



Supper Week ONE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Hot and sour oriental vegetable	Spiced tomato broth	Portuguese green vegetable	Vegetable laska	Mushroom vegetable broth	Soup of the day	Soup of the day
Salad Bar & Dressings	A selection of simple and compound salads with dips and dressings	A selection of simple and compound salads with dips and dressings	A selection of simple and compound salads with dips and dressings	A selection of simple and compound salads with dips and dressings	A selection of simple and compound salads with dips and dressings	A selection of simple and compound salads with dips and dressings	A selection of simple and compound salads with dips and dressings
Main Meal	Soya and honey glazed chicken	Beef steak fajita, sliced peppers and onion	Piri piri chicken	Hainanese pork	Burmese fish curry	Tex-mex grilled chicken	Chef's choice main meal
Vegetarian Vegan	Korean tofu and vegetable buddha bowl	Quorn strips with sliced peppers and onion	Baked goats cheese with red onion jam	Roast cauliflower with lemon and curry	Myanmar green bean and egg curry	Stuffed pepper with mixed bean chilli	Chef's choice vegetarian
Carbohydrate	Stir fried noodles	Mexican spiced potato	Crispy potato cubes	Singapore curried noodles	Coconut scented rice	Baked potato	Roasted potato
Vegetables	Oriental greens	Refried bean and sweetcorn	Mini corn cobs	Sugar snaps	Soy pak choi	Pico de gallo	Seasonal vegetables
Why not	Mini spring rolls	Nachos - Tortilla chips	Mac n cheese bites	Steamed dumplings	Sweet chilli rice crackers	Chef's choice... why not	Chef's choice... why not
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	Waffles with berry compote	Chocolate mousse pot	Lemon tart	Cream cheese and mandarin pot	Oreo bar	Chef's choice dessert	Chef's choice dessert



Supper Week TWO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Thai tom kha	Kimchi cabbage broth	Sriracha spiced Butternut squash	Mushroom and soya	Tuscan white beans	Soup of the day	Soup of the day
Salad Bar & Dressings	A selection of simple and compound salads with dips and dressings	A selection of simple and compound salads with dips and dressings	A selection of simple and compound salads with dips and dressings	A selection of simple and compound salads with dips and dressings	A selection of simple and compound salads with dips and dressings	A selection of simple and compound salads with dips and dressings	A selection of simple and compound salads with dips and dressings
Main Meal	Thai panang pork curry	Korean chicken bulgogi	Char siu pork	Jalfrezi chicken curry	King prawns with tomato basil and chili	Beef burger with topping selection	Chef's choice main meal
Vegetarian Vegan	Thai sweet potato coconut red curry	Tofu and mushroom bulgogi	Char siu tempeh	Spiced cauliflower with lentils and mango chutney	Loaded courgettes with and tomato sauce	Quorn filet burger with topping selection	Chef's choice vegetarian plant based
Carbohydrate	Steamed jasmine rice	Rice noodles	Egg fried rice	Sag aloo	Spaghetti	Skin on potato wedges	Roasted potato
Vegetables	Broccoli	Warm pickled vegetables	Green beans	Cumin carrots	Garlic dough balls	Creamy and tangy slaw	Seasonal vegetables
Why not	Lotus fruit crisps	Tempura vegetables	Mini spring rolls	Mini spiced samosas	Cheesy dough balls	Chef's choice... why not	Chef's choice... why not
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	Pancakes with maple syrup	Eton mess strawberry pot	Spiced custard tart	Vanilla cheesecake pots	Millionaires shortbread	Chef's choice dessert	Chef's choice dessert



Supper Week THREE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Egg drop soup	Sweet potato and ginger	Nappa cabbage and carrot	Watercress and spinach	Creamy broccoli and leek	Soup of the day	Soup of the day
Salad Bar & Dressings	A selection of simple and compound salads with dips and dressings	A selection of simple and compound salads with dips and dressings	A selection of simple and compound salads with dips and dressings	A selection of simple and compound salads with dips and dressings	A selection of simple and compound salads with dips and dressings	A selection of simple and compound salads with dips and dressings	A selection of simple and compound salads with dips and dressings
Main Meal	Beef and broccoli ramen	Jamaican jerk pork	Duck in black bean and garlic sauce	Chicken chasseur	Salmon fish cake with cream and grain mustard sauce	Chicken souvlaki with pita bread	Chef's choice main meal
Vegetarian Vegan	Hoisin Portobello mushrooms steaks	Jerk aubergine with fried plantain	Tofu with black bean sauce stir-fry	Tomato and cheese omelette	Bubble n squeak with poached hens egg and white butter sauce	Spanakopita, feta and spinach	Chef's choice vegetarian plant based
Carbohydrate	Stir fried noodles	Rice and peas	Aromatic rice	Sautéed potatoes	New potatoes	Lemon rice	Roasted potato
Vegetables	Steamed bak choy with oyster sauce	Rainbow chard	Tenderstem broccoli	French beans	Carrots and broccoli	Geek salad	Seasonal vegetables
Why not	Gyoza dumplings	Jamosas	Prawn crackers	Croque monsieur	Mac n cheese	Chef's choice... why not	Chef's choice... why not
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	Churros with chocolate sauce	Lemon posset pot	Treacle tart	Cherry crumble pot	Nougat bar	Chef's choice dessert	Chef's choice dessert