Break fast

v	100			1000	ARCE	REMEDISTRY.S	ALCOHOL STATE	CT ALTERNATION
à	Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Hydration		A selection of	fresh fruit Juices, wate	er, speciality teas, coff	ee, semi skimmed milk	and soya milk	
History and the	Hot items	Scrambled eggs, streaky bacon, sautéed potatoes and porridge	Kedgeree with boiled eggs	Fried eggs, sausages, baked beans and avocado	Maple bacon with poached eggs, mushrooms and grilled tomatoes	Cumberland sausages, fried eggs, baked beans and hash browns		
ė.	Daily special	Pain au chocolate	Belgian waffles with chocolate sauce	Pancakes with maple syrup	Chocolate French toast	Croissants with hot chocolate	Brunch	Brunch
	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	Whole fruit bowl, diced fruit or fruit segments

Lunch

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ij	Week One	Monday	Tuesday	Wednesday	Thursday	Friday		
ġ	Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day		
	Meat Dish	Texan beef chilli (G/F)	Creamy chicken pasta bake Cottage pie (G/F)		Turkey fajita with peppers and onions (G/F)	Cornish company sausage rolls		
	Vegetarian/ Vegan Dish	Smokey vegetable and bean chilli (G/F) (Vegan)	Spinach and ricotta tortelloni with tomato basil sauce (V)	Vegan mince and onion pie topped with mash (G/F) (Vegan)	Vegetable and pinto bean fajita (G/F) (Vegan)	Vegan sausage rolls (Vegan)		
	Accompanying Carbs	Jacket potatoes, sweet potatoes, rice and tortilla chips (G/F) (Vegan)	Jacket potatoes, sweet potatoes and garlic bread (Vegan)	Jacket potatoes, sweet potatoes and sautéed potatoes (G/F) (Vegan)	Jacket potatoes, sweet potatoes, tortilla bread and rice (Vegan)	Jacket potatoes, sweet potatoes and skin on fries (G/F) (Vegan)		
Topic of	Vegetables/ side dishes	Baked beans, sweetcorn and baby carrots (G/F) (Vegan)	Baked beans, green vegetables medley (G/F) (Vegan)	Baked beans, swede and carrots (G/F) (Vegan)	Baked beans, peas and sweetcorn (G/F) (Vegan)	Baked beans, garden peas and diced carrots (G/F) (Vegan)		
d	Daily items	Hot sandwich/panini/pastry of the day, selection of filled sandwiches, baguettes, wraps and salad bar						
1	Pasta/Gnocchi or Risotto	Pasta with tomato and Mediterranean vegetable sauce (Vegan)	Gnocchi with pomodoro sauce Spaghetti with marinara and fried aubergine (Vegan) sauce (Vegan)		Mushroom and hard cheese risotto (G/F) (V)	Penne with creamy pest sauce (V)		
100	Hot or cold dessert	Oat and raisin cookie (V)	Chocolate brick wall with custard (V) Frozen toffee yoghurt (V)		Chocolate flap jack (G/F) (Vegan)	Ice cream tub (V)		
	Daily Desserts	V	egan jelly, cheese and biscu	uits, fruit yoghurt, fresh fr	ruit salad and whole fruit			

Supper

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į.	Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10	Main meat/fish dish	Battered white fish	Chicken katsu curry	Ground pork in black bean sauce	Crispy mini chicken fillets	Mongolian beef noodles	Fillet of fish burger	Chicken chasseur
2	Vegetarian option	Fishless fingers	Breaded Quorn fillets	Vegetables in black bean sauce	Crispy fried eggplant	Spicy Vegetable noodles	Spicy bean burger	Ratatouille
	On the side	Chunky chips, Peas and Tartar sauce	Soy noodles and green vegetables	Egg noodles and Asian greens	Chunky chips and coleslaw	Sautéed beansprouts and cabbage	Skinny fries	Lyonnais potatoes
d	Dessert	Trifle	Fruit platter	Choc ice	Fruit pavlova	Fruit platter	Garden peas Brownie	Garlic green beans Lemon posset
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Break fast

