

WEEK 3							
Breakfast							
	Monday	Tuesday	Wednesday	American	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	Panini Bar choice of roasted peppers & Mozzarella or Chicken Bacon	Roasted Butternut squash & sweet potato	Roasted mediterranean Vegetables	Burgers & Hot dogs served with crispy chips	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	Onion rings	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	Brownie with Marshmallow	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, crispy Bacon	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						