

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
A: Sandwiches Core range	Roast chicken Mature cheddar Tuna & sweetcorn with cucumber	Roast chicken Mature cheddar Tuna & sweetcorn with cucumber	Roast chicken Mature cheddar Tuna & sweetcorn with cucumber	Roast chicken Mature cheddar Tuna & sweetcorn with cucumber	Roast chicken Mature cheddar Tuna & sweetcorn with cucumber
A: Daily special	BLT on granary Mexican bean & avocado wrap	Classic chicken Caesar wrap Egg & cress on wholemeal	BLT on granary Mexican bean & avocado wrap	Classic chicken Caesar wrap Egg & cress on wholemeal	BLT on granary Mexican bean & avocado wrap
A: Boxed salad One	Grilled chicken Caesar with cos, parmesan & croutons	Ploughman's salad with cheddar, cherry tomatoes & chutney	Cherry tomato & basil pesto Fuseli pasta	Ham, boiled egg & tomato salad with baby leaf	Sticky chilli turkey with black bean, corn & coriander rice
A: Boxed salad Two	Falafel with baked squash with green lentils, watercress & sun-dried tomatoes	Maple gammon with courgette, cherry tomato, radish & roasted lemon fregola	Cumin baked chicken with roasted sweet potatoes, peas, spring onion & mint yoghurt	Halloumi, roasted peppers, butterbeans & olives, pomegranate & oregano	Orzo pasta, sun dried tomatoes, yellow pepper, pesto & mozzarella
B: Crudities, side salad or protein pot	Carrot & green pepper sticks with humus Squash, lentils, watercress & sun-dried tomato Falafels with lime, chilli & mint	Celery & carrot sticks with tzatziki Roasted courgette, cherry tomato & radish frekkah Maple glazed gammon & mustard mayo	Red pepper & cherry tomato with guacamole Spiced sweet potatoes, peas, spring onion & mint Cumin baked chicken, mango & mint yoghurt	Cucumber & baby corn with soured cream butterbeans & olives, pomegranate & oregano Feta, olives & roast peppers	Sugar snap & cauliflower with sweet chilli mayonnaise Orzo pasta, sun dried tomatoes, & yellow pepper Sweet chilli Turkey
C: Fruit, yoghurt or dessert pot	Rhubarb fool Cantaloupe melon pot Mango yoghurt	Dark chocolate mousse Pineapple & pomegranate pot Passionfruit yoghurt	Lime & coconut cheesecake pot Watermelon pot Granola yoghurt	Strawberry & meringue Pot Galia melon pot Blueberry yoghurt	Peach & raspberry melba pot Mixed grape pot Strawberry yoghurt

