

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	selection of pastries and smoothies	bacon rolls veggie option available. Overnight oats	waffles mixed berries and yogurts	scrambled egg baked beans and sausage. Fresh fruit platter	bacon poached egg bagel . Porridge	boarders choice	boarders choice
<b>Lunch Option 1</b>	coca cola smoked gammon steak	asian duck breast on a bed of stir fried veg	roast beef yorkshire	turkey and ham pie	battered cod	n/a	n/a
<b>Lunch Option 2</b>	cauliflower cheese	herb crusted salmon fillet	tomato and basil penne	morrocan salmon fillet on bed of med veg	fish fingers, goujons, sausages	n/a	n/a
<b>soup option</b>	chefs choice	chefs choice	chefs choice	chefs choice	chefs choice	n/a	n/a
<b>Vegetarian Lunch</b>	veggie sausages	veggie stir fry	seeded loaf	courgette and saffron risotto	vegan nuggets	n/a	n/a
<b>Vegetables &amp; Sides</b>	new potatoes and broccoli	steamed rice, stir fry veg	roast potatoes carrots and parsnips	mash and green beans	chips beans mushy peas	n/a	n/a
<b>Salad Bar</b>	A selection of fresh salad items available as an accompaniment or as the main meal.	A selection of fresh salad items available as an accompaniment or as the main meal.	A selection of fresh salad items available as an accompaniment or as the main meal.	A selection of fresh salad items available as an accompaniment or as the main meal.	A selection of fresh salad items available as an accompaniment or as the main meal.	A selection of fresh salad items available as an accompaniment or as the main meal.	A selection of fresh salad items available as an accompaniment or as the main meal.
<b>Dessert</b>	Tiffin	bakewell tart and custard (nut free)	shortbread biscuit	chocolate sponge and chocolate sauce	donuts	n/a	n/a
<b>Dinner</b>	lasagne	sf chicken goujon wrap	lamb kofta kebab with fresh tzatziki and pitta	ribs	sweet and sour chicken	n/a	n/a
<b>Vegetarian Dinner</b>	veggie gf lasagne	vegan nuggets	vegetable kebab	veggie sausage	vegetable hoisin	n/a	n/a
<b>Vegetables</b>	garlic bread and peas	sauté and bbq beans	fruity cous cous/ plain rice	mash and sweetcorn	egg fried rice stir fry veg	n/a	n/a
<b>Light Bite Option</b>	hoops on toast	cheese on toast	ravioli on toast	beans on toast	toasted crumpets and preserves	n/a	n/a
<b>Salad Bar</b>	A selection of fresh salad items available as an accompaniment or as the main meal.	A selection of fresh salad items available as an accompaniment or as the main meal.	A selection of fresh salad items available as an accompaniment or as the main meal.	A selection of fresh salad items available as an accompaniment or as the main meal.	A selection of fresh salad items available as an accompaniment or as the main meal.	A selection of fresh salad items available as an accompaniment or as the main meal.	A selection of fresh salad items available as an accompaniment or as the main meal.
<b>Dessert</b>	cookies	iced sponge	fresh fruit salad	carrot cake	brownie	n/a	n/a
<b>Boarders Snack</b>	fruit platter	rocky road	biscuit selection	hula hoops	fizzy drinks and capri sun	boarders choice	boarders choice

