

# BREAKFAST

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HOT ITEMS</b>	Pork Sausages Glamorgan Sausages Fried Eggs Tomatoes Baked Beans	Crispy Bacon Glamorgan Sausages Poached Egg Baked Beans Mushrooms	Crispy Bacon Vegetarian Sausages Baked Beans Scrambled Egg Hash Browns Crumpets	Crispy Bacon Glamorgan Sausages Poached Egg Baked Beans Mushrooms	Pork Sausages Vegetarian Sausages Fried Eggs Hash Browns Tomatoes Baked Beans	Crispy Bacon Glamorgan Sausages Boiled Eggs Baked Beans Toasted Bagels	<b>Big Brunch</b> Crispy Bacon Sausages Glamorgan Sausages Poached Egg Baked Beans Mushrooms Tomatoes Hash Browns
<b>DAILY SPECIAL</b>	<b>Bagels</b> Smoked Salmon & Cream Cheese	<b>Omelette</b> Cheese & Bacon Spinach & Tomato	<b>Cinnamon Rolls</b> Blueberry Compote	<b>Pasties</b> Pain au Chocolat, Croissant	<b>Topped Toast</b> Cheese or Chocolate & Strawberry	<b>Bagels</b> Toasted Ham & Cheese bagel or Cheese & Tomato	
<b>DAILY BREAKFAST ITEMS</b>	porridge station with toppings	porridge station with toppings	porridge station with toppings	porridge station with toppings	porridge station with toppings	porridge station with toppings	porridge station with toppings
	Selection of breakfast cereals	Selection of breakfast cereals	Selection of breakfast cereals	Selection of breakfast cereals	Selection of breakfast cereals	Selection of breakfast cereals	Selection of breakfast cereals
	Yoghurt station with fresh fruit, puree's & toppings	Yoghurt station with fresh fruit, puree's & toppings	Yoghurt station with fresh fruit, puree's & toppings	Yoghurt station with fresh fruit, puree's & toppings	Yoghurt station with fresh fruit, puree's & toppings	Yoghurt station with fresh fruit, puree's & toppings	Yoghurt station with fresh fruit, puree's & toppings
	Toasting station with breads, spreads & preserves	Toasting station with breads, spreads & preserves	Toasting station with breads, spreads & preserves	Toasting station with breads, spreads & preserves	Toasting station with breads, spreads & preserves	Toasting station with breads, spreads & preserves	Toasting station with breads, spreads & preserves
<b>FRUIT</b>	Selection Of Diced Fruit	Selection Of Diced Fruit	Selection Of Diced Fruit	Selection Of Diced Fruit	Selection Of Diced Fruit	Selection Of Diced Fruit	Selection Of Diced Fruit
<b>HYDRATION</b>	Orange Juice Lemon Water	Apple Juice Lime Water	Lemon water Orange Juice	Cranberry juice Melon water	Orange Juice Mint water	Continental Choice	Continental Choice

