

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	selection of pastries and smoothies	mixed omelettes Overnight oats	pancakes mixed berries and yogurts	hashbrown baked beans and sausage. Fresh fruit platter	smoked salmon scrambled egg and spinach . Porridge	boarders choice	boarders choice
Lunch Option 1	beef lasagne	chicken with a creamy mushroom sauce	wrap bar hoisin duck	tacos minced beef chilli, bbq shredded chicken	battered cod, sausages, chicken goujons	n/a	n/a
Lunch Option 2	spinach and red onion quiche	salmon en croute	crispy bacon	malaysian tilapia fillet	lemon sole goujons	n/a	n/a
Vegetarian Lunch	gf vegetable lasagne	quorn with creamy mushroom sauce	cold wrap bar	veggie taco	veggie sausage	n/a	n/a
Vegetables & Sides	garlic bread and sweetcorn	new potatoes brocolli	saute potatoes	guacamole soured cream, salsa and steamed rice with brocolli	chips and baked beans	n/a	n/a
Salad Bar	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.
taster menu	n/a	n/a	n/a	sushi	n/a	n/a	n/a
Dessert	banoffee pie	passion fruit and mango pavlova	chocolate flan	brownie	strawberry mousse pots	n/a	n/a
extras	yogurts daily	yogurts daily	yogurts daily	yogurts daily	yogurts daily	n/a	n/a
Dinner	filled pitta with seasoned chicken	build a burger bar	jamican jerk turkey steak	bbq pulled pork ciabatta	toastie selection	n/a	n/a
Vegetarian Dinner	med veg pitta	beef burger, bacon, veggie burger , fried onions and cheese	sweet pepper and onion risotto	quorn and veg ciabatta	veggie toastie	n/a	n/a
Vegetables	rice and greens	falafel burger	new potatoes and roasted courgettes	mozzarella sticks and new potatoes	crisps	n/a	n/a
Light Bite Option	beans on toast	hoops on toast	raviolli on toast	cheese on toast	crumpets and preserves	n/a	n/a
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Dessert	rocky road	fresh fruit salad	cookies	marshmellow cakes	iced cupcakes	n/a	n/a
Boarders Snack	fruit platter	cheese and biscuits	brownie	pringles	chocolate bar and fizzy	boarders choice	boarders choice