



Prep Weekly Menu Cycle 2019 - 2020

Week 1

	MON	TUES	WED	THURS	FRI
Soup	Homemade Soup <i>with fresh baked bread & seeds</i>	Homemade Soup <i>with fresh baked bread & seeds</i>	Homemade Soup <i>with fresh baked bread & seeds</i>	Homemade Soup <i>with fresh baked bread & seeds</i>	Homemade Soup <i>with fresh baked bread & seeds</i>
Main Course	Oriental Day Sweet & Sour Chicken Noodles	Cottage Pie topped with Winter root Mash	Pasta Day, a selection of pasta dishes from around the world	Roast Turkey & Crispy Rustic Roasts	Urban Dog, Butchers sausage in a wholemeal roll with French fries
Meat Free	Chefs plant Power Dish of the day	Chefs plant Power Dish of the day	Chefs plant Power Dish of the day	Chefs plant Power Dish of the day	Chefs plant Power Dish of the day
Sides	Spring Rolls & prawn Crackers	Gravy	Parmesan Shavings Olives, Oils & Breads	Cranberry Sauce & Stuffing	Caramelized onion, mustard & Ketchup
	<i>A selection of fresh Seasonal vegetables</i>	<i>A selection of fresh Seasonal vegetables</i>	<i>A selection of fresh Seasonal vegetables</i>	<i>A selection of fresh Seasonal vegetables</i>	<i>A selection of fresh Seasonal vegetables</i>
Chef's Corner	Baked Jacket Potato * Assorted Filled Wraps	Baked Jacket Potato * All things Eggs	Baked Jacket Potato * Antipasti	Baked Jacket Potato * Dips n Chips	Baked Jacket Potato *
Salad Bar	Build your own salad <i>A selection of seasonal salad choices with a daily chef's special. Tuna, Cheese or Ham</i>	Build your own salad <i>A selection of seasonal salad choices with a daily chef's special. Tuna, Cheese or Ham</i>	Build your own salad <i>A selection of seasonal salad choices with a daily chef's special. Tuna, Cheese or Ham</i>	Build your own salad <i>A selection of seasonal salad choices with a daily chef's special. Tuna, Cheese or Ham</i>	Build your own salad <i>A selection of seasonal salad choices with a daily chef's special. Tuna, Cheese or Ham</i>
Dessert	<i>Muffin Monday A selection of fresh fruit</i>	<i>Bread Pudding A selection of fresh fruit</i>	<i>Choc n Beet Brownie A selection of fresh fruit</i>	<i>Fruity Flapjack A selection of fresh fruit</i>	<i>Fruit Bar with shortbread & citrus yoghurt dip</i>

Week 2

	MON	TUES	WED	THURS	FRI
Soup	Homemade Soup <i>with fresh baked bread & seeds</i>	Homemade Soup <i>with fresh baked bread & seeds</i>	Homemade Soup <i>with fresh baked bread & seeds</i>	Homemade Soup <i>with fresh baked bread & seeds</i>	Homemade Soup <i>with fresh baked bread & seeds</i>
Main Course	Curry Day, a selection of Curries & Rice dishes	Winter Puff Pie	Pasta Day, a selection of pasta dishes from around the world	Roast Chicken & Crispy Rustic Roasts	Fish Market Friday Battered / steamed fish & chips
Meat Free	Chefs plant Power Dish of the day	Chefs plant Power Dish of the day	Chefs plant Power Dish of the day	Chefs plant Power Dish of the day	Chefs plant Power Dish of the day
Sides	Mini poppadoms, Chutneys & Bhaji	Gravy	Parmesan Shavings Olives, Oils & Breads	Yorkshire Pudding & Stuffing	Mushy peas, gherkins, picked eggs
	<i>A selection of fresh Seasonal vegetables</i>	<i>A selection of fresh Seasonal vegetables</i>	<i>A selection of fresh Seasonal vegetables</i>	<i>A selection of fresh Seasonal vegetables</i>	<i>A selection of fresh Seasonal vegetables</i>
Chef's Corner	Baked Jacket Potato * Assorted Filled Wraps	Baked Jacket Potato * All things Eggs	Baked Jacket Potato * Antipasti	Baked Jacket Potato * Dips n Chips	Baked Jacket Potato * Dips n Chips
Salad Bar	Build your own salad <i>A selection of seasonal salad choices with a daily chef's special. Tuna, Cheese or Ham</i>	Build your own salad <i>A selection of seasonal salad choices with a daily chef's special. Tuna, Cheese or Ham</i>	Build your own salad <i>A selection of seasonal salad choices with a daily chef's special. Tuna, Cheese or Ham</i>	Build your own salad <i>A selection of seasonal salad choices with a daily chef's special. Tuna, Cheese or Ham</i>	Build your own salad <i>A selection of seasonal salad choices with a daily chef's special. Tuna, Cheese or Ham</i>
Dessert	<i>Muffin Monday</i> <i>A selection of fresh fruit</i>	<i>Marble cake</i> <i>A selection of fresh fruit</i>	<i>Forest fruit chocolate bake</i> <i>A selection of fresh fruit</i>	<i>Banana bread</i> <i>A selection of fresh fruit</i>	<i>Fruit Bar with shortbread & citrus yoghurt dip</i>

Week 3

	MON	TUES	WED	THURS	FRI
Soup	Homemade Soup <i>with fresh baked bread & seeds</i>	Homemade Soup <i>with fresh baked bread & seeds</i>	Homemade Soup <i>with fresh baked bread & seeds</i>	Homemade Soup <i>with fresh baked bread & seeds</i>	Homemade Soup <i>with fresh baked bread & seeds</i>
Main Course	BBQ Chicken Sauté potato	Traditional Shepard's Pie	Pasta Day, a selection of pasta dishes from around the world	Roast Gammon & Crispy Rustic Roasts	Pizza & Curly Fries
Meat Free	Chefs plant Power Dish of the day	Chefs plant Power Dish of the day	Chefs plant Power Dish of the day	Chefs plant Power Dish of the day	Chefs plant Power Dish of the day
Sides	Corn on cob & House slaw	Gravy	Parmesan Shavings Olives , Oils & Breads	Parsley Sauce & Stuffing	Garlic Bread
	<i>A selection of fresh Seasonal vegetables</i>	<i>A selection of fresh Seasonal vegetables</i>	<i>A selection of fresh Seasonal vegetables</i>	<i>A selection of fresh Seasonal vegetables</i>	<i>A selection of fresh Seasonal vegetables</i>
Chef's Corner	Baked Jacket Potato * Assorted Filled Wraps	Baked Jacket Potato * All things Eggs	Baked Jacket Potato * Antipasti	Baked Jacket Potato * Dips n Chips	Baked Jacket Potato *
Salad Bar	Build your own salad <i>A selection of seasonal salad choices with a daily chef's special. Tuna, Cheese or Ham</i>	Build your own salad <i>A selection of seasonal salad choices with a daily chef's special. Tuna, Cheese or Ham</i>	Build your own salad <i>A selection of seasonal salad choices with a daily chef's special. Tuna, Cheese or Ham</i>	Build your own salad <i>A selection of seasonal salad choices with a daily chef's special. Tuna, Cheese or Ham</i>	Build your own salad <i>A selection of seasonal salad choices with a daily chef's special. Tuna, Cheese or Ham</i>
Dessert	<i>Muffin Monday A selection of fresh fruit</i>	<i>Toffee Pudding A selection of fresh fruit</i>	<i>Carrot Cake A selection of fresh fruit</i>	<i>Coconut flapjack A selection of fresh fruit</i>	<i>Fruit Bar with shortbread & citrus yoghurt dip</i>