Breakfast

Internet March 1995	And the second second	9.00	AND A DECK	#2005.00C	THE REPORT		1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1		
Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Hydration	A selection of fresh fruit Juices, water, speciality teas, coffee, semi skimmed milk and soya milk								
Hot items	Creamy scrambled eggs, streaky bacon and sautéed potatoes	Poached eggs, sausages and avocado	Chicken and vegetable fried rice	Maple bacon with fried eggs, mushrooms and grilled tomatoes	Cumberland sausages, boiled eggs and hash browns	Brunch Full English breakfast	Brunch Full English breakfast		
Daily special	Pain au chocolate	Ham and cheese toasties	Pancakes with chocolate sauce	Mini muffins	Croissants with hot chocolate	Danish pastry	Sweet Belgian waffles with syrup		
Daily breakfast items	A selection of breakfast cereals, fresh fruit yoghurts, toast, jams and spreads								
Fruit	Whole fruit bowl, diced fruit or grapefruit segments	Whole fruit bowl, diced fruit or grapefruit segments	Whole fruit bowl, diced fruit or grapefruit segments	Whole fruit bowl, diced fruit or grapefruit segments	Whole fruit bowl, diced fruit or grapefruit segments	Whole fruit bowl, diced fruit or grapefruit segments	Whole fruit bowl, diced fruit or grapefruit segments		
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Lunch

Week One	Monday	Tuesday	Wednesday	Thursday	Friday					
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day					
Meat Dish	Chicken Bhuna (G/F)	Classic beef lasagne	Butchers pork sausages with onion gravy and Yorkshire puddings	Turkey fajitas	Stone baked pepperoni pizza					
Reception/Prep 1 Meat dish	Chicken Bhuna (G/F)	Classic beef lasagne	Butchers pork sausages with onion gravy and Yorkshire Turkey fajitas puddings		Stone baked pepperoni pizza					
Vegetarian	Vegetable Bhuna (G/F) (Vegan)	Grilled vegetable ravioli with tomato basil sauce (V)	Vegan sausages with onion gravy (Vegan)	Mixed bean fajita mix (Vegan)	Stone baked margarita pizza					
On the side	Basmati rice, naan bread, cauliflower and baby carrots	Garlic bread, steamed broccoli and fine beans	Mashed potato, garden peas and diced carrots	Tortilla wraps, potato wedges and sweetcorn	Skin on fries, garden peas and spaghetti hoops					
Daily items		Hot sandwich/panini/pastry of	the day, Sweet potato/ Jacke	t potato and baked beans.						
Pasta/Gnocchi or Risotto	Mushroom and Italian hard cheese risotto (V) Pasta with marinara sauce (Vegan)		Gnocchi with four cheese sauce (V)	Long pasta with pomodoro sauce (Vegan)	Tuscan bean gnocchi (Vegan)					
Hot or cold dessert	Chocolate chip cookies	Frozen yoghurt pots	Chocolate sprinkle cake	Mini blueberry muffins	Rocket lollies					
Daily Desserts	A bakers	A bakers box, a selection of dessert pots, cheese and biscuits, fruit yoghurt & fresh fruit salad								



Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
Main course one	Warm chicken Caesar salad	Lamb kofta kebab	Chorizo and tomato rigatoni	Goan fish curry	Southern fried chicken mini fillets Seafood spaghetti with mussels, squid				chicken mini fillets Seafood spaghe	Turkey katcu with
Main course two	Spinach and cheese filo parcel	Eggplant and tomato panzanella	Creamy broccoli gnocchi	Vegetable masala	Southern style gravy Southern fried vegan nuggets	and prawns	Turkey katsu with curry sauce Soy noodles Vegetable spring rolls			
On the side	Warm potato salad	Spiced potato wedges and lemon and chili courgettes	Garlic bread and fine beans	Basmati rice, poppadum's with chutney and onion salad	Baked sweet potato wedges Corn on the cob	Garlic bread Broccoli	Stir fried vegetables			
Hot or cold dessert	Fruit platter	Greek yoghurt pots with oat crumb	Lemon gateau	Fruit platter	Peaches and ice cream	Berry pavlova	Chefs choice			

