

# MENU

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fresh Soups and a Selection of Fresh Breads</b>	Carrot & Coriander	Minestrone	Leek & Potato	Tomato & Basil	Broccoli & Stilton	French Onion	Spiced Parsnip
<b>Salad Bar</b>	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar
<b>Selection of Dressings</b>	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup
<b>Main Meal</b>	Toad in the Whole with Onion Gravy	Beef Lasagne with Garlic Bread	Turkey Rogan Josh with Mango Chutney & Mint Yoghurt	Roast Pork with Apple Sauce & Sage & Onion Stuffing	Catch of the Day Tartar Sauce, Lemon Wedge	Hunters Chicken Breast	Full English Breakfast/
<b>Main Vegetarian</b>	Spanakopita with Tomato Salad	Gnocchi with Pesto & Parmesan Crust	Vegetable Tagine with CousCous	Stuffed Mushrooms	Halloumi & Aubergine Burger with Harrissa Relish	Vegetable Bruchetta	Roasted Vegetable Frittata
<b>Main Chef Choice</b>	Chicken & Butternut Squash Risotto with Roasted Pumpkin Seeds	Grilled Pangasius with Mango Salsa	Beef & Red Pepper Teriyaki Wraps	Smoked Salmon Quiche with Salad	Bubble & Squeak Topped Shepherd's Pie		Jerk Pork Belly Slices
<b>Potatoes or Rice</b>	Mashed Potatoes	Steamed New Potatoes	Savoury Rice	Roast Potatoes	Sautéed Potatoes	Chips	Rice & Beans
<b>Vegetables</b>	Green Beans Sliced Carrots	Peas Sweetcorn	Medley of Vegetables	Broccoli Fruity Red Cabbage	Mushy Peas Reduced Salt & Sugar Baked Beans	Fresh Mixed Salad	
<b>Meat Pasta Bar</b>	Beef Bolognaise	Sweet & Sour Chicken Noodles	Carbonara	Chicken Arrabiata	Pepperoni & Tomato	Pasta Bar of the Day	
<b>Vegetarian Pasta Bar</b>	Roasted Vegetable & Tomato Sauce	Vegetable Chow Mein	Tomato & Basil	Fresh Made Pesto	Cauliflower Cheese		
<b>Cut Fruit and Yoghurt Bar</b>	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts
<b>Hot or Cold Dessert</b>	Chocolate Fudge Cake with Cream	Lemon Love Cake with Custard	Apple Crumble with Custard	Sticky Toffee Pudding with Cream	Creamy Rice Pudding with Honey, Raisins	Key Lime Pie	

# MENU

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fresh Soups and a Selection of Fresh Breads</b>	Lentil & Tomato	Roasted Vegetable	Tuscan Bean	Carrot & Orange	Courgette & Cumin	Noodle Soup	
<b>Salad Bar</b>	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar
<b>Selection of Dressings</b>	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup
<b>Main Meal</b>	Pork Loin Steaks with Hoi Sin Sauce	Moroccan Lamb with Fruity CousCous	Roasted Chicken & Gravy Pie with a Golden Crust	Roast Beef with Yorkshire & Creamy Horseradish	Catch Of The Day Tartar Sauce and Lemon Wedge	Cottage Pie	Full English Breakfast/
<b>Main Vegetarian</b>	Aloo Sag Madras served with Poppadoms	Goats Cheese & Spinach Strudel	Spicy Vegetable Gumbo	Butternut Squash Lasagne with Garlic Bread	Halloumi, Roquette & Pesto Wraps	Cheeses & Onion Quiche	Roasted Vegetable Lasagne
<b>Main Chef Choice</b>	Golden Roasted Chicken Thighs Cassoulet with French Beans	Gammon Steak with Pineapple Salsa	Thai Fish Cakes with a Crunchy Salad	Chicken Biryani with naan Bread, Chutney and Mint Yogurt	Italian Meatballs with Mashed Potatoes		Sticky Teriyaki Beef
<b>Potatoes or Rice</b>	Savoury Rice	Roasted New Potatoes	New Potatoes	Roast Potatoes	Sautéed Potatoes		Egg Fried Rice Stir Fry with Vegetables
<b>Vegetables</b>	Stir Fried Vegetables	Courgettes Peas	Stir Fry Cabbage & Spinach Sweetcorn	Roasted Root Vegetables Green Beans	Peas Baked Beans	Roasted Mediterranean Vegetables	
<b>Meat Pasta Bar</b>	Lamb Bolognaise	Spicy Beef	Pork Stir Fry Noodle Bar	Carbonara	Chicken Stroganoff	Tagliatelle Bar	
<b>Vegetarian Pasta Bar</b>	Quorn Meatballs	Onion & Parmesan	Thai Vegetables Noodle Bar	Tomato & Basil	Fresh Made Pesto		
<b>Cut Fruit and Yoghurt Bar</b>	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts
<b>Hot or Cold Dessert</b>	Canadian Ginger Bread with Vanilla Sauce	Plum Peasant Pudding with Cream	Choc Chip Sponge with Custard	Eve's Pudding with Custard	Bread & Butter Pudding with Custard	Strawberry Cheesecake	

