# Break fast

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Ì	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								
History and Market	Hot items	Scrambled eggs, streaky bacon and sautéed potatoes and porridge	Cheesy eggs, sausages baked beans and avocado	Chicken and vegetable fried rice, fried eggs and hash brown	Maple bacon with poached eggs, mushrooms and grilled tomatoes	browns	<b>Brunch</b> to include full English breakfast and extra protein and carb	Bakers basket with freshly cooked		
è	Daily special	Pain au chocolate	Warm bagels with cream cheese	Pancakes with chocolate sauce	Mini muffins	Croissants with hot chocolate	dishes	croissants, Danish pastries or muffins		
	Daily breakfast items		A selection of breakfast cereals, fresh fruit yoghurts, toast, jams and spreads							
	Other items	Whole fruit bowl, diced fruit or fruit segments	Whole fruit bowl, diced fruit or fruit segments	Whole fruit bowl, diced fruit or fruit segments	Whole fruit bowl, diced fruit or fruit segments	Whole fruit bowl, diced fruit or fruit segments	Whole fruit bowl, diced fruit or fruit segments			
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## Lunch

ij	Week One Monday		Tuesday	Wednesday	Thursday	Friday	
ģ	Soup	<b>Soup</b> Soup of the day		Soup of the day	Soup of the day	Soup of the day	
	Meat Dish	Meat Dish  Moroccan chicken with cumin, lemon and garlic (G/F)		Crispy sweet and sour turkey (G/F) Shepherds pie (G/F)		Oven baked southern style chicken fillets served in a bun	
Ž	Vegetarian/ Vegan Dish  Vegetable and chick pea tagine (Vegan) (G/F)		Sweet and sour Quorn (Vegan)	t and sour Quorn (Vegan) Veggie cottage pie (G/F) (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)	
ą	Daily items	Hot sand	dwich/panini/pastry of the day	, selection of filled sandwiche	es, baguettes, wraps and sala	d bar	
No.	Pasta/Gnocchi or Risotto	Penne Alforno (V)		Mushroom and thyme risotto (Vegan)	Mediterranean vegetable Gnocchi (Vegan)	Penne aribbiatta (Vegan)	
	Hot or cold dessert	White chocolate cookie (V)	Fruit crumble with custard Sprinkle cake		Jam doughnut	Ice cream pots (V)	
	<b>Daily Desserts</b>	V	egan jelly, cheese and biscu	uits, fruit yoghurt, fresh fr	uit salad and whole fruit		

## Supper

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	Week one	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
100	Main meat/fish dish	Chicken millanaise	Minced beef and mushroom pie	Sichuan chicken wings	Sticky Asian meatballs	Chorizo and tomato ragu with rigatoni pasta		<b>Sunday lunch</b> to include soup, a protein dish, veggie dish, carb
2	Vegetarian option	Quorn millanaise	Mushroom stroganoff with puff pastry	Bang bang cauliflower	Vegan Asian meatballs	Creamy mushroom pasta	Afternoon snacks	dish, vegetables and a selection of desserts
W.	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	<b>Supper</b> platters of filled baguettes, wraps, savoury items, sweet	selection of cakes,
	Dessert	Lemon drizzle cake	Chocolate shortbread	Frozen yoghurt	Mango mousse	Raspberry flapjack	items and fresh sliced fruit	fresh cream cake, crisps and fruit platter
1	Selection of fresh bread, salads, yoghurt pots & whole fruits							

# Break fast

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	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	Cheesy potato waffles, fried eggs, baked beans and smoked bacon	Congee with chicken and garnishes boiled eggs and bacon	Crispy streaky bacon with fried eggs , hash browns and porridge	Sticky smoked sausages with diced potato, mushrooms and Boiled eggs	<b>Brunch</b> to include full English breakfast and extra protein and carb dishes	Bakers basket with freshly cooked			
288 I - 1888	Daily special	Pain au raisins	Blueberry muffins	Croissants with hot chocolate	French toast	Pain au chocolate		croissants, Danish pastries and muffin			
	Daily breakfast items	A selection of breakfast cereals, fresh fruit yoghurts, toast, jams and spreads									
See Francis	Other items	Whole fruit bowl, diced fruit or fruit segments	Whole fruit bowl, diced fruit or fruit segments	Whole fruit bowl, diced fruit or fruit segments	Whole fruit bowl, diced fruit or fruit segments	Whole fruit bowl, diced fruit or fruit segments	Whole fruit bowl, diced fruit or fruit segments				