Selection of fresh bread & salad, yoghurt pots & whole fruits

Breakfast

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
Hydration		A selection of fresh fruit juices, water, speciality teas, coffee, semi skimmed milk and soya milk								
Hot items	Chipolatas, poached eggs, beans & hash browns	Eggs benedict	Congee with garnishes	Crispy smoked bacon with scrambled eggs	Sausage and cheese muffins with fried eggs and hash browns	Brunch Full English Breakfast	Brunch Full English Breakfast			
Daily special	Pain au raisins	Blueberry muffins	Croissants with hot chocolate	French toast	Pain au chocolate	Danish pastry	Pancakes with blueberries and maple syrup			
Daily breakfast items		A selection of breakfast cereals, fresh fruit yoghurts, toast, jams and spreads								
Fruit	Whole fruit bowl, diced fruit or grapefruit segments	Whole fruit bowl, diced fruit or grapefruit segments	Whole fruit bowl, diced fruit or grapefruit segments	Whole fruit bowl, diced fruit or grapefruit segments	Whole fruit bowl, diced fruit or grapefruit segments	Whole fruit bowl, diced fruit or grapefruit segments	Whole fruit bowl, diced fruit or grapefruit segments			
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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday				
Soup	Soup of the day	Soup of the day Soup of the day		Soup of the day	Soup of the day				
Meat Dish	Mild chilli con carne (G/F)	Pork ragu pasta bake Roast turkey breast with all the trimmings		Chicken gyros (G/F)	Hotdogs in buns				
Reception/Prep 1 Meat dish	Mild chilli con carne (G/F)	Pork ragu pasta bake	Roast turkey breast with all the trimmings Chicken gyros (G/F)		Hotdogs in buns				
Vegetarian	Vegetable and bean chilli (G/F) (Vegan)	Vegan penne bolognaise (Vegan)	Crispy topped cauliflower cheese (V) Falafels (Vegan)		Vegan hot dogs in buns				
On the side	Rice, tortilla chips, peas and sweetcorn	Garlic bread, fine beans and baby carrots	Baby roast potatoes, roast carrots and parsnip and broccoli	Warm pitta bread, tzatziki, herby potatoes and salad cabbage	Skin on fries, BBQ beans and sweetcorn				
Daily items		Hot sandwich/panini/pastry of	f the day, sweet potato/ jack	et potato and baked beans					
Pasta/Gnocchi or Risotto	Pasta with tomato lentil and basil sauce (Vegan)	Gnocchi with roasted Mediterranean vegetables (Vegan)	Butternut squash risotto (Vegan)	Gnocchi with zucchini and four cheese sauce (V)	Spaghetti with pomodoro sauce (Vegan)				
Hot or cold dessert	White chocolate cookie	Iced strawberry and vanilla mousse	Chocolate eclair	Fruity oat bake	Choc ice				
Daily Desserts	A bakers box, a selection of dessert pots, cheese and biscuits, fruit yoghurt & fresh fruit salad								



Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main course one	Hunters chicken	Sweet and sour pork	Crispy whitebait and calamari rings	Pizza subs	Jerk spiced pork with pineapple salsa	Korean fried chicken with dipping sauces	Chicken tinga
Main course two	Hunters Quorn fillet	Sweet and sour vegetables	Vegetable and chick pea rice	Veggie pizza subs	Sweet potato curry	Panko coated Quorn	tacos Paneer and bean tacos Black bean rice
On the side	Potato wedges, roasted tomatoes and broccoli	Steamed rice and peas and fine beans	Potato bravas and garden peas	Waffle fries and coleslaw	Rice and peas braised savoy cabbage	Egg and vegetable fried rice Green vegetables	Salads, salsa and sour cream
Hot or cold dessert	Fruit platter	Victoria sponge	Crème Catalan pots	Fruit platter	Caramel baked bananas	Frozen yoghurt pots	Chefs choice