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
A: Sandwiches Core range	Plain ham Egg mayonnaise Cheese salad	Plain ham Egg mayonnaise Cheese salad	Plain ham Egg mayonnaise Cheese salad	Plain ham Egg mayonnaise Cheese salad	Plain ham Egg mayonnaise Cheese salad
A: Daily special	Roast chicken salad on granary Cheese & spring onion wrap	Hoisin duck wrap with cucumber Mozzarella & tomato, basil cream cheese on granary	Roast chicken salad on granary Cheese & spring onion wrap	Hoisin duck wrap with cucumber Mozzarella & tomato, basil cream cheese on granary	Roast chicken salad on granary Cheese & spring onion wrap
A: Boxed salad One	Chicken, spring onion & sweetcorn pasta salad	Tuna niçoise salad	Shaved turkey, coleslaw & leaf salad	Ham, tomato & cheddar with cos lettuce	Classic Greek salad with Feta
A: Boxed salad Two	Bombay egg with turmeric roasted potato, spinach, red onion & coriander	Bulgar wheat with mozzarella, sun blushed tomato, rocket & olives	Goats cheese with pearl barley, squash & broccoli with salsa verde	Falafel with roast carrot, beetroot, parsnip & chard	Lemon & lime chicken Roasted sweet potato, black bean, sweetcorn & lime
B: Crudities, side salad or protein pot	Mixed peppers & cucumber with hummus Bombay egg & spiced tomato Turmeric roasted potato, spinach, red onion & coriander	Sugar snap peas & baby corn with garlic mayonnaise Mozzarella, sun blushed tomato & olives Indian bean, cauliflower, carrot & spiced yoghurt	Carrot & celery with beetroot cream cheese Shaved turkey with cranberry mayo Pearl barley, squash & broccoli with salsa verde	Cucumber & cherry tomatoes with feta Spiced falafel with minted yoghurt Roasted beetroot, carrot, parsnip & chard	Carrot & green pepper with sour cream & chive Lemon & lime chicken Roasted sweet potato, black bean, sweetcorn & lime
C: Fruit, yoghurt or dessert pot	Clementine & ginger cheesecake Watermelon pot Granola yoghurt	Lemon & blackberry fool Pineapple & blueberries pot Mango yoghurt	Brownie & cream pot White grape pot Autumn berry yoghurt	Mango & coconut rice pudding Honeydew melon pot Raspberry yoghurt	Forest fruit & oat crumble Cantaloupe & raspberry pot Passionfruit yoghurt

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
A: Sandwiches Core range	Chicken & sweetcorn Plain cheddar Egg mayonnaise	Chicken & sweetcorn Plain cheddar Egg mayonnaise	Chicken & sweetcorn Plain cheddar Egg mayonnaise	Chicken & sweetcorn Plain cheddar Egg mayonnaise	Chicken & sweetcorn Plain cheddar Egg mayonnaise
A: Daily special	Ham, cheese & pickle Mexican bean & avocado wrap	Coronation chicken wrap Classic cheese salad with mayo on granary	Ham, cheese & pickle Mexican bean & avocado wrap	Coronation chicken wrap Classic cheese salad with mayo on granary	Ham, cheese & pickle Mexican bean & avocado wrap
A: Boxed salad One	BBQ chicken with cobb salad	Stilton ploughman's with cucumber, pickled onions & pickle	Turkey, bacon & lettuce ranch salad	Ham, gherkin & egg salad with baby leaf	Chicken & chorizo pasta pot
A: Boxed salad Two	Farro with chickpeas, cucumber, roasted peppers, olives & crumbled feta	Sticky hoisin chicken with Asian slaw with savoy cabbage, pickled ginger & nigella seed	Mediterranean vegetable, feta & pomegranate cous cous with mint	Flaked tuna orzo pasta, rocket, cherry tomatoes, green peppers, red pesto & mozzarella	Ras el hanout sweet potato, beetroot, rocket & crispy chickpeas
B: Crudities, side salad or protein pot	Red peppers & carrot with crushed avocado Farro with chickpeas, cucumber, roasted peppers, olives & crumbled feta Boiled eggs & spinach	Carrot sticks with olive tapenade Asian slaw with savoy cabbage, pickled ginger & nigella seed Squash, leek & parmesan frittata	Celery & spring onions with minted yoghurt Mediterranean vegetable & feta cous cous with pomegranate Parmesan & lemon chicken	Cucumber sticks with curried cream cheese Orzo pasta, rocket, cherry tomatoes, parmesan & red pesto Smokey chorizo, peppers & onions	Cherry tomato, olive & mozzarella Tamarind sweet potato, beetroot, rocket & crispy chickpeas Roasted Mediterranean quiche
C: Fruit, yoghurt or dessert pot	Apple caramel pots Watermelon pot Passionfruit yoghurt	Berry mess pot Pineapple pot Raspberry yoghurt	Lemon & lime creams Honeydew & satsuma pot Granola yoghurt	Jaffa cheesecake pot Black grape pot Blueberry yoghurt	Black forest pot Cantaloupe & pomegranate pot Mango yoghurt