixed fruits</p> | <p><b>FRIDAY FISH SPECIAL</b><br/>Smoked haddock fishcake<br/>Citrus roast roots &amp; pearl barley salad</p> <p><b>BATTERED POLLOCK WITH TARTARE SAUCE &amp; LEMON OR BREADED FISH FINGERS OR CHEESE &amp; ONION PASTY</b><br/><br/>Fries, baked beans, mushy peas, curry sauce &amp; gravy</p> <p><b>SALAD BAR</b><br/>Daily changing choice of mixed salads &amp; cut vegetables with choice of dressings &amp; accompaniments</p> <p><b>BAKED POTATOES</b><br/>Plain or spiced jacket potatoes with baked beans, cheese &amp; choice of salads</p> <p><b>ROCKY ROAD</b><br/>Selection of yoghurts &amp; jellies<br/>Mixed berry pot</p> |
| <p><b>SALAD BAR</b><br/>Daily changing choice of mixed salads &amp; cut vegetables with choice of dressings &amp; accompaniments</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <p><b>DELI SANDWICH BAR</b><br/>Selection of sandwiches on various breads with choice of meat, fish &amp; vegetarian fillings served with crisps or tortilla chips</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |



# MENU WEEK 2



| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>CHICKEN TIKKA MASALA OR SWEET POTATO CHANA MASALA</b><br/>50/50 rice<br/>mango chutney, poppadom's<br/>vegetable dahl cumin roast<br/>cauliflower</p> <p><b>DELI BAR &amp; SALAD BAR</b><br/>Made to order sandwiches &amp;<br/>fillings, cut vegetables &amp;<br/>salads<br/>Snack special <b>Chorizo,<br/>mozzarella &amp; garlic butter<br/>panini</b><br/>Salad special <b>Tricolore pasta<br/>with thyme roasted mushrooms &amp;<br/>mozzarella</b></p> <p><b>PASTA FRESCA COTTA</b><br/>Fresh formed &amp; filled pasta,<br/>choice of sauces, cooked to<br/>order</p> <p><b>BAKED POTATOES</b><br/>Plain or spiced jacket<br/>potatoes with baked beans,<br/>cheese &amp; choice of salads</p> <p><b>PEAR &amp; CHOCOLATE CRUMBLE<br/>VANILLA CUSTARD</b><br/>Selection of<br/>yoghurts, mousses &amp;<br/>jellies<br/>Fresh pineapple pot</p> | <p><b>CRISPY CHAR-SUI PORK BELLY OR<br/>NORI WRAPPED CRISPY TOFU</b><br/>Egg noodles<br/>Stir fried pak choi<br/>Soy glazed carrots</p> <p><b>DELI BAR &amp; SALAD BAR</b><br/>Made to order sandwiches &amp;<br/>fillings, cut vegetables &amp;<br/>salads<br/>Snack special <b>Sweet chilli<br/>chicken melt</b><br/>Salad special <b>Nicoise potato</b></p> <p><b>PASTA FRESCA COTTA</b><br/>Fresh formed &amp; filled pasta,<br/>choice of sauces, cooked to<br/>order</p> <p><b>BAKED POTATOES</b><br/>Plain or spiced jacket<br/>potatoes with baked beans,<br/>cheese &amp; choice of salads</p> <p><b>BANOFFEE CAKE</b><br/>Selection of yoghurts &amp;<br/>jellies<br/>Watermelon &amp; mint</p> | <p><b>CHICKEN PIAZZOLA OR<br/>AUBERGINE PARMIGIANA</b><br/>Rosemary &amp; garlic potatoes<br/>Green beans with cherry<br/>tomatoes<br/>Pepperonata &amp; courgettes</p> <p><b>DELI BAR &amp; SALAD BAR</b><br/>Made to order sandwiches &amp;<br/>fillings, cut vegetables &amp;<br/>salads<br/>Snack special <b>Cheese &amp; tomato<br/>toastie</b><br/>Salad special <b>Sweet