

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	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
<b>Lunch Option 1</b>	korean chicken breast on a bed of tomatoes and onions	gourmet burger	wrap bar oriental duck	saute beef	battered cod	n/a	n/a
<b>Lunch Option 2</b>	paella	hotdogs	teriyaki beef	baked cod on a bed of roasted tomato and courgette	fish fingers, goujons, sausages	n/a	n/a
<b>Vegetarian Lunch</b>	ratatouille	falafel burger	cold wrap bar	wild mushroom risotto	vegan nuggets	n/a	n/a
<b>Vegetables &amp; Sides</b>	broccoli and steamed rice	chips corn on the cob	new potatoes	mash potatoes 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>Taster menu</b>	N/A	N/A	N/A	cheese and biscuits	N/A	N/A	N/A
<b>Dessert</b>	brownie	jam sponge and custard	ice lollies	mixed berries and cream	doughnuts	n/a	n/a
<b>extras</b>	yogurts daily	yogurts daily	yogurts daily	yogurts daily	yogurts daily	n/a	n/a
<b>Dinner</b>	lasagne	hunters chicken and mozzarella sticks	malaysian chicken noodle stir fry	sausage plait	pizza bar	n/a	n/a
<b>Vegetarian Dinner</b>	stuffed peppers	potato skins	tofu stir fry	cheese and red onion tartlet	gf/vegan	n/a	n/a
<b>Vegetables</b>	new potatoes and garlic bread greens	sweet potato fries and peas	broccoli steamed rice	corn on the cob and saute	sweet potato fries	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>	blueberry and mango e-ton mess	fresh fruit salad	rocky road	tiffin	carrot cake topped with cream cheese frosting	n/a	n/a
<b>Boarders Snack</b>	fruit platter	smoothies	brownie	bar snacks	cookies	boarders choice	boarders choice

