




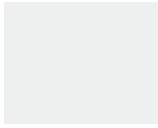




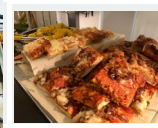




















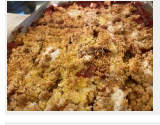



## Lunch Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fresh Soups and a Selection of Fresh Breads</b>	Tomato and Basil	Creamy cauliflower and crispy kale	Leek and Potato	Thai red noodle broth	Pumpkin and sage	Soup of the day	
<b>Main Meal</b>	Traditional sausage selections 	Beef Madras 	Chicken and chorizo ragu 	Glazed gammon 	Meatball and mozzarella sub with basil 	Pizza bar	BRUNCH
<b>Main Vegetarian</b>	Quinoa beetroot burger with sweet potato wedges 	Chickpea tikka masala with garlic naan 	Rocket, sundried tomatoes and olive penne pasta with vegan cheese 	Lentil loaf with red wine gravy 	Mexican quesadilla bake with guacamole 	Rocket and pesto pizza 	—
<b>Grab and Go</b>	<u>Rice Pots</u> 	<u>Baguette Bar</u> 	MSC pollack burger with lemon mayonnaise and iceberg lettuce 	Thai red chicken curry with sticky rice 	Bacon macaroni and cheese with a parsley and pumpkin seed pesto 	Mango and butterbean cury with naan bread 	—
<b>Jacket potatoes bar</b>	<b>Baked potatoes and sweet potatoes with variety of toppings</b>						
<b>Salad Bar and Dressings</b>	<b>Daily Seasonal Salad Bar</b>						—
<b>Dessert</b>	Pear and chocolate crumble	Lemon drizzle cake or Fruit jelly (V) 	Strawberry cheesecake	Shortbread with Ice cream and coulis	Chocolate comflake cake 		
<b>Cut Fruit and Yoghurt Bar</b>	<b>Selection of Whole &amp; Cut Fruit and a Variety of Yoghurts</b>						

## Lunch Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fresh Soups and a Selection of Fresh Breads</b>	Roasted pepper and tomato	Sweet potato and chickpea	Cream of mushroom	Cumin and cauliflower	Creamy parsnip and apple	Soup of the day	—
<b>Main Meal</b>	Sweet and sour pork 	Chicken and leek puff pie 	Beef chilli nachos 	Thyme roasted chicken leg with stuffing and gravy 	Hot dogs with onions and mustard 	Pork escalope with curried mayonnaise	BRUNCH
<b>Main Vegetarian</b>	Jumbo samosa's with saag aloo and mango chutney 	Mushroom gnocchi stroganoff 	Sweet and sour crispy tofu with pak choi and prawn crackers 	Borlotti bean and wild mushroom filo pie 	Vegan Oumph paella 	Quom frankfurters in a brioche roll	
<b>Grab and Go</b>	BBQ chicken wings with rice and garlic mayonnaise 	Posh prawn pot noodle with coriander seed dressing 	Pork nasi goreng with fried egg and Asian dressing 	<u>Pasta bar</u> 	Fish finger ciabatta with garlic mayonnaise 	Spaghetti prawn arrabiata with garlic bread	
<b>Jacket potatoes bar</b>	<b>Baked potatoes and sweet potatoes with variety of toppings</b>						
<b>Salad Bar and Dressings</b>	<b>Daily Seasonal Salad Bar</b>						—
<b>Dessert</b>	Cherry and apple crumble 	Sticky Toffee Pudding	Pineapple upside down sponge or	Chocolate Brownie with Choc Sauce	Lemon meringue pie	Profiteroles with chocolate sauce 	
<b>Cut Fruit and Yoghurt Bar</b>	<b>Selection of Whole &amp; Cut Fruit and a Variety of Yoghurts</b>						

### Lunch Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Carrot and coriander	Curried chickpea	Rosemary and courgette	Potato and corn chowder	Roasted squash and apple soup	Soup of the day	
Main Meal	Mexican pork camitas with tacos and salsa, tomato and coriander dressing 	Lamb, rosemary and red wine stew 	Beef lasagne	Dijon rubbed pork loin	Breaded pollack with tartare sauce and lemon wedges 	Burger with onion rings, Emmental, Cos lettuce and relish	BRUNCH
Main Vegetarian	Onion bhaji with a mango chutney dressing 	Butterbean and tomato pie 	Vegan mali kofte with flatbread and tomato salad	Japanese udon noodle stir fry	Avocado and black bean wrap with a cherry tomato salsa 	Bean burgers	—
Grab and Go	<u>Pasta bar</u> 	Thyme puffed sausage rolls 	Salt & pepper squid basmati rice and sweet chilli sauce	Malaysian chicken noodle bar	Jacket potato bar 	Macaroni and cheese	—
Jacket potatoes bar	Baked potatoes and sweet potatoes with variety of toppings						
Salad Bar and Dressings	Daily Seasonal Salad Bar						—
Dessert	Toffee apple sponge	Chocolate Bread & Butter Pudding	Ice cream and shortbread	Treacle tart with raspberry cream	Banoffee crumble	Cookies and ice cream	
Cut Fruit and Yoghurt Bar	Selection of Whole & Cut Fruit and a Variety of Yoghurts						