Selection of fresh bread & salad, yoghurt pots & whole fruits



Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
Hydration		A selection of fresh fruit Juices, water, speciality teas, coffee, semi skimmed milk and soya milk								
Hot items	Teriyaki scrambled eggs with spring	Sausage patties, fried eggs and potatoes	Congee with garnishes	Pork chipolatas, fried eggs and hash browns	Streaky bacon, boiled eggs and avocado	Brunch Full English	Brunch Full English Breakfast			
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Daily special	Sweet waffles with chocolate sauce	Warm American pancakes with maple syrup	Chocolate French toast Hong Kong style with condensed milk	Cheese on toast with Worstershire sauce	Danish pastries	Croissants with hot chocolate	Blueberry muffins			
Daily breakfast items	A selection of breakfast cereals, fresh fruit yoghurts, toast, jams and spreads									
Fruit	Whole fruit bowl, diced fruit or grapefruit segments	Whole fruit bowl, diced fruit or grapefruit segments	Whole fruit bowl, diced fruit or grapefruit segments	Whole fruit bowl, diced fruit or grapefruit segments	Whole fruit bowl, diced fruit or grapefruit segments	Whole fruit bowl, diced fruit or grapefruit segments	Whole fruit bowl, diced fruit or grapefruit segments			

Lunch

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day	Soup of the day	Soup of the day Soup of the day Soup of the day		Soup of the day
Meat Dish	Chicken Makhani (G/F)	Penne bolognaise	Creamy chicken pie with puff pastry lid	BBQ pulled pork in soft tacos (G/F)	Fillet of fish sandwich
Reception/Prep 1 Meat dish	Chicken Makhani (G/F)	Penne bolognaise	Penne bolognaiseCreamy chicken pie with puff pastry lidBBQ pulled pork in soft tacos (G/F)		Fillet of fish sandwich
Vegetarian	Paneer Makhani (G/F) (V)	Lentil penne bolognaise (Vegan)	Vegan hot pot (G/F)	Vegetable and bean tacos (Vegan) (G/F)	Chickpea and spinach burger in a bun
On the side	Pilau rice, naan bread, cauliflower and garden peas	Garlic bread, baton carrots and fine beans	Mashed potato and mixed vegetables	Potato wedges, steamed broccoli and sweet corn	Skin on fries, mushy peas, peas and carrots
Daily items		Hot sandwich/panini/pastry c	of the day, sweet potato/ jack	et potato and baked beans	
Pasta/Gnocchi or Risotto	Pasta with a mushroom and tomato sauce (Vegan)	Gnocchi with arrabiata (V)	Spinach and hard cheese risotto (V)	Gnocchi with tomato, sage and garlic sauce (Vegan)	Linguine pasta with tomato, basil and mascarpone sauce (V)
Hot or cold dessert	Double chocolate cookie	Coconut and raspberry cake	Chocolate filled doughnuts	Chocolate chip muffins	Ice cream pots
Daily Desserts		A selection of dessert pots,	cheese and biscuits, fruit yo	ghurts & fresh fruit salad	



Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main course one	Classic beef lasagne	Beer battered fish with tarter sauce	Chicken Karahi	Coq au vin	Sticky pineapple chicken	Crispy chicken wings with dipping sauces	
Main course two	Vegetable lasagne	Fishless fingers	Chili paneer	Quorn au vin	Sticky pineapple Quorn	Bang Bang mushrooms	Roast turkey and all the trimmings, roast potatoes and vegetables
On the side	Garlic bread broccoli	Chunky chips and mushy peas	Basmati rice Chapatti Green salad	Lyonnais potatoes Garlic green beans	Jasmine rice Mange tout	Special fried rice Sautéed Chinese cabbage and bean shoots	Vegetarian option
Hot or cold dessert	Fruit platter	Scones with jam and cream	Carrot halwa with ice cream	Fruit platter	Eaton mess tarts	Artic roll	Chefs choice

Selection of fresh bread & salad, yoghurt pots & whole fruits