# BREAKFAST

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HOT ITEMS</b>	Pork Sausages Glamorgan Sausages Fried Eggs Tomatoes Baked Beans	Crispy Bacon Glamorgan Sausages Baked Beans Mushrooms	Crispy Bacon Vegetarian Sausages Baked Beans Scrambled Egg Crumpets	Crispy Bacon Glamorgan Sausages Poached Egg Baked Beans Mushrooms	Pork Sausages Glamorgan Sausages Fried Eggs Tomatoes Hash Browns Baked Beans	Crispy Bacon Glamorgan Sausages Boiled Eggs Baked Beans Toasted Bagels	<b>Big Brunch</b> Crispy Bacon Sausages Glamorgan Sausages Poached Egg Baked Beans Mushrooms Tomatoes Hash Browns
<b>DAILY SPECIAL</b>	<b>Brioche French Toast</b> Cream cheese, Strawberries and Blueberry compote	<b>Smoothies</b> Banana & Mixed Berries, Crunchy Granola, Banana Chips	<b>Loaf Cake</b> Banana & Honey, Lemon icing	<b>Pasties</b> Pain au Chocolat, Croissant	<b>Breakfast Tart</b> Bacon and cheese, Spinach & Mushroom	<b>Bagels</b> Toasted Ham & Cheese bagel or Cheese & Tomato	
<b>DAILY BREAKFAST ITEMS</b>	porridge station with toppings	porridge station with toppings	porridge station with toppings	porridge station with toppings	porridge station with toppings	porridge station with toppings	porridge station with toppings
	Selection of breakfast cereals	Selection of breakfast cereals	Selection of breakfast cereals	Selection of breakfast cereals	Selection of breakfast cereals	Selection of breakfast cereals	Selection of breakfast cereals
	Yoghurt station with fresh fruit, puree's & toppings	Yoghurt station with fresh fruit, puree's & toppings	Yoghurt station with fresh fruit, puree's & toppings	Yoghurt station with fresh fruit, puree's & toppings	Yoghurt station with fresh fruit, puree's & toppings	Yoghurt station with fresh fruit, puree's & toppings	Yoghurt station with fresh fruit, puree's & toppings
	Toasting station with breads, spreads & preserves	Toasting station with breads, spreads & preserves	Toasting station with breads, spreads & preserves	Toasting station with breads, spreads & preserves	Toasting station with breads, spreads & preserves	Toasting station with breads, spreads & preserves	Toasting station with breads, spreads & preserves
<b>FRUIT</b>	Selection Of Diced Fruit	Selection Of Diced Fruit	Selection Of Diced Fruit	Selection Of Diced Fruit	Selection Of Diced Fruit	Selection Of Diced Fruit	Selection Of Diced Fruit
<b>HYDRATION</b>	Orange Juice Lemon Water	Apple Juice Lime Water	Lemon water Orange Juice	Cranberry juice Melon water	Orange Juice Mint water	Continental Choice	Continental Choice



# BREAKFAST

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT ITEMS	Pork Sausages Glamorgan Sausages Poached Eggs Tomatoes Baked Beans	Crispy Bacon Glamorgan Sausages Omelette Baked Beans Mushrooms	Crispy Bacon Vegetarian Sausages Baked Beans Boiled Eggs Spinach	Crispy Bacon Glamorgan Sausages Poached Egg Baked Beans Mushrooms	Pork Sausages Glamorgan Sausages Fried Eggs Tomatoes Hash Browns Baked Beans	Crispy Bacon Glamorgan Sausages Boiled Eggs Baked Beans Toasted Bagels	<b>Big Brunch</b> Crispy Bacon Sausages Glamorgan Sausages Poached Egg Baked Beans Mushrooms Tomatoes Hash Browns
DAILY SPECIAL	<b>Eggs Benedict</b> Parma Ham, Muffin, Hollandaise Sauce	<b>Peach Melba Breakfast scone</b>	<b>Pancakes</b> Chocolate Sauce, Berry compote, Golden Syrup	<b>Pasties</b> Pain au Chocolat, Croissant	<b>Egg Muffins</b> Sausage, Cheese, Bean or Tomato, cheese, Spinach	<b>Bagels</b> Toasted Ham & Cheese bagel or Cheese & Tomato	
DAILY BREAKFAST ITEMS	porridge station with toppings	porridge station with toppings	porridge station with toppings	porridge station with toppings	porridge station with toppings	porridge station with toppings	porridge station with toppings
	Selection of breakfast cereals	Selection of breakfast cereals	Selection of breakfast cereals	Selection of breakfast cereals	Selection of breakfast cereals	Selection of breakfast cereals	Selection of breakfast cereals
	Yoghurt station with fresh fruit, puree's & toppings	Yoghurt station with fresh fruit, puree's & toppings	Yoghurt station with fresh fruit, puree's & toppings	Yoghurt station with fresh fruit, puree's & toppings	Yoghurt station with fresh fruit, puree's & toppings	Yoghurt station with fresh fruit, puree's & toppings	Yoghurt station with fresh fruit, puree's & toppings
	Toasting station with breads, spreads & preserves	Toasting station with breads, spreads & preserves	Toasting station with breads, spreads & preserves	Toasting station with breads, spreads & preserves	Toasting station with breads, spreads & preserves	Toasting station with breads, spreads & preserves	Toasting station with breads, spreads & preserves
FRUIT	Selection Of Diced Fruit	Selection Of Diced Fruit	Selection Of Diced Fruit	Selection Of Diced Fruit	Selection Of Diced Fruit	Selection Of Diced Fruit	Selection Of Diced Fruit
HYDRATION	Orange Juice Lemon Water	Apple Juice Lime Water	Lemon water Orange Juice	Cranberry juice Melon water	Orange Juice Mint water	Continental Choice	Continental Choice

# LUNCH

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main Course One	<b>Beef Mac &amp; Cheese</b> Herby Bread Crumb Topping	<b>Pork Sausages,</b> Caramelized Onions & Roasted Apples	<b>Nepalese Style Chicken,</b> Lime yoghurt Red onion Salsa	<b>Thai Style Crispy Pork Stir Fry</b> Prawn Crackers Mango & Basil Salsa	<b>Chefs Homemade Sausage Rolls</b>	<b>Ham &amp; Cheese Panini</b>
Meat Free	<b>Sesame seeded Tofu &amp; Broccoli Stir Fry</b>	<b>Celeriac and Parsnip Shortcrust Pastry Pie</b>	<b>Falafel Stuffed Peppers, Sweet chilli Mayo</b>	<b>Saag Paneer Onions salsa, cherry tomatoes</b>	<b>Rainbow Vegetable Lasagna</b>	<b>Curried Vegetable and Mozzarella Panini</b>
SIDES	Garlic Focaccia Chilli Roasted Peas Carrots	Mash Potato Broccoli Roasted Root Vegetables	Turmeric Rice Roasted Cauliflower Green Beans FlatBread	Garlic Noodles stir Fried Greens Sweetcorn	Chips Peas Curry Sauce	Herby Diced Potatoes Sweetcorn Steamed Broccoli
JACKET/PASTA BAR	Pasta Bar Jackets, Toppings Salad Bar	Pasta Bar Jackets, Toppings Salad Bar	Pasta Bar Jackets, Toppings Salad Bar	Pasta Bar Jackets, Toppings Salad Bar	Pasta Bar Jackets, Toppings Salad Bar	Pasta Bar Jackets, Toppings Salad Bar
DESSERT	<b>Lemon &amp; Lime Drizzle Cake</b>	<b>Syrup Sponge &amp; Custard</b>	<b>Biscoff Tiffin</b>	<b>Crunchy Apple Cake</b>	<b>Hot Chocolate Fudge Pudding</b>	<b>Rice Krispie Bars</b>
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS					
HYDRATION	Fruit Water	Fruit Water	Fruit Water	Fruit Water	Fruit Water	Fruit Water



# LUNCH

WEEK TWO	Monday	Tuesday	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main Course One	Mexican Chipotle Pulled Chicken, Smashed Avocado Sweet Chilli Mayo	Cheesy topped Beef Cottage Pie	Chicken Tikka Balti, Poppadoms Mango chutney Mint yoghurt	Wrekin roast Of The Day Cranberry or Apple Sauce	American Style Hot Dogs, Crispy Onions American Mustard	Beef Chilli Nachos Garlic Mayo , Pico de Gallo
Meat Free	Ricotta & Spinach Cannoli	Pumpkin & Sage Stew	Chunky Vegetable Sweet Potato Chilli	Glamorgan Toad In the Whole	Mexican Bean Burger, Tomato Salsa	Mexican Vegetable Fajitas
SIDES	Paprika Rice Corn on The Cob Roasted Red Peppers & Tenderstem Tortilla Chips	Roasted Carrots & Parsnips, Garlic Peas Gravy	Naan Bread Rice Curried Cauliflower Green Beans	Yorkshire Pudding Stuffing Roast Potatoes Peas Steamed Broccoli & Kale	Skin on Fries Sweetcorn Ketchup	Tortilla Chips Rice Broccoli Salsa
JACKET/PASTA BAR	Pasta Bar Jackets, Toppings Salad Bar	Pasta Bar Jackets, Toppings Salad Bar	Pasta Bar Jackets, Toppings Salad Bar	Pasta Bar Jackets, Toppings Salad Bar	Pasta Bar Jackets, Toppings Salad Bar	Pasta Bar Jackets, Toppings Salad Bar
DESSERT	Carrot Cake & Cream Cheese Topping	Triple Chocolate Brownie	Tres leche Cake	Bread & Butter Pudding	Rocky Road	Eton Mess Pots
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS					
HYDRATION	Fruit Water	Fruit Water	Fruit Water	Fruit Water	Fruit Water	Fruit Water

# LUNCH

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main Course One	Chicken Chasseur Stew, Oat Dumplings	Beef Bolognese, Topped with Basil Pesto	Cubane Mojo Pulled Pork, Mango Salsa Coriander Mayo	Beef and Onion Pie	Chefs HomeMade Fish Cakes, Tartare Sauce	Chicken & Kale Sundried Tomato Pasta
Meat Free	Broccoli & Feta Tart	Mushroom Stroganoff, Cheese Scone	Bang Bang Cauliflower Noodles	Crispy Brie Topped Ratatouille	Vegetarian Sausage Rolls	Tomato Arrabbiata Gnocchi
SIDES	Garlic New Potatoes Roasted Carrots Green Beans & KALE	Garlic Bread Broccoli Sauteed Mushrooms	Tortilla Wraps Cajun Diced Potatoes Panache of Vegetables Corn on the Cob	Mash Potato Parsnips & Carrots Peas Smashed Swede	Chunky Chips Curry Sauce Mushy Peas Garden Peas Ketchup	Garlic Focaccia Peas Garlic Green Beans
JACKET/PASTA BAR	Pasta Bar Jackets, Toppings Salad Bar	Pasta Bar Jackets, Toppings Salad Bar	Pasta Bar Jackets, Toppings Salad Bar	Pasta Bar Jackets, Toppings Salad Bar	Pasta Bar Jackets, Toppings Salad Bar	Pasta Bar Jackets, Toppings Salad Bar
DESSERT	Old School Cake & Custard	Lemon Crumble Bars	Chocolate Swiss Roll, Strawberry Jam	Peach Cobbler & Custard	Chocolate Chip Cookies	Cranberry FlapJack
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS					
HYDRATION	Fruit Water	Fruit Water	Fruit Water	Fruit Water	Fruit Water	Fruit Water



# SUPPER

Week ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SOUP</b>	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
<b>Main Course One</b>	American Style Corn Dogs, Topped with Mustard and Ketchup & Crispy Onions	Moroccan Lamb Tagine, Cherry Tomato Salsa and Tzatziki	Pasta Carbonara, Topped With Garlic Crumb	Chefs Special Weekly Theme Night!	Sweet chilli Chicken Skewers, Pineapple Salsa, Spring Onions	Take Out Style Big Mac Beef Burger	Beef and Mushroom Shortcrust Pastry Pies
<b>Meat Free</b>	Quorn Hot Dogs	Spinach and Feta Curry	Pasta Allio, Topped with Brown Butter Croutons	Chefs Special Weekly Theme Night!	Vegetable Kung Pao	Beyond Burger, Garlic Mayo	Cheese, Bean & Onion Pasties
<b>SIDES</b>	Onions Rings Potato Wedges Corn on the Cob Coleslaw	Israeli CousCous Roasted Tenderstem Roasted Cherry Tomatoes HomeMade flatBread	Garlic Bread Minted Peas Roasted Carrots	Chefs Special Weekly Theme Night!	Vegetable Fried Rice Broccoli Green Beans Vegetable Spring Rolls	FRIES Corn on the Cob Ketchup	Creamy Mash Potato Carrots Peas Gravy
<b>DESSERT</b>	New York Style Baked Cheesecake	Key Lime Pie	Lemon Polenta Cake	Chefs Special Weekly Theme Night!	Chocolate & Orange Marble Cake	Rocky Road	Sticky Toffee Pudding
<b>EVERY DAY</b>	SELECTION OF FRESHLY CUT & WHOLE FRUITS						
<b>HYDRATION</b>	Fruit Water	Fruit Water	Fruit Water	Fruit Water	Fruit Water	Fruit Water	Fruit Water

# SUPPER

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SOUP</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>
<b>Main Course One</b>	Thai Red Meatball Curry	Meat Feast Calzone Pizzas	Slow Cooked Beef Ragu	Chefs Special Weekly Theme Night!	pork schnitzel, Creamy Garlic Sauce	Chip Shop Style Marinated Chicken Kebab, Sweet Chilli and Mint Yogurt	Roasted Pork Loin Crackling & Sage Stuffing
<b>Meat Free</b>	Thai Green Curry	Mozzarella, Sundried tomato , Roasted Red pepper, Calzone	Chilli & Tomato Pasta Bake	Chefs Special Weekly Theme Night!	Vegetable Moussaka	Batter Sausages	Vegetarian Sausage Toad in The Whole
<b>SIDES</b>	Spiced Rice Prawn crackers Sauteed Greens Green Beans	Rosemary Salted Chips Kale & Sugar Snaps	Tagliatelle Pasta Garlic Focaccia Mushrooms Peas	Chefs Special Weekly Theme Night!	Roasted New Potatoes Roasted Parsnips Steamed Broccoli	Pita Bread Cajun diced potatoes ROasted Vegetables	Roast Potatoes Red cabbage Broccoli Gravy
<b>DESSERT</b>	Pineapple Fritters	Lemon Panna cotta, Raspberry Compote	Millionaire Shortbread	Chefs Special Weekly Theme Night!	Profiteroles	Chocolate Trifle	Apple Crumble & Custard
<b>EVERY DAY</b>	SELECTION OF FRESHLY CUT & WHOLE FRUITS						
<b>HYDRATION</b>	Fruit Water	Fruit Water	Fruit Water	Fruit Water	Fruit Water	Fruit Water	Fruit Water



# SUPPER

WEEK THREE	MONDAY	Tuesday	WedNesday	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SOUP</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>
<b>Main Course One</b>	Mexican BBQ Beef Brisket Quesadillas	Chefs Special Weekly Theme Night!	Kentucky Fried Chicken	Classic Beef Lasagne	Crispy Sweet Chilli Beef	Pepperoni Pizza Or BBQ Chicken Pizza	Hunters Chicken
<b>Meat Free</b>	Five Bean Chilli Burrito	Chefs Special Weekly Theme Night!	Battered Halloumi Steaks	Roasted Red Pepper Gnocchi	Soy Marinated Tofu Ramen	Caramelised Onion and Mozzarella Pizza	Vegetarian Hunters Chicken
<b>SIDES</b>	Mexican Rice Paprika roasted Vegetables Topped Sweet Corns	Chefs Special Weekly Theme Night!	Chicken Gravy Corn on the Cob Fries Broccoli	Chunky Chips Garlic Peas Roasted Tomatoes	Egg Fried Rice Pak Choi & Sugar Snap Peas, Tenderstem	Potato Wedges Sweetcorn Coleslaw	Cajun Diced Potato Roasted Broccoli & Peas Flat Mushrooms
<b>DESSERT</b>	Butterscotch Tart	Chefs Special Weekly Theme Night!	Raspberry Blondie	Lemon meringue Pie	Banoffee Pot	Victoria Sponge	Bread & Butter Pudding
<b>EVERY DAY</b>	SELECTION OF FRESHLY CUT & WHOLE FRUITS						
<b>HYDRATION</b>	Fruit Water	Fruit Water	Fruit Water	Fruit Water	Fruit Water	Fruit Water	Fruit Water