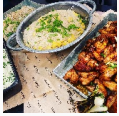
## Supper Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Soup of the Day						
Main Meal	Chicken tikka pizza with naan bread and yoghurt dressing	Dirty fries with pulled pork	Grilled salmon tacos with avocado crème	Full English- bacon, sausage, black pudding, eggs	Rosemary and garlic pork belly with mushroom sauce	Thai red chicken curry	Roast leg of lamb
							
Main Vegetarian	Mixed bean chilli with lemon yoghurt	Cheesy jalapeno dirty fries	Roast vegetable lemon orzo warm salad	Feta, spinach and egg muffins	Brie and sun-dried tomato frittata	Tofu pad Thai	Mushroom and borlotti bean pie
							
'Grab & Go'	Spaghetti bolognaise with basil pesto and ciabatta	Roasted jerk chicken thighs	Vegetable chow mein with soy dressing	Vegetarian pasta bake with tossed salad	Pollack momay and baby spinach	Cod and pancetta fishcakes with a lemon aioli	—
Cut Fruit and Yoghurt Bar	Selection of Whole & Cut Fruit and a Variety of Yoghurts						
Hot or Cold Dessert	Crunchy oat flapjacks	Krispy's mars bar slice	Raspberry Eton mess	Dutch apple cherry pie	Double chocolate mousse pot	Chocolate eclairs	Belgian waffles with toffee sauce, marshmallows & strawberries
							

## Supper Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Soup of the Day						
Main Meal	Chicken burger with brioche bun	Beef stroganoff	Pulled goat kebabs with coriander and pomegranate dressing	Tuna pasta bake	Lamb and chickpea curry	Chicken parmigiano with mozzarella	Roast pork shoulder
							
Main Vegetarian	Mushroom and spinach risotto	Pepper, olive and feta moussaka	Warm super food salad	Sun dried tomato pasta bake	Thai tofu and vegetable curry	Tortellini in a basil and tomato sauce	Vegetable bean stew
							
'Grab & Go'	Traditional cottage pie with red wine gravy	Soy roasted pork loin steak with Chinese cabbage	Southern fried chicken drumsticks	Indonesian beef stir fried rice with prawn crackers	Thai infused pollack fillets with a chilli and ginger dressing	Beef chilli with rice	—
							
Cut Fruit and Yoghurt Bar	Selection of Whole & Cut Fruit and a Variety of Yoghurts						
Hot or Cold Dessert	Rocky road	Chocolate beetroot cake	Chocolate raisin crunch	Welsh cakes with raspberry cream	Cherry vanilla crumble pot	Crepes with chocolate sauce	Coffee and mandarin gateaux
							

## Supper Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Soup of the Day						
Main Meal	Philly cheese steak with 	Crispy pork schnitzel with chimichuri	Beef chilli street fries with mozzarella, jalapenos 	Chorizo and prawn paella	Beef chow mein 	Moroccan charred chicken thighs	Roast chicken with stuffing and gravy
Main Vegetarian	Quorn Philly cheese fillet 	Lentil cheesy lasagne with a rocket dressing	Veggie chilli street fries	Bhaji burger with a mango chutney yoghurt	Vegetable chow mein 	Vegetable chickpea tagine	Squash, cranberry and bean wellington
'Grab & Go'	Selection of popcorn 	Seafood risotto with sun dried tomato pesto	Sticky sweet chilli chicken wings 	Spicy meatballs with rice	Peri peri chicken leg	Pizza bar	—
Cut Fruit and Yoghurt Bar	Selection of Whole & Cut Fruit and a Variety of Yoghurts						
Hot or Cold Dessert	Crème brulee with a berry compote	Strawberry custard tart	Chocolate pots	Eton mess	Tutti Frutti Cheesecake pots	Ice cream pots	Clotted cream and berry tart