potato<br/>aubergine, chickpea &amp; sun-<br/>blush tomato</b></p> <p><b>PASTA FRESCA COTTA</b><br/>Fresh formed &amp; filled pasta,<br/>choice of sauces, cooked to<br/>order</p> <p><b>BAKED POTATOES</b><br/>Plain or spiced jacket<br/>potatoes with baked beans,<br/>cheese &amp; choice of salads</p> <p><b>CHOC CHIP COOKIE</b><br/>Selection of yoghurts &amp;<br/>jellies<br/>Mixed melon pot</p> | <p><b>CHIILI BEAN BEEF OR "EAT<br/>CURIOUS" &amp; VEGETABLE CHILLI<br/>NACHOS</b><br/>Warm nachos, toasted corn,<br/>sour cream, grated cheddar,<br/>jalapenos, tomato salsa<br/>Garden peas</p> <p><b>DELI BAR &amp; SALAD BAR</b><br/>Made to order sandwiches &amp;<br/>fillings, cut vegetables &amp;<br/>salads<br/>Snack special <b>BBQ chicken &amp;<br/>bacon pizza baguette</b><br/>Salad special <b>Mexican chilli<br/>bean</b></p> <p><b>PASTA FRESCA COTTA</b><br/>Fresh formed &amp; filled pasta,<br/>choice of sauces, cooked to<br/>order</p> <p><b>BAKED POTATOES</b><br/>Plain or spiced jacket<br/>potatoes with baked beans,<br/>cheese &amp; choice of salads</p> <p><b>CHERRY &amp; VANILLA SLICE</b><br/>Selection of yoghurts &amp;<br/>jellies<br/>Mixed fruits</p> | <p><b>FRIDAY FISH SPECIAL</b><br/>Moules marinier, frites &amp;<br/>crusty bread</p> <p><b>BBQ PORK SAUSAGES<br/>OR<br/>BREADED FISH FINGERS<br/>OR<br/>PERI PERI HALLOUMI WRAPS</b><br/><br/>Fries, baked beans, mushy<br/>peas, curry sauce &amp; gravy</p> <p><b>SALAD BAR</b><br/>Daily changing choice of mixed<br/>salads &amp; cut vegetables with choice<br/>of dressings &amp; accompaniments</p> <p><b>BAKED POTATOES</b><br/>Plain or spiced jacket<br/>potatoes with baked beans,<br/>cheese &amp; choice of salads</p> <p><b>SHORTBREAD</b><br/>Selection of yoghurts &amp;<br/>jellies<br/>Mixed berry pot</p> |
| <p><b>SALAD BAR</b><br/>Daily changing choice of mixed salads &amp; cut vegetables with choice of dressings &amp;<br/>accompaniments</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <p><b>DELI SANDWICH BAR</b><br/>Selection of sandwiches on various breads with choice of meat, fish &amp; vegetarian<br/>fillings served with crisps or tortilla chips</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |



# MENU WEEK 3



| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>TOKYO CHICKEN &amp; EDAMAME CURRY OR COCONUT &amp; CHICKPEA CURRY</b><br/>Teriyaki pak choi &amp; mushrooms<br/>Steamed 50/50 rice<br/>Prawn crackers<br/>Baby sweetcorn</p> <p><b>DELI BAR &amp; SALAD BAR</b><br/>Made to order sandwiches &amp; fillings, cut vegetables &amp; salads<br/>Snack special <b>BBQ sausage &amp; mozzarella melt</b><br/>Salad special <b>Pesto potato salad</b></p> <p><b>PASTA FRESCA COTTA</b><br/>Fresh formed &amp; filled pasta, choice of sauces, cooked to order</p> <p><b>BAKED POTATOES</b><br/>Plain or spiced jacket potatoes with baked beans, cheese &amp; choice of salads</p> <p><b>CINNAMON APPLE CRUMBLE VANILLA CUSTARD</b><br/>Selection of yoghurts, mousses &amp; jellies<br/>Fresh pineapple pot</p> | <p><b>TRADITIONAL BEEF LASAGNE