

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	selection of pastries and smoothies	bacon rolls veggy option available. Overnight oats	waffles and mixed berries	scrambled egg baked beans and sausage. Fresh fruit platter	bacon poached egg muffin. Porridge	n/a	n/a
Lunch Option 1	sausagemeat plait	pork and lamb chops	chicken fillet burger cheeses and stoles sauces	korean chicken fillet	battered cod, sausages, chicken goujons	n/a	n/a
Lunch Option 2	asian salmon fillet	fish pie	garlic and lemon scallops	king prawn tagliatelle	lemon sole goujons	n/a	n/a
soup option	chefs choice	chefs choice	chefs choice	chefs choice	chefs choice	n/a	n/a
Vegetarian Lunch	veggy kebabs	veggy bake	seeded loaf	veggy fajitas	veggy sausage	n/a	n/a
Vegetables & Sides	mash and broccoli	mash potatoes carrots and broccoli	saute and green beans	spicy rice, peas and sweetcorn	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.
Dessert	sticky toffee pudding and custard	chocolate crunch and pink custard	citrus sponge and cream	apple and blackberry crumble and custard	doughnuts	n/a	n/a
Dinner option 1	chicken new yorker	sticky pepper chicken	saute beef	chilli nachos	chicken kievs	n/a	n/a
option 2	cod in mornay sauce	bbq drumsticks	stir fry chicken	chicken jalfrazi	spicy wings	n/a	n/a
Vegetarian Dinner	vegan potato skins	vegan nuggets	vegan stir fry	veggy chilli	vegan roulade	n/a	n/a
Vegetables	mash and broccoli	steamed rice and fried plantains	jollof rice and green beans	steamed rice, sweetcorn	wedges and corn on cob	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
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Dessert	ginger cake	vanilla cheesecake	brownie	swiss roll	chocolate orange cake with icing	n/a	n/a
Boarders Snack	fruit platter	cookies	rocky road	sandwich platter	fizzy drinks and capri sun and crisps	n/a	n/a