



Menu 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade Soup	Red pepper and tomato	Parsnip and apple	Butternut squash	Tomato and herbs	Winter vegetables	STREET LIFE	BRUNCH
Bread Selection	With freshly baked bread and croutons	With freshly baked bread and croutons	With freshly baked bread and croutons	With freshly baked bread and croutons	With freshly baked bread and croutons		
Salad Bar and Dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	Chef's choice salad bar and dressings
Main Meal	LATINO Beef picadillo and cheese	BRITISH CLASSICS Cumberland sausages and gravy	CARIBBEAN Jerk chicken thigh	ROAST Gammon with stuffing and gravy	FISH FRIDAY Battered pollock fillet	Pork meat balls in a rich tomato sauce with garlic bread	Chefs choice main course
Main Vegetarian / Vegan	Mixed bean and vegetable stew	Quorn sausages and gravy	Sweet potato and courgette fritter	Bell pepper stuffed with mixed beans	Quorn fillet and rich tomato sauce	Mozzarella and sunblush tomato tart	Chef's choice vegetarian or vegan
Carbohydrate	Green rice	Mashed potato	Rice and peas	Roasted potatoes	Skin on fries	Penne pasta	Chef's choice carbohydrate
Vegetables	Corn on the cob	Carrots and green beans	Sweetcorn and peppers	Seasonal winter vegetables	Garden peas	Courgettes	Chef's choice vegetables
Fast Track	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Tuna mayonnaise Grated cheese Baked beans	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Tuna mayonnaise Grated cheese Baked beans	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	GRAB & GO Sweet potato and bacon frittata	Chef's choice fast track
Grab & Go	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	
Warm / Cold Dessert	Winter fruit crumble with custard	Sticky toffee pudding with toffee sauce	Crunchy chocolate tray bake	Oat and lemon flapjack	Banoffee pudding with custard	Chocolate eclairs	Chef's choice warm / cold dessert



Menu 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade Soup	Vegetable and potato soup	Carrot and coriander	Oriental vegetables	Sweetcorn and potato	Cauliflower	STREET LIFE	BRUNCH
Bread Selection	With freshly baked bread and croutons	With freshly baked bread and croutons	With freshly baked bread and croutons	With freshly baked bread and croutons	With freshly baked bread and croutons		
Salad Bar and Dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	Chef's choice salad bar and dressings
Main Meal	ST PATRICK'S DAY Irish lamb stew	BELLA ITALIA Beef bolognaise	TASTE OF ASIA Malay pork NO NUT satay	ROAST Chicken leg and gravy	FOOD HERO Hotdog with topping and sauce selection	Peri peri chicken panini	Chefs choice main course
Main Vegetarian / Vegan	Vegetable and pearl barley stew	No meat bolognaise	Tofu vegetable and noodle stir-fry	Feta cheese and aubergine bake	Vegetarian hotdog with topping and sauce selection	Feta and roasted vegetable panini	Chef's choice vegetarian or vegan
Carbohydrate	Colcannon mashed potato	50 / 50 pasta	Jasmine rice	Roasted potato	Skin on chips	Rustic potato wedges	Chef's choice carbohydrate
Vegetables	Sauteed savoy cabbage	Winter seasonal greens	Roasted carrots	Broccoli	Corn on the cob	Cajun spiced slaw	Chef's choice vegetables
Fast Track	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Tuna mayonnaise Grated cheese Baked beans	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Tuna mayonnaise Grated cheese Baked beans	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	GRAB & GO Classic mac 'n' cheese	Chef's choice fast track
Grab & Go	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Chef's choice grab n go selection
Warm / Cold Dessert	Guinness chocolate cake	Lemon curd sponge	Chocolate brownie with custard	Jam tart with cream	Iced vanilla sponge	Mixed forest berry fool	Chef's choice warm / cold dessert

Menu 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade Soup	Vegetable and chickpeas	Mexican bean and vegetables	Root vegetables	Sweet potato and peppers	Broccoli and cheese	STREET LIFE	BRUNCH
Bread Selection	With freshly baked bread and croutons	With freshly baked bread and croutons	With freshly baked bread and croutons	With freshly baked bread and croutons	With freshly baked bread and croutons		
Salad Bar and Dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	Chef's choice salad bar and dressings
Main Meal	TASTE OF INDIA Chicken balti curry	FEAST - GREECE Stifado beef stew	MEXICAN KITCHEN Barbacoa chicken	ROAST Pork shoulder and gravy	FOOD HERO Korean chicken burger	Pepperoni, cheese and tomato pizza	Chefs choice main course
Main Vegetarian / Vegan	Lentil and chickpea dahl	Lentil and vegetable moussaka	Mexican vegetable fritter	Field mushroom stuffed with caramelised onions and topped with blue cheese	Quorn fillet and garlic mayonnaise burger	Classic margarita, cheese and tomato pizza	Chef's choice vegetarian or vegan
Carbohydrate	Braised rice	Orzo pasta	Braised rice	Roasted potatoes	Skin on chips	Garlic bread	Chef's choice carbohydrate
Vegetables	Cauliflower and baby spinach	Mediterranean vegetable	Corn on the cob	Winter seasonal vegetables	Garden peas	Roasted pepper and courgettes	Chef's choice vegetables
Fast Track	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Tuna mayonnaise Grated cheese Baked beans	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Tuna mayonnaise Grated cheese Baked beans	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	GRAB & GO Sweet chilli chicken wings	Chef's choice fast track
Grab & Go	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	
Warm / Cold Dessert	Mixed fruit crumble with custard	Chocolate brownie	Banoffee traybake with custard	Lemon drizzle cake	Jam sponge with cream	Chocolate eclairs	Chef's choice warm / cold dessert



Supper Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Theme	BRITISH CLASSICS	POWERING PERFORMANCE	POWERING PERFORMANCE	FEAST – ASIA	CARIBBEAN	WEEKEND VIBES	ROAST
Salad Bar and Dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings
Main Meal	Hunters chicken, bacon, cheese, barbecue sauce	Teriyaki beef and mushrooms	Grilled pork chop with an apple chutney	Mongolian lamb curry	Jerk spiced chicken	Katsu chicken burger brioche bun	Sunday roast with all the trimmings
Main Vegetarian / Vegan	Barbeque jackfruit	Edamame bean and vegetable stir-fry	Sweet potato cake topped with a poached egg	Sweet potato and vegetable curry	Mixed bean and vegetable stew	Quorn katsu burger brioche bun	Roasted vegetable quiche
Carbohydrate	Sauteed potato	Steamed rice	Creamy mashed potato	Coconut rice	Baked new potatoes	Curly fries	Roasted potatoes
Vegetables	Roasted cauliflower	Sauteed greens	Roasted root vegetables	Roast butternut squash and spinach	Sweetcorn ribs	Asian slaw	Cauliflower cheese Braised red cabbage
Fast Track	Thai rice and vegetable stir-fry rice	Roasted red pepper and tomato pasta bake	Mushroom and thyme risotto	Mediterranean vegetable and cheese	Four cheese sauce with penne pasta	Oriental vegetable chow mein	Plain carrots
Whole fruit	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots
Warm / Cold Dessert	Ice cream sundae's	Banoffee cheesecake	Chocolate tart	Selection of iced sorbets	Vanilla panna cotta with raspberries	Red velvet cookies	Chefs choice TREAT



Supper Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Theme	FEAST - MIDDLE EASTERN	QUIRKY BIRD	FOOD HERO	FEAST - SPAIN	MEZZE	WEEKEND VIBES	ROAST
Salad Bar and Dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings
Main Meal	Lamb and chickpea tagine	Southern fried chicken	Beef stroganoff	Spanish pork and chorizo stew	Lamb kofta with a mint yogurt dressing	Beef burger topped with Swiss cheese in a soft bap	Sunday roast with all the trimmings
Main Vegetarian / Vegan	Aubergine and feta cheese stack	Southern fried Quorn	Mushroom and pepper stroganoff	Spinach and feta cheese filo parcels	Halloumi and vegetable gyros	Spicy bean burger with tomato relish in a soft bap	Bean and mushroom wellington
Carbohydrate	Coriander rice	Peri peri fries	Braised rice	Roast garlic mashed potatoes	Coriander and mint cous cous	Curly fries	Roasted potatoes
Vegetables	Sauteed green beans with garlic	Corn on the cob	Steamed carrots	Roasted courgettes finished with basil oil	Roast aubergine and red onion	Smokey BBQ beans	Cauliflower cheese Braised red cabbage
Fast Track	Roasted vegetable frittata	Mac 'n' cheese	Tomato and basil sauce with penne pasta	Special egg fried rice	Caramelised onion and cheese tart	Loaded nachos topped with cheese	Plain carrots
Whole fruit	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Plain carrots
Warm / Cold Dessert	Blueberry fool with shortbread	Tropical fruit pavlova	Tiramisu	Fruits of the Forrest trifle	Dark chocolate tart	Mango cheesecake	Chefs choice

Supper Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Theme	BELLA ITALIA	TASTE OF INDIA	FEAST – GREECE	MEXICAN KITCHEN	FEAST – ASIA	WEEKEND VIBES	ROAST
Salad Bar and Dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings
Main Meal	Pork meatballs in a rich tomato sauce	Lamb bhuna gosht	Chicken souvlaki with Tzatziki and pita bread	Beef chilli with sour cream	Pork rendang	Sweet n sour chicken	Sunday roast with all the trimmings
Main Vegetarian / Vegan	Vegetable and bean ragu	Lentil and chickpea curry	Grilled halloumi and Mediterranean vegetables	Vegetable and bean chilli with sour cream	Stir fried tofu with rice noodles	Hoisin mushrooms and broccoli	Caramelised onion and cheese tart
Carbohydrate	Penne pasta	Cardamon rice	Roasted new potatoes	Jacket potato	Jasmine rice	Egg noodles	Roasted potatoes
Vegetables	Roasted courgettes	Roasted cauliflower and spinach	Pickled red cabbage	Roasted sweetcorn and peppers	Carrots with chilli and ginger	Sauteed Chinese cabbage	Cauliflower cheese Braised red cabbage
Fast Track	Parmesan and pea risotto	Vietnamese-style noodles	Cheddar cheese toasties	Mushroom and spinach quiche	Tomato and vegetable pasta bake	Mini spring rolls	Plain carrots
Whole fruit	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots
Warm / Cold Dessert	Banoffee pie	Crunch oaty flapjack	Banana, honey & Greek granola yoghurt pot	Vanilla cheesecake	Poppy seed lemon drizzle cake	Tubs of ice-cream	Chefs choice