OR FETA, SPINACH &amp; SQUASH LASAGNE</b><br/>Warm potato, balsamic &amp; spinach salad<br/>Root veg ratatouille<br/>Steamed carrots</p> <p><b>DELI BAR &amp; SALAD BAR</b><br/>Made to order sandwiches &amp; fillings, cut vegetables &amp; salads<br/>Snack special <b>Pesto chicken ciabatta</b><br/>Salad special <b>Pad Thai salad</b></p> <p><b>PASTA FRESCA COTTA</b><br/>Fresh formed &amp; filled pasta, choice of sauces, cooked to order</p> <p><b>BAKED POTATOES</b><br/>Plain or spiced jacket potatoes with baked beans, cheese &amp; choice of salads</p> <p><b>BLUEBERRY MUFFIN</b><br/>Selection of yoghurts &amp; jellies<br/>Watermelon &amp; mint</p> | <p><b>GLAZED GAMMON OR QUORN &amp; MUSHROOM POT PIE</b><br/>Yorkshire pudding, roast potatoes, cauliflower, peas &amp; sugarsnaps with gravy</p> <p><b>DELI BAR &amp; SALAD BAR</b><br/>Made to order sandwiches &amp; fillings, cut vegetables &amp; salads<br/>Snack special <b>"Croque monsieur"</b><br/>Salad special <b>Sesame &amp; soy veggie</b></p> <p><b>PASTA FRESCA COTTA</b><br/>Fresh formed &amp; filled pasta, choice of sauces, cooked to order</p> <p><b>BAKED POTATOES</b><br/>Plain or spiced jacket potatoes with baked beans, cheese &amp; choice of salads</p> <p><b>TOFFEE CAKE SLICE</b><br/>Selection of yoghurts &amp; jellies<br/>Mixed melon pot</p> | <p><b>FAJITA CHICKEN OR EAT CURIOUS FRIED RICE</b><br/>Baked nachos<br/>Toasted corn<br/>Warm broccoli &amp; feta salad</p> <p><b>DELI BAR &amp; SALAD BAR</b><br/>Made to order sandwiches &amp; fillings, cut vegetables &amp; salads<br/>Snack special <b>Ham &amp; Cheddar panini melt</b><br/>Salad special <b>Green bean edamame &amp; squash</b></p> <p><b>PASTA FRESCA COTTA</b><br/>Fresh formed &amp; filled pasta, choice of sauces, cooked to order</p> <p><b>BAKED POTATOES</b><br/>Plain or spiced jacket potatoes with baked beans, cheese &amp; choice of salads</p> <p><b>CHOCOLATE RICE CRISPY CAKE</b><br/>Selection of yoghurts &amp; jellies<br/>Mixed fruits</p> | <p><b>FRIDAY FISH SPECIAL</b><br/><br/>Grilled fillet of salmon with Orzo, butternut squash &amp; plum tomatoes</p> <p><b>MEATBALL MARINARA SUB OR BREADED FISH FINGERS OR VEGGIE SAUSAGE ROLL</b><br/><br/>Fries, baked beans, mushy peas, curry sauce &amp; gravy</p> <p><b>SALAD BAR</b><br/>Daily changing choice of mixed salads &amp; cut vegetables with choice of dressings &amp; accompaniments</p> <p><b>BAKED POTATOES</b><br/>Plain or spiced jacket potatoes with baked beans, cheese &amp; choice of salads</p> <p><b>WHITE CHOCOLATE &amp; RASPBERRY SLICE</b><br/>Selection of yoghurts &amp; jellies<br/>Mixed berry pot</p> |
| <p><b>SALAD BAR</b><br/>Daily changing choice of mixed salads &amp; cut vegetables with choice of dressings &amp; accompaniments</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <p><b>DELI SANDWICH BAR</b><br/>Selection of sandwiches on various breads with choice of meat, fish &amp; vegetarian fillings served with crisps or tortilla chips</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |