

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	Moroccan chicken with cumin, lemon and garlic (G/F)	Crispy sweet and sour turkey (G/F)	Shepherds pie (G/F)	Creamy chicken pasta bake	Oven baked southern style chicken fillets served in a bun
Vegetarian/ Vegan Dish	Vegetable and chick pea tagine (Vegan) (G/F)	Sweet and sour Quorn (Vegan)	Veggie cottage pie (G/F) (V)	Broccoli and cheese pasta bake (V)	Spicy bean burgers served in a bun (Vegan)
Accompanying Carbs	Jacket potatoes, baked sweet potatoes, rice (G/F) and warm pitta bread (Vegan)	Jacket potatoes, baked sweet potatoes and white rice (Vegan)	Jacket potatoes, baked sweet potatoes (Vegan) (G/F)	Jacket potatoes, baked sweet potatoes, garlic bread (Vegan)	Jacket potatoes, baked sweet potatoes and skin on fries (Vegan) (G/F)
Vegetables/ side dishes	Baked beans, garden peas and baby carrots (Vegan) (G/F)	Baked beans, steamed broccoli and cauliflower (Vegan) (G/F)	Baked beans, fine beans, roasted carrots and parsnips (Vegan) (G/F)	Baked beans, sweet corn and diced carrots (V) (G/F)	Baked beans, wholemeal spaghetti hoops and peas (Vegan)
Daily items	Hot sandwich/panini/pastry of the day, selection of filled sandwiches, baguettes, wraps and salad bar				
Pasta/Gnocchi or Risotto	Penne Alforno (V)	Spaghetti with tomato and basil sauce (Vegan)	Mushroom and thyme risotto (Vegan)	Mediterranean vegetable Gnocchi (Vegan)	Penne arribbiatta (Vegan)
Hot or cold dessert	White chocolate cookie (V)	Fruit crumble with custard	Sprinkle cake	Jam doughnut	Ice cream pots (V)
Daily Desserts	Vegan jelly, cheese and biscuits, fruit yoghurt, fresh fruit salad and whole fruit				

Supper

Week one	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Main meat/fish dish	Chicken millanaise	Minced beef and mushroom pie	Sichuan chicken wings	Sticky Asian meatballs	Chorizo and tomato ragu with rigatoni pasta	Afternoon snacks	Sunday lunch to include soup, a protein dish, veggie dish, carb dish, vegetables and a selection of desserts	
Vegetarian option	Quorn millanaise	Mushroom stroganoff with puff pastry	Bang bang cauliflower	Vegan Asian meatballs	Creamy mushroom pasta			
On the side	Spaghetti with tomato and basil sauce and roasted Mediterranean vegetables	Roasted new potatoes steamed broccoli and sautéed cabbage	Spicy vegetable rice Corn on the cob	Soy noodles and Asian greens	Garlic bread and fine beans	Supper platters of filled baguettes, wraps, savoury items, sweet items and fresh sliced fruit	Supper Mixed sandwich platter, selection of cakes, fresh cream cake, crisps and fruit platter	
Dessert	Lemon drizzle cake	Chocolate shortbread	Frozen yoghurt	Mango mousse	Raspberry flapjack			
Selection of fresh bread, salads, yoghurt pots & whole fruits								

Lunch

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	Chilli con carne (G/F)	Prime pork sausages with onion gravy	Chicken pie with puff pastry lid	Spaghetti bolognese	Pepperoni pizza
Vegetarian/ Vegan Dish	Vegetable and bean chilli (Vegan) (G/F)	Vegan sausages (G/F)	Root vegetable hotpot (Vegan) (G/F)	Vegan bolognese (Vegan)	Margarita pizza (V)
Accompanying Carbs	Jacket potatoes, baked sweet potatoes, white rice tortilla chips (Vegan)	Jacket potatoes, baked sweet potatoes and sautéed potatoes (G/F)	Jacket potatoes, baked sweet potatoes and mashed potatoes (G/F)	Jacket potatoes, baked sweet potatoes and garlic bread (Vegan)	Jacket potatoes, baked sweet potatoes and Skin on fries (Vegan) (G/F)
Vegetables/ side dishes	Baked beans, cauliflower and baby carrots (Vegan) (G/F)	Baked beans, broccoli and peas (Vegan) (G/F)	Baked beans, carrot and swede (Vegan) (G/F)	Baked beans, sweet corn and diced carrot (Vegan) (G/F)	Baked beans and garden peas (Vegan) (G/F)
Daily items	Hot sandwich/panini/pastry of the day, selection of filled sandwiches, baguettes, wraps and salad bar				
Pasta/Gnocchi or Risotto	Penne pomodoro (Vegan)	Creamy leek pasta (V)	Roasted aubergine and tomato gnocchi (Vegan)	Sundried tomato and basil risotto (Vegan) (G/F)	Tomato and basil Gnocchi (Vegan)
Hot or cold dessert	Double chocolate cookie (V)	Steamed syrup sponge with custard (V)	fruity oat bake (V)	Chocolate filled doughnut (V)	Iced strawberry and vanilla mousse (V)
Daily Desserts	Vegan jelly, cheese and biscuits, fruit yoghurt, fresh fruit salad and whole fruit				

Supper

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main meat/fish dish	Korean style chicken burger	Beef enchiladas	Kashmiri chicken curry	Smoked bacon mac n cheese	Mongolian ground beef noodles	Afternoon snacks	Sunday lunch to include soup, a protein dish, veggie dish, carb dish, vegetables and a selection of desserts
Vegetarian option	Korean style veggie burger	Bean enchiladas	Vegetable curry	Mac n cheese	Vegan Mongolian noodles		
On the side	Kin chi vegetables Seasoned fries Chilli and coriander corn	Potato bravas Fine beans	Basmati rice and naan bread	Garlic bread and sweetcorn	Broccoli	Supper platters of filled baguettes, wraps, savoury items, sweet items and fresh sliced fruit	Supper Mixed sandwich platter, selection of cakes, fresh cream cake, crisps and fruit platter
Dessert	Coconut and jam sponge	Profiteroles	Water melon slices	Brownies	Cookies		
Selection of fresh bread, salads, yoghurt pots & whole fruits							

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
Meat Dish	Chicken tikka masala (G/F)	Pork ragu with penne pasta	Roast chicken breast with sage and onion stuffing, Yorkshire puddings and gravy	Smoked bacon Mac n cheese	Fillet of fish in a bun
Vegetarian/ Vegan Dish	Vegetable tikka masala (Vegan) (G/F)	Lentil ragu with penne pasta (Vegan)	Cauliflower and cheddar pinwheels (V)	Mac n cheese (V)	Vegan hotdog in a bun (Vegan)
Accompanying Carbs	Jacket potatoes, baked sweet potatoes and vegetable loaded rice (Vegan) (G/F)	Jacket potatoes, baked sweet potatoes and garlic bread (Vegan)	Jacket potatoes, baked sweet potatoes and roasted baby potatoes (Vegan) (G/F)	Jacket potatoes, baked sweet potatoes and potato wedges (Vegan)	Jacket potatoes, baked sweet potatoes and Skin on fries (Vegan) (G/F)
Vegetables/ side dishes	Baked beans, fine beans and cauliflower (Vegan) (G/F)	Baked beans, peas and diced carrots (Vegan) (G/F)	Baked beans, broccoli and carrot batons (Vegan) (G/F)	Baked beans, green vegetable medley (Vegan) (G/F)	Baked beans, peas and sweetcorn (Vegan) (G/F)
Daily items	Hot sandwich/panini/pastry of the day, selection of filled sandwiches, baguettes, wraps and salad bar				
Pasta/Gnocchi or Risotto	Quattro fromaggi gnocchi (V)	Butternut squash and sage risotto (G/F) (Vegan)	Tomato and basil pasta (Vegan)	Roasted Pepper and bean gnocchi (Vegan)	Cajun vegetable pasta (Vegan)
Hot or cold dessert	Milk chocolate cookie (V)	Chocolate brick wall with chocolate custard (V)	Banana cake (V)	Eclairs (V)	Choc ice (V)
Daily Desserts	Vegan jelly, cheese and biscuits, fruit yoghurt, fresh fruit salad and whole fruit				

Supper

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Main meat/fish dish	Pasta with a selection of sauces	Pulled pork wraps	Penang chicken curry	Pepperoni pizza subs	Ground pork tacos	Afternoon snacks	Sunday lunch to include soup, a protein dish, veggie dish, carb dish, vegetables and a selection of desserts	
Vegetarian option	Pasta with a selection of sauces	Bbq peppers and bean wrap	Thai veg curry	Margarita pizza subs	Veggie tacos			
On the side	Garlic bread and broccoli	Potato wedges and sweetcorn	White rice and Asian greens	French fries and caesar salad	Mexican rice and refried beans	Supper platters of filled baguettes, wraps, savoury items, sweet items and fresh sliced fruit	Supper Mixed sandwich platter, selection of cakes, fresh cream cake, crisps and fruit platter	
Dessert	Krispy cake	Victoria sponge	Iced mousse	Eaton mess pots	Cookies			
Selection of fresh bread, salads, yoghurt pots & whole fruits								