

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	jamican jerk turkey steak	pan fried garlic rump steak	wrap bar hoisin duck	tacos minced beef chilli, bbq shredded chicken	battered cod, sausages, chicken goujons	n/a	n/a
Lunch Option 2	smoked salmon and pea shoot salad	salmon en croute	crispy bacon	malaysian tilpia fillet	lemon sole goujons	n/a	n/a
Vegetarian Lunch	spinach and red onion quiche	ratatouille	cold wrap bar	veggie taco	vegy sausage	n/a	n/a
Vegetables & Sides	new potatoes and roasted courgettes	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	brownie	passion fruit and mango pavlova	ice lollies	mixed berries	butterscotch pudding 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	beef meatballs in rich tomato sauce with spaghetti	bbq pulled pork ciabatta	mixed grill, lamb chop, pork steak, chicken breast and sausage	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	tofu stir fry	n/a	n/a
Vegetables	rice and greens	falafel burger	vegan meatballs	mozzarella sticks and new potatoes	chips mushroom and tomato	n/a	n/a
Light Bite Option	beans on toast	hoops on toast	ravioli on toast	cheese on toast	crumpets and preserves	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.
Dessert	rocky road	fresh fruit salad	shortbread	tiffin	muffins	n/a	n/a
Boarders Snack	fruit platter	smoothies	brownie	bar snacks	cookies	boarders choice	boarders choice