# MENU

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fresh Soups and a Selection of Fresh Breads</b>	Cream Of Mushroom	Celeriac & Apple	Spicy Parsnip	Pea	Moroccan Chickpea	Sweetcorn Chowder	
<b>Salad Bar</b>	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar
<b>Selection of Dressings</b>	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup
<b>Main Meal</b>	Lamb Chilli Served with Flat Bread, Sour Cream & Salsa	Chicken, Mushroom, Bacon & Baby Onions in a Red Wine Sauce	Minced Beef Pie	Roast Turkey Cranberry Sauce Sage & Onion Stuffing	Catch Of The Day lemon Wedges & Tartare Sauce	Beef Bourguignon in a Yorkshire	Full English Breakfast/
<b>Main Vegetarian</b>	Mushroom Stroganoff	Brie Red Onion Marmalade Tart	Quorne Moussaka with Garlic Bread	Stuffed Peppers	Macaroni Cheese with Garlic Bread	Aubergine & Tomato Bake	Vegetable Risotto
<b>Main Chef Choice</b>	Beef Hot Pot	BBQ Pork Belly with Sweet Potato Mash	Fried Fish with Tomato Curry Sauce & Mango Chutney	Smoked Bacon & Brie Omelette with Mixed Salad	Chicken & Chorizo Paella		Bacon Wrapped Chicken with Gravy
<b>Potatoes or Rice</b>	Braised Rice	New Potatoes	Sweet Potato Mash	Roast Potatoes	Sauté Potatoes	Mashed Potatoes	Egg Fried Rice
<b>Vegetables</b>	Mixed Green Vegetables Sweetcorn	Peas Baton Carrots	Savoy Cabbage Cauliflower Florets	Mixed Green Vegetables Mixed Salad	Peas Baked beans	Carrots	Peas & Baby Onions
<b>Meat Pasta Bar</b>	Pepperoni	Beef Bolognaise	Chicken Fricassee	Lamb & Oregano	Beef Oyster Sauce Noodle Bar		
<b>Vegetarian Pasta Bar</b>	Fresh Made Pesto	Three Cheese	Tomato & Basil	Creamy Garlic Mushroom	Sweet & Sour Vegetable Noodle Bar		
<b>Cut Fruit and Yoghurt Bar</b>	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts
<b>Hot or Cold Dessert</b>	Rhubarb & Apple Black Betty with Custard	Lemon & Blueberry Streusel Sponge with Custard	Carrot Cake with Cream Cheese & Orange Frosting	Double Chocolate Cake with Chocolate Sauce	Jam Sponge with Custard	Vanilla Custard Tart	 QUALITY OF LIFE SERVICES

# MENU

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fresh Soups and a Selection of Fresh Breads</b>	Chilli Tomato	Celeriac	Cream of Mushroom	Irish Potato	Carrot & Coriander	Cream of Celery	
<b>Salad Bar</b>	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar
<b>Selection of Dressings</b>	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup
<b>Main Meal</b>	Sweet Chilli Beef Stir Fry	Pulled Pork Baps with Apple Sauce and Stuffing	Chicken Kiev	Pork Saltimbocca	Braised Beef & Potato Pie	Catch of the Weekend Baps	Selection Of Three Roast Meats
<b>Main Vegetarian</b>	Vegetable Kebabs with Flat Bread Lime Mayo	Chickpea & Vegetable curry with Rice and Mango Chutney	Mediterranean Quorn Wraps	Gemelli with Blistered Cherry Tomatoes, Chickpeas and Smoked Paprika	Butternut Squash & Sweet Potato Lasagne	Roasted Vegetable Pasta Bake	Goats Cheese & Mushroom Parcels
<b>Potatoes or Rice</b>	Jasmine Rice Egg Noodles	Basmati Rice Garlic & Herb Potatoes	Jacket Wedges Egg Noodles	Salted Baked Sweet Potatoes Ciabatta Bread	Mashed Potatoes Jasmine Rice	Chunky Chips	Roast Potatoes
<b>Vegetables</b>	Stir Fried Vegetables	Medley of Vegetables	Ratatouille Sweetcorn	Selection Of Salads	Roasted Root Vegetable Green Beans	Baked Beans Mushy Peas Peas	Cauliflower & Broccoli Cheese Glazed Carrots
<b>Pasta Bar</b>	Spicy Italian	Tomato & Basil	Three Cheese	Carbonara	Aubergine & Tomato		
<b>Cut Fruit and Yoghurt Bar</b>	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts
<b>Hot or Cold Dessert</b>	Golden Crisp	Continental Pudding with Cream	Warm Belgium Waffles with Chocolate Sauce	Chocolate Brownie	Crème Caramel	Chefs Pudding	Chefs Pudding

