WEEK 3							
Breakfast							
	Monday	**Tuesday**	**Wednesday**	**Chinese Theme Lunch**	**Friday**	**Saturday**	**Sunday**
Toast Bar	Wholegrain, Brown Soda, White Sliced & Granary Breads with a selection of Jams & preserves. Additional cereals and natural yogurt & toppings an additional option.						
Daily Special	***Hash Brown***	***Beans***	***Cold Meats***	**Boiled Eggs**	**Pancakes**	***Sausages***	***Brunch***
Morning Break							
	Rice krispies	***Selection mini Biscuits***	***Crackers***	***Chocolate sticks***	***Biscuits***	***Selection mini Biscuits***	**Brunch**
Lunch							
Soup of the day	**Soup of the day**	**Soup of the day**	**Soup of the day**	**Soup of the day**	**Soup of the day**		
Lunch Choice	**Pannini Bar** choice of roasted peppers & Mozzarella or Chicken Bacon	Roasted Butternut squash & sweet potato	Roasted mediterranean Vegetables	**Chow mein served with choice of vegetables or Beef**	Traditional Vegetables or Lamb Pie	Quorn in black bean sauce	**Brunch (see below)**
Lunch Choice		Braised Beef Steak	Breaded Pork Chops			Beef & mix peppers in black bean sauce	**Brunch (see below)**
Sides	Crispy wedges	Creamy Potatoes / carrots	Garlic potatoes	**Prawn crackers**	Steamed Winter Vegetables	Steamed rice	
Big Bowl Salads	**Choose from our 4 nutritious Salad options and 4 choice of nude options with dressing selection on side**						
Dessert	Apple Tart & warm custard	Bakewell Tart	Chefs Eton Mess	**Banana Fritters & fresh cream**	Jelly & Cream	Donut ring selection	Rocky road
Afternoon break							
Afternoon break	*Fruit salad*	*Mini biscuits*	*Tea cakes*	***Mini cookies***	*Mini Biscuits*	Gateaux	
Supper							
Dinner Choice	**Mac & Cheese** served with crispy onions	**Red Thai Curry** with Vegetables or Chicken	**Burger Bar** choice for Vegetarian or Beef	Saute Mediterranean Vegetables or Crispy chilli Chicken	Penne Pasta served with choice of Garden Vegetables or Beef Meat balls	Vegetable Madras Curry	**Vegetables or Lamb Korma** served with steamed rice & coriander garnish
Dinner Choice						Chicken meatballs in curry sauce	
On the Side	Garlic bread	Boiled Rice	Chips	Steamed rice	Grated cheese	Chunky chips	
Big Bowl Salads	**Choose from our 4 nutritious Salad options and 4 choice of nude options with dressing selection on side**						
Late Evening Cereals	A Selection of Cereals including Weetabix, Coco Pops, Rice Krispies, Corn Flakes, Gluten free cereal , breads & Hot Drinks selection						