### Lunch

	Week Two Monday		Tuesday	Wednesday	Thursday	Friday			
	Soup	<b>Soup</b> 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 bolognaise	Pepperoni pizza			
	Vegetarian/ Vegan Dish	Vegetable and bean chilli (Vegan) (G/F)	Vegan sausages (G/F)	Root vegetable hotpot (Vegan) (G/F	Vegan bolognaise (Vegan)	Margarita pizza (V)			
	Accompanying Carbs	Jacket potatoes, baked sweet potatoes, white rice tortilla chips (Vegan)	Jacket potatoes, baked sweet 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 or fries (Vegan) (G/F)			
	Vegetables/ side dishes  Baked beans, cauliflower as 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 sa	ndwich/panini/pastry of the day	, selection of filled sandwich	es, baguettes, wraps and sala	d bar			
	Pasta/Gnocchi or Risotto Penne pomodoro (Ve		Creamy leek pasta (V)	Roasted aubergine and tomato gnocchi (Vegan)	Sundried tomato and basil risotto (Vegan) (G/F)	Tomato and basil Gnocchi (Vegan)			
- The same	Hot or cold dessert	Double chocolate cookie (V)		Steamed syrup sponge with custard (V)		Iced strawberry and vanilla mousse (V)			
2	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 Korean style chicken Smoked bacon mac n Mongolian ground meat/fish Beef enchiladas Kashmiri chicken curry beef noodles burger cheese dish Sunday lunch to include soup, a protein dish, veggie dish, carb Afternoon snacks dish, vegetables and a Vegetarian Korean style veggie Vegan Mongolian selection of desserts Vegetable curry Bean enchiladas Mac n cheese burger noodles option Kin chi vegetables Potato bravas Seasoned fries Basmati rice and naan Garlic bread and On the side Broccoli bread sweetcorn Fine beans Chilli and coriander corn **Supper** Mixed **Supper** platters of sandwich platter, filled baguettes, selection of cakes, wraps, savoury items, fresh cream cake, Coconut and jam sweet items and fresh **Dessert** Profiteroles Water melon slices **Brownies** Cookies crisps and fruit platter sponge sliced fruit Selection of fresh bread, salads, yoghurt pots & whole fruits

## Break fast

We	eek Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Н	lydration	A selection of fresh fruit Juices, water, speciality teas, coffee, semi skimmed milk and soya milk						
Н	lot items	Creamy scrambled eggs with hash browns, streaky bacon and plum tomatoes	trankturter sausages	Congee with chicken and garnishes, boiled eggs, back bacon and sautéed mushrooms	Pork chipolatas, fried eggs, baked beans and hash browns	grilled tomatoes and avocado	<b>Brunch</b> to include	Bakers basket with freshly cooked croissants, Danish pastries and muffins
Da	ily special	Sweet waffles with chocolate sauce	Warm American pancakes with maple syrup	Danish pastries	Double chocolate muffins	Chocolate French toast	full English breakfast and extra protein and carb dishes	
b	Daily breakfast items	A selection of breakfast cereals, fresh fruit yoghurts, toast, jams and spreads						
Ot	ther items	Whole fruit bowl, diced fruit or fruit segments	Whole fruit bowl, diced fruit or fruit segments	Whole fruit bowl, diced fruit or fruit segments	Whole fruit bowl, diced fruit or fruit segments	Whole fruit bowl, diced fruit or fruit segments	Whole fruit bowl, diced fruit or fruit segments	

## Lunch 🌉

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Ž	Week Three Monday		Tuesday	Wednesday	Thursday	Friday		
ģ	Soup	<b>Soup</b> Soup of the day		Soup of the day	Soup of the day	Soup of the day		
	Meat Dish Chicken tikka masala (G/		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)		
Ì	Daily items	Hot sa	andwich/panini/pastry of the da	ay, selection of filled sandwich	selection of filled sandwiches, baguettes, wraps and sa			
	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)		
STATE OF	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 bis	cuits, fruit yoghurt, fresh t	fruit salad and whole fruit	i.		

## 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		<b>Sunday lunch</b> to	
Vegetarian option	Pasta with a selection of sauces	Bbq peppers and bean wrap	Thai veg curry	Margarita pizza subs	Veggie tacos	Afternoon snacks	include soup, a protein dish, veggie dish, carb dish, vegetables and a selection of desserts	
On the side	Garlic bread and broccoli	Potato wedges and sweetcorn	White rice and Asian greens	French fries and caeser salad	Mexican rice and refried beans	Supper platters of filled baguettes,	<b>Supper</b> Mixed sandwich platter, selection of cakes,	
Dessert	Krispy cake	Victoria sponge	Iced mousse	Eaton mess pots	Cookies	wraps, savoury items, sweet items and fresh sliced fruit	fresh cream cake, crisps and fruit platter	
	Selection							