# MENU

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fresh Soups and a Selection of Fresh Breads</b>	Roasted Sweet Pepper & Basil	Carrot & Coriander	Cream Of Broccoli	Hot & Sour Soup	French Onion	Minestrone	Chunky Leek & Potato
<b>Salad Bar</b>	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar
<b>Selection of Dressings</b>	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup
<b>Main Meal</b>	Crusty Topped Cod Beef Lasagne	Chicken Tikka with Naan Bread, Mango Chutney and Mint Yoghurt	Lamb Cobbler	Chinese Night	Turkey Schnitzel with Tomato Sauce	Hot Dog Bar with Pulled Pork, Chilli Con Carne, Grated Cheese & Relish	Selection Of Three Roast Meats
<b>Main Vegetarian</b>	Stuffed Peppers	Sautéed Leek, Chive and Mushroom Frittata	Red Lentil & Sweet Potato Dhal with Naan Bread	Chinese Night	Gnocchi with Pesto and Parmesan Crust	Tomato Pasta Bake	Vegetable Shepherd's Pie
<b>Potatoes or Rice</b>	Parmentier Potatoes Noodles	Sauté Potatoes Jasmine Rice	Mashed Potatoes	Chinese Night	Sweet Potato Jacket Wedges	French Fries	Roast Potatoes
<b>Vegetables</b>	Roasted Cherry Tomatoes with Basil Peas	Courgette & Mixed Peppers	Medley Of Green Vegetables	Tossed Summer Leaf Salad	Sweetcorn Ratatouille	Coleslaw Mixed Salad	Savoy Cabbage Sliced Carrots
<b>Pasta Bar</b>	Marinated Herbs & Tomatoes	Spiced Chicken	Beef Meatball	Three Cheese	Tomato & Roasted Vegetables		
<b>Cut Fruit and Yoghurt Bar</b>	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts
<b>Hot or Cold Dessert</b>	White Chocolate Chip Cheesecake	Jaffa Cake Sponge	Flapjack	Treacle Tart	Rice Pudding with Honey & Fruit	Chefs Pudding	Chefs Pudding

# MENU

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fresh Soups and a Selection of Fresh Breads</b>	Minestrone	Cream of Root Vegetable	Sweet Potato & Lentil	Cream of Mushroom	Barley Cream	French Onion	Carrot & Coriander
<b>Salad Bar</b>	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar
<b>Selection of Dressings</b>	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup
<b>Main Meal</b>	Breaded Pork Steaks with BBQ Sauce & Sour Cream	Build Your Own Beef Burger Bar	Chunky Lamb Chilli with Sour Cream, Guacamole, Salsa & Nachos	Baked Chicken with Mozzarella & Basil	Mediterranean Baked Sausages	Supper From Around The Far East	Selection Of Three Roast Meats
<b>Main Vegetarian</b>	Roasted Butternut Squash and Feta Bake	Five Bean Burgers with Tomato Chutney	Potato Spring Onion and Cheddar Cheese Pie	Quesadilla Torte	Spring Onion, Chive & Pearl Barley Risotto		Mozzarella & Roasted Vegetable Tart
<b>Potatoes or Rice</b>	Sauté Potatoes Egg Noodles	Chips	Savoury Rice Egg Noodles	Jasmine Rice Roasted New Potatoes	Mashed Potato Egg Noodles		Roast Potatoes
<b>Vegetables</b>	Cauliflower & Broccoli Mornay	Mixed Salad Coleslaw	Stir Fried Vegetables	Medley of Green Vegetables	Green Beans Sautéed Garlic Mushrooms	Bombay Potato Garlic & Coriander Chata Naan	Peas
<b>Pasta Bar</b>	Italian Bean & Mushroom	Carbonara	Hot Chilli	Hot Spicy Bacon	Three Cheese		
<b>Cut Fruit and Yoghurt Bar</b>	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts
<b>Hot or Cold Dessert</b>	Ice Cream with Chocolate Sauce	Coffee Cake	Chocolate Cracknel	Apricot Crumble with Cream	Peach Melba	Chefs Pudding	Chefs Pudding