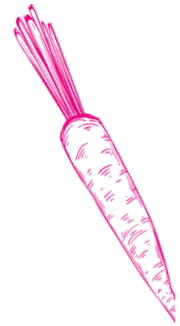
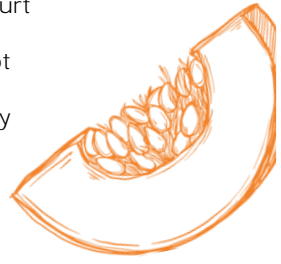
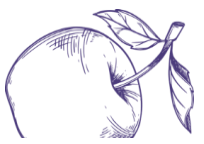
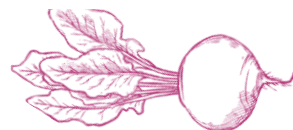
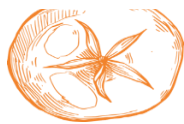


WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato, chili and garlic	Garden pea and mint	Roasted root vegetables	Carrot and coriander	Leek and potato
MAIN HOT MEAL	Sweet and sour chicken with pineapple, peppers	Pasta, traditional beef bolognese sauce and rocket	Pulled Mexican chicken tortilla bowls with sour cream and salsa	Lamb kofta with flat bread and minted yoghurt	Salmon and dill pasta, creamy white sauce with lemon
MEAT FREE MAIN 	MEAT FREE Vegetable chow mein with bean shoots and spring onion	MEAT FREE Pasta with three cheese and cream sauce with chive	MEAT FREE Mixed bean stew in a tortilla bowl with sour cream and guacamole	MEAT FREE Vegetable and lentil lasagne with mozzarella, herb oil	MEAT FREE Red pepper and spring onion Spanish tortilla
ON THE SIDE	Egg fried rice	Roasted garlic slices	Cajun potato wedges	Harissa spiced new potato	Garden peas
ON THE SIDE	Chinese vegetables	Sauteed savoy cabbage	Mixed vegetable slaw	Fattoush salad	Honey roasted parsnips
ON THE SIDE	Vegetable spring roll	Steamed green beans	Corn on the cob	Carrot and roasted lemon	Green beans & garlic
STREET FOOD FAST TRACK	Smoky barbecue pulled chicken breast and tangy slaw baguette	Korean chicken with pickled vegetable, hot sauce and sticky rice bowl	Dominican chimichurri beef burger and salsa golf	Beef chilli kofta, chilli jam with natural yoghurt and tabbouleh cous cous	Tandoori spiced chicken in a flatbread with yoghurt slaw
SPUDS / PASTA BAR	50 / 50 Pasta	Salt rubbed spuds / Sweet potato	Pasta with simple tomato sauce	Salt rubbed spuds / Sweet potato	Pasta with simple tomato sauce
	Simple tomato sauce	Baked beans	Simple tomato sauce	Baked beans	Simple tomato sauce
	Green herb pesto	Grated Cheese	Green herb pesto	Grated Cheese	Green herb pesto
HOUSE BAKE	Blueberry muffin	Victoria sponge slice	Double chocolate brookie	Lemon drizzle cake	Bread and butter pudding with custard
YOGHURT	Raspberry yoghurt	Mango yoghurt	Strawberry yoghurt	Apricot yoghurt	Blueberry yoghurt
FRUIT	Mixed melon pot	Pineapple pot	Watermelon pot	Mixed grape pot	Mixed fruit pot
JELLY	Strawberry jelly	Orange jelly	Blackcurrant jelly	Lime jelly	Raspberry jelly





WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

Spiced carrot

Red pepper and paprika

Squash and thyme

Thai noodle soup

Cream of broccoli

MAIN HOT MEAL

Thai green turkey curry with coconut, lime and coriander

Smoky barbeque glazed chicken thighs and spring onions

Traditional beef lasagne al fono with mozzarella crust

Macaroni and cheese, bacon, creamy sauce with crispy onions

Baked chicken with garlic and lemon mayonnaise

MEAT FREE MAIN



MEAT FREE Thai style rice loaded with tofu, green bean, chilli and ginger

MEAT FREE Lentil and split pea bolognese with pasta and parmesan

MEAT FREE Spiced vegetable and rice biryani with coriander

MEAT FREE Macaroni and cheese, mushroom with crispy onion

MEAT FREE Sweet potato and red lentil tagine with couscous

ON THE SIDE

Scented rice

Potato wedges

Garlic & herb slice

Carrot and parsley

Skinny fries

ON THE SIDE

Oriental vegetable slaw

Broccoli and red onion

Braised red cabbage

Sweetcorn

Crushed mint and chilli pea

ON THE SIDE

Sweet chilli green beans

Savoy cabbage

Poppodoms

Giant croutons

BBQ mixed beans

STREET FOOD FAST TRACK

Middle eastern chicken kebab, tomato and onion wrap

Tijuana street fries, pulled pork shoulder with tangy salsa and guacamole

Banh Mi, turkey meatballs, spicy tomato sauce with cheese baguette

Crispy beef, teriyaki sauce with egg noodles and shredded cabbage

Italian pesto chicken, tomato and melted mozzarella ciabatta

SPUDS / PASTA BAR

50 / 50 Pasta

Salt rubbed spuds / sweet potato

Pasta with simple tomato sauce

Salt rubbed spuds / sweet potato

Pasta with simple tomato sauce

Simple tomato sauce

Baked beans

Simple tomato sauce

Baked beans

Simple tomato sauce

Green herb pesto

Grated Cheese

Green herb pesto

Grated Cheese

Green herb pesto

HOUSE BAKE

Fruity flapjack

Pineapple upside down cake

Chocolate rice crispy cake

Spiced ginger slice

Apple and cinnamon oat crumble with custard

YOGHURT

Raspberry yoghurt

Mango yoghurt

Strawberry yoghurt

Apricot yoghurt

Blueberry yoghurt

FRUIT

Mixed melon pot

Pineapple pot

Watermelon pot

Mixed grape pot

Mixed fruit pot

JELLY

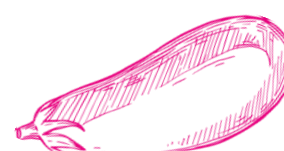
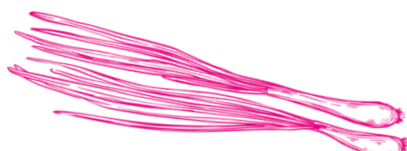
Strawberry jelly

Orange jelly

Blackcurrant jelly

Lime jelly

Raspberry jelly





WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

Carrot and ginger

Tomato and basil

Sweetcorn chowder

Pea and mint

Honey roasted parsnip

MAIN HOT MEAL

Turkey in black beans  
sauce with green pepper  
and onionsChicken fajitas in a soft  
tortilla with salsa, sour  
cream and guacamoleSalami and pepperoni,  
tomato, mozzarella,  
oregano pizzaSlow roasted jerk  
marinated chicken,  
shredded red cabbage and  
limeBreaded fish goujons, ,  
shredded ice lettuce and  
tartare sauce in a bunMEAT FREE  
MAINMEAT FREE Stir-fry broccoli  
and Chinese leaf with  
sweet chili sauceMEAT FREE Roasted  
vegetable fajita, floured  
tortilla, salsa and sour  
creamMEAT FREE Middle eastern  
spiced falafel with  
flatbread and minted  
yoghurtMEAT FREE Greek minced  
Quorn and roasted  
vegetable moussakaBaked mixed bean and  
squash enchiladas topped  
with cheese, salsa

ON THE SIDE

Special fried rice

Potato wedges

Harissa new potatoes

Rice and peas

Skinny fries

ON THE SIDE

Stir-fry vegetables

House salad

Broccoli florets

Greek salad

Garden peas

ON THE SIDE

Mini spring rolls

Tangy slaw

Cauliflower cheese

Honey roast carrots

Cajun roasted vegetables

STREET FOOD  
FAST TRACKBunny chow, slow cooked  
curried chicken stew in a  
giant crusty rollThai fishcake with pickled  
cucumber salad and chili  
dipping sauceHot dog topped with  
mustard, tomato sauce  
and crispy onionSiracha sauce spiced  
chicken with cabbage slaw  
and spring onionCalzone filled with minced  
beef, Mediterranean  
vegetable and arrabiata  
sauceSPUDS / PASTA  
BAR

50 / 50 Pasta

Salt rubbed spuds / Sweet  
potatoPasta with simple tomato  
sauceSalt rubbed spuds / Sweet  
potatoPasta with simple tomato  
sauce

Simple tomato sauce

Baked beans

Simple tomato sauce

Baked beans

Simple tomato sauce

Green herb pesto

Grated Cheese

Green herb pesto

Grated Cheese

Green herb pesto

HOUSE BAKE

Jam and coconut sponge

Carrot &amp; sultana slice

Chocolate cornflake cake

Vanilla cupcakes with icing

Sticky toffee pudding with  
custard

YOGHURT

Raspberry yoghurt

Mango yoghurt

Strawberry yoghurt

Apricot yoghurt

Blueberry yoghurt

FRUIT

Mixed melon pot

Pineapple pot

Watermelon pot

Mixed grape pot

Mixed fruit pot

JELLY

Strawberry jelly

Orange jelly

Blackcurrant jelly

Lime jelly

Raspberry jelly

