



Week:1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
The Main Event	Lemon and Maple Chicken Breast with red onion marmalade	Cajun Pork Chop with Tangy Tomato Sauce	Chicken and Stuffing Balls	Spicy Beef Madras	Homemade Cheese Burger	Toad in the Hole with Onion Gravy	Roast Turkey Breast with sausages wrapped in Bacon
Meat Free Zone	Coriander and Cheese omelette	Broccoli Mornay	Mediterranean Vegetable and Lentil Puffs	Lentil and Vegetable Curry	Home made Cheese and Broccoli Strudel	Vegetarian Toad in the Hole	Lentil Bake
And to go with	Fresh Herb Mash Potato Steamed Broccoli and Ratatouille	Parsley Potatoes Baby Corn and Sugar Snap Peas	Crispy Oven Roast Potatoes Brussel Sprouts In cheese Sauce cauliflower	Turmeric Rice Indian Salad Naan Bread Mango Chutney	Chunky Chips Parsley Potatoes Garden Peas Baked Beans	Sauté Potatoes Sweetcorn Cabbage	Roast Potatoes Seasonal Vegetables & all the Trimmings
Scrum my Puds!	Mango and Passion Fruit Pudding with Cream	Strawberry Cheese Cake	Homemade Blueberry Sponge with Vanilla sauce	Apple and Black-berry Oat Crunch Topped Crumble with custard	Chocolate Sponge and Chocolate Sauce	Poached Pear and chocolate sauce	Hot Blue Berry Pancakes with ice cream

Available Daily: Selection of Freshly Baked Bread, Homemade Fruity Yoghurts, Fresh Fruit Platter,



Week:2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
The Main Event	Mexican Chicken Fillet Fajitas with tomato salsa and sour cream	Macaroni cheese with bacon and topped with tomatoes	Roast Lamb and mint sauce	Chicken, Chorizo and Prawn Paella	Battered Cod Fillet	Ham, Cheese and Chicken Tikka Provencettes	Roast Loin of Pork with apple sauce
Meat Free Zone	Mexican Vegetable Fajitas with tomato salsa and sour cream	Macaroni Cheese with a tomato top	Aubergine Pancakes with cheddar cheese sauce	Beef Tomatoes stuffed with spicy cous cous	Mediterranean Vegetable and Bean Lasagne	Cheese and Onion Provencettes	Roasted Vegetable Filo Pastry tarts
And to go with	Roasted Potato wedges Cajun Corn Crunchy Coleslaw	New Potatoes Baton Carrots and Peas	Crispy Oven Roast Potatoes Honey Roast Parsnips Red Cabbage	Sun Dried Tomato Bread Broccoli Spears	Chunky Chips Jacket Potatoes Garden Peas	Salad Bar and Dressings	Roast Potatoes Seasonal Vegetables & all the Trimmings
Scrum my Puds!	Apple Pie with custard	Orange drizzle cake with custard	Bakewell Tart and Custard	Fruit Jelly and Ice Cream	Poached Pear and chocolate sauce	Peach and raspberry muffins	Meringue Nests filled with fruit of the forest

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Week:3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
The Main Event	Home Made Beef Lasagne	Pork Stroganoff With baby mushrooms	Roast Beef with Yorkshire Puddings	Chicken Breast with mushrooms in a creamy sauce	Cheesy Topped Oven Baked Pollack Fillet	Homemade Beef Burger	Roast Honey Glazed Gammon
Meat Free Zone	Lentil and Aubergine Lasagne	Stuffed Peppers with a tomato sauce	Feta Cheese and Tomato Stack served with garlic bread	Quorn and Vegetable Pie	Vegetable Chilli with Taco shells and tomato sauce	Spicy Bean Burger	Yorkshire Pudding filled with herby vegetables
And to go with	Garlic Bread Courgette and Mushroom Stir Fry	Fluffy Rice Baton carrots Green Beans	Crispy Oven Roast Potatoes Cauliflower and Broccoli Spears	Parsley Potatoes Savoy Cabbage Sweet Corn	Fluffy Rice Jacket Potatoes Garden Peas	Chunky Chips Salad Bar and Dressings	Roast Potatoes Seasonal Vegetables & all the Trimmings
Scrum my Puds!	Pineapple Upside Down Sponge and custard	Apple and Forest fruit crumble with cream	Cinnamon and Raisin Cookies	Jam Sponge and Custard	Chocolate Mint Sponge with chocolate sauce	New York Style Baked Cheesecake with raisons and Blueberry sauce	Profiteroles with chocolate sauce

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Week:4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
The Main Event	Turkey Stroganoff with paprika and mushrooms	Spaghetti Bolognaise	Roast Loin of Pork with Homemade apple sauce	Chicken Korma with naan bread and mango chutney	Cod Fillet Fish Fingers with tartar sauce	Ciabatta with Honey ham and cheddar cheese	Roast Beef with Yorkshire Pudding and Gravy
Meat Free Zone	Vegetable, lentil and aubergine stroganoff	Quorn Bolognaise	Vegetable Moussaka	Vegetable and butternut squash Korma with naan bread and mango chutney	Cheesy Potato and Leek Country Bake	Ciabatta with Roasted Vegetable Gruyere	Quorn Wellington and Vegetable gravy
And to go with	Pilau Rice Sweet corn Garden Peas	Garlic Bread Grilled Tomatoes	Crispy Oven Roast Potatoes Carrots Broccoli	Fluffy Rice Buttered Cabbage Green Beans	Chunky Chips Jacket Potatoes Garden Peas	Onion Rings Salad Bar and Dressings	Roast Potatoes Seasonal Vegetables Honey Roasted Parsnips
Scrum my Puds!	Lemon Drizzle cake with citrus sauce	Homemade apple pie with custard	Choc Ices	Jam Tart and Custard	Pear and Ginger sponge with crème fraiche	Ice Cream Bar and Toppings	Raspberry and Chocolate chip muffins

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