1	VIII			AT ASSET				
	Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Hydration		A selection of	fresh fruit juices, wate	er, speciality teas, coffe	ee, semi skimmed milk	and soya milk	
	Hot items	Chipolatas, creamy scrambled eggs, beans & hash browns	Cheesy potato waffles, fried eggs, baked beans and back bacon	Congee with chicken and garnishes boiled eggs and crispy streaky bacon	Lorne sausage with fried eggs , hash browns and porridge	Back bacon, poached eggs, sautéed potatoes and baked beans		
NAME OF THE PERSON OF THE PERS	Daily special	Pain au raisins	Blueberry muffins	Croissants with hot chocolate	French toast	Pancakes with syrup	Brunch	Brunch
	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	Whole fruit bowl, diced fruit or fruit segments

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	Classic beef lasagne	Butchers pork sausages with onion gravy	Chicken pie with puff pastry	BBQ chicken fillets (G/F)	Pepperoni pizza	
	Vegetarian/ Vegan Dish	Mac and cheese	Vegan sausages with onion gravy (G/F) (Vegan)	Root vegetable hotpot (G/F) (Vegan)	BBQ Quorn fillets (G/F) (Vegan)	Margarita pizza (V)	
	Accompanying Carbs	Jacket potatoes, sweet potatoes and garlic bread (Vegan)	Jacket potatoes, sweet potatoes and buttered ne and mashed potatoes (G/F) (V) potatoes with parsley (G/(Vegan)		Jacket potatoes, sweet potatoes and potato wedges (G/F) (Vegan)	Jacket potatoes, sweet potatoes and skin on fries	
	Vegetables/ side dishes	Baked beans, broccoli and cauliflower (G/F) (Vegan)	· · · · · · · · · · · · · · · · · · ·		Baked beans, green beans and sweetcorn (G/F) (Vegan)	Baked beans, spaghetti hoops and peas (Vegan)	
į	Daily items	Hot	sandwich/panini/pastry of the da	y, selection of filled sandwiche	s, baguettes, wraps and salad b	par	
	Pasta/Gnocchi or Risotto	Pasta with tomato and basil sauce (Vegan)	Gnocchi with four cheese sauce (V)	Spaghetti with pomodoro sauce (Vegan)	Risotto primavera (G/F) (V)	Penne pasta arribiatta (Vegan)	
100	Hot or cold dessert	Double chocolate cookie (Vegan)	Peach crumble and custard (V)	Peach crumble and custard (V) Fruity oat bake (G/F) (Vegan)		Ice lolly (G/F) (Vegan)	
	Daily Desserts		Vegan jelly, cheese and bisc	uits, fruit yoghurt, fresh fr	ruit salad and whole fruit		

Supper

	Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Main meat/fish dish	Chicken, ginger and garlic baked rice	Sweet and sour pork	Bang bang chicken	Cajun chicken pasta	Indian beef keema with carrots and potatoes	Southern fried chicken	Roast loin of pork with
	Vegetarian option	Mushroom baked rice	Sweet and sour vegetables	Bang bang cauliflower	Creamy mushroom pasta	Chickpea curry	Vegan nuggets	sage and onion Quorn fillet
	On the side	Honey glazed carrots and soy broccoli	Rice and stir fried vegetables	White rice and fine beans	Garlic bread and Steamed broccoli	Basmati rice And naan bread	Potato wedges	Roast potatoes and a
~	Dessert	Sprinkle cake	Fruit platter	Chocolate ice cream sundae	Lemon meringue pie	Fruit platter	BBQ beans Cookie	selection of vegetables Apple pie and pouring cream

Break fast

Week Thre	e Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hydration		A selection of f	resh fruit Juices, wate	r, speciality teas, coff	ee, semi skimmed mil	k and soya milk	
Hot items	Creamy scrambled eggs with fried bread, streaky bacon and baked beans	Cheese burger English muffins with hash browns and porridge	Fried rice with chicken, egg and vegetables	Back bacon, fried eggs, baked beans and hash browns	Pork chipolata, scrambled eggs, grilled tomatoes and avocado		
Daily speci	Sweet waffles with chocolate sauce	Warm American pancakes with maple syrup	Mixed pastries	Double chocolate muffins	Pain au chocolate	Brunch	Brunch
Daily breakfast items		A sele	ction of breakfast cer	eals, fresh fruit yoghu	irts, toast, jams and sp	oreads	
Other item	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	Whole fruit bo diced fruit or t segments

Lunch

1	Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	
į	Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	
	Meat Dish	Kashmiri chicken curry (G/F)	Spaghetti bolognaise	Roast turkey breast (G/F) with sage and onion stuffing	Chicken and chorizo with tomato and peppers (G/F)	Breaded cod fillets	
	Vegetarian/ Vegan Dish	Aubergine and chickpea curry (G/F) (Vegan)	Lentil bolognaise (Vegan)	Quorn roast (Vegan)	Spanish style vegetable and chickpea casserole (G/F) (Vegan)	Vegan nuggets	
	Accompanying Carbs	Jacket potatoes, sweet potatoes, basmati rice and naan bread (Vegan)	Jacket potatoes, sweet potatoes and garlic bread (Vegan)	Jacket potatoes, sweet potatoes and roast potatoes (G/F) (Vegan)	Jacket potatoes, sweet potatoes and rice (G/F) (Vegan)	Jacket potatoes, sweet potatoes and skin on fries (G/F) (Vegan)	
	Vegetables/ side dishes	Baked beans, cauliflower and baby carrots (G/F) (Vegan)	Baked beans, broccoli and green beans (G/F) (Vegan)	Baked beans, thyme roasted carrots and swede (G/F) (Vegan)	Baked beans, mixed vegetables (G/F) (Vegan)	Baked beans, garden peas and mushy peas (G/F) (Vegan)	
Ì	Daily items	Hot	sandwich/panini/pastry of the d	ay, selection of filled sandwich	es, baguettes, wraps and salac	l bar	
	Pasta/Gnocchi or Risotto	Penne pasta with pesto (V)	Courgette and lemon risotto (G/F) (Vegan)	Pasta bows with roasted aubergine and courgette (Vegan) Gnocchi with Tuscan bean sauce (Vegan)		Pasta with roasted garlic and tomato sauce (Vegan)	
STATE OF THE PARTY OF	Hot or cold dessert	Chocolate chip cookie (Vegan)	Jam and coconut sponge with custard (V)	Blueberry muffin (V) Chocolate eclair		Rocket lolly (G/F) (Vegan)	
	Daily Desserts		Vegan jelly, cheese and bise	cuits, fruit yoghurt, fresh f	ruit salad and whole fruit	i	

Supper

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Main meat/fish dish	Beef and vegetable hotpot	Chicken jambalaya	Teriyaki chicken	Penne in a creamy bacon sauce	Battered chicken with hot and sour sauce	Ougstor nounder with		
Vegetarian option	Vegetable hotpot	Vegetable jambalaya	Quorn stir-fry	Tomato and basil pasta	Battered Quorn with hot and sour sauce	Quarter pounder with cheese Veggie burger	cheese	Classic beef lasagne Vegetable lasagne
On the side	Roasted root vegetables	Corn on the cob and steamed green vegetables	Jasmine rice, Beansprouts and cabbage	Garlic bread and Green beans	Sticky rice and Mange tout	Waffle fries Coleslaw	Garlic bread and steamed broccoli	
Dessert	† Profiteroles Fruit platter Cola lolly Tiramisu Fruit platte				Fruit platter		Warm sponge pudding with cream	