

## Week 1

W/c 4/9, 23/9, 14/10

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Selection of breads, toppings and accompaniments				
	Chickpea soup with fresh coriander and lime	Thai green	Three bean and pesto	Carrot and red lentil	French onion with cheese straws
<b>Main Meal</b>	Peri peri chicken leg with pineapple and red pepper salsa <b>(H)</b>	Beef and vegetable ragu with crispy gnocchi and pesto <b>(H)</b>	Roast leg of pork with sage stuffing, apple relish and gravy	Chicken, chorizo and sweet potato paella <b>(H)</b>	Breaded haddock with lemon and tartare sauce Plain grilled haddock <b>(H)</b>
<b>Main Meal 2</b>	Classic pork stew with slow roasted peppers	Salmon, broccoli and dill fishcakes	Chicken, spinach and mushroom fricassee <b>(H)</b>	Minced beef hotpot with rosemary gravy	Pulled gammon with crunchy slaw
<b>Vegetarian</b>	Carrot and red onion fritters with tomato chutney	Plum tomato, thyme and goats cheese tartlet	Cauliflower, chickpea and butternut squash Biryani	Mushroom and spinach lasagne with garlic bread	Spanish tortilla in a toasted bun with garlic mayonnaise
<b>On the Side...</b>	Coriander and lemon rice Green beans with toasted seeds	Herby new potatoes Honey roasted carrots Sweetcorn and chives	Roasted garlic potatoes Seasonal mixed vegetables	Baby basil potatoes Cauliflower cheese Wilted greens	Chunky chips Baked beans Minted peas
<b>Jacket Potato Bar</b>	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day
<b>Pasta Bar</b>	Tomato and Italian herbs	Tomato and pesto	Tomato and spinach	Tomato and rocket	Red pepper sauce
<b>Sandwich &amp; Panini Bar</b>	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis
<b>Something cold...</b>	Selection of tempting dessert pots	Selection of tempting dessert pots	Selection of tempting dessert pots	Selection of tempting dessert pots	Selection of tempting dessert pots
<b>Something Sweet...</b>	Coconut and jam sponge with custard	Orange spiced muffins	Marble cake with chocolate sauce	Lemon slice	Humming bird cake
<b>Fruit &amp; Dessert</b>	Fruit salad pots and selection of seasonal fresh fruit served in peak condition, ripened and ready to eat. Daily selection of homemade yoghurt, dessert and custard pots.				

**(H)** - Halal option available

## Week 2

W/c 9/9, 30/9

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Selection of breads, toppings and accompaniments				
	Spinach, rocket and basil	Lentil and red pepper	Roasted tomato and basil	Butternut squash	Summer vegetable
<b>Main Meal</b>	Minced beef & bean chilli with rice, tortilla chips and sour cream <b>(H)</b>	Teriyaki beef with ginger stir fried vegetables with egg noodles <b>(H)</b>	Honey glazed gammon with spiced peach relish	Tandoori chicken leg with toasted naan bread croutons & coriander <b>(H)</b>	Battered cod fillet with lemon mayonnaise Steamed cod with garlic oil <b>(H)</b>
<b>Main Meal 2</b>	Lemon and herb turkey escalope with pineapple relish	Minced lamb and vegetable pie	Baked Cajun fish fillet with roasted vegetables <b>(H)</b>	Indonesian pork Rendang with apple slaw	Smoky hot dogs with onions, mustard and ketchup
<b>Vegetarian</b>	'Mac cheese' with onion chutney, cherry tomatoes and sweetcorn	Broccoli, spinach and ricotta cheese frittata	Curried tofu wraps with pickled white cabbage	Sweet potato and chickpea curry with coconut sambal and coriander rice	Vegetable risotto cakes with watercress pesto
<b>On the Side...</b>	Coriander rice Broccoli florets Sweetcorn with red peppers	Minted baby potatoes Peas Braised red cabbage	Thyme roasted potatoes Seasonal mixed vegetables	Steamed rice Green beans with toasted seeds Sliced carrots	Chunky chips Baked beans Tossed salad
<b>Jacket Potato Bar</b>	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day
<b>Pasta Bar</b>	Tomato and oregano	Tomato and black olive	Roasted pepper and tomato	Red pesto	Slow roasted tomato
<b>Sandwich &amp; Panini Bar</b>	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis
<b>Something cold...</b>	Selection of tempting dessert pots	Selection of tempting dessert pots	Selection of tempting dessert pots	Selection of tempting dessert pots	Selection of tempting dessert pots
<b>Something Sweet...</b>	Apple and berry strudel with custard	Pumpkin and honey cake	Chocolate and orange cake	Mango lass	Selection of homemade cookies
<b>Fruit &amp; Dessert</b>	Fruit salad pots and selection of seasonal fresh fruit served in peak condition, ripened and ready to eat. Daily selection of homemade yoghurt, dessert and custard pots.				

**(H)** - Halal option available

### Week 3

W/c 16/9, 7/10

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Selection of breads, toppings and accompaniments				
	Pea and mint	Spicy butternut squash	Cream of tomato	Leek and potato	Cream of vegetable
<b>Main Meal</b>	Lemon chicken stew with cous cous <b>(H)</b>	Beef and spinach lasagne with pesto oil <b>(H)</b>	Rosemary and sage turkey roasted with rich gravy <b>(H)</b>	Mauritian chicken curry with chilli yogurt dressing <b>(H)</b>	Battered cod fillet with dill and lime mayonnaise <b>(H)</b>
<b>Main Meal 2</b>	Portuguese marinated pork steak with herby pepper sauce	Mexican spiced gammon steak with chilli	Slow roasted Italian beef stew with garlic croutons	Greek style roasted fish with olives and slow roasted tomatoes	Lamb burger with crispy paprika onions and harissa salsa
<b>Vegetarian</b>	Squash and coconut dansak with coriander salad	Quorn chilli tortilla bowl	Cauliflower and chickpea carbonara	Vegetarian fajitas with avocado salsa	Moroccan vegetables with toasted pitta bread
<b>On the Side...</b>	Rice Carrots Sweet chilli sweetcorn	Oregano sundried tomatoes Roasted potatoes Steamed green beans Courgettes	Traditional roast potatoes Peas and sweet roasted carrots	Steamed rice Spiced cauliflower Mixed greens	Chips Beans and minted peas
<b>Jacket Potato Bar</b>	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day
<b>Pasta Bar</b>	Tomato and basil	Roasted red onion and sun blushed tomatoes	Red pesto bake	Tomato and rocket	Sun blushed tomato
<b>Sandwich &amp; Panini Bar</b>	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis
<b>Something cold...</b>	Selection of tempting dessert pots	Selection of tempting dessert pots	Selection of tempting dessert pots	Selection of tempting dessert pots	Selection of tempting dessert pots
<b>Something Sweet...</b>	Cranberry and white chocolate flapjack	Toffee and chocolate cupcakes	Tiramisu	Farmhouse cake	Coconut cookies
<b>Fruit &amp; Dessert</b>	Fruit salad pots and selection of seasonal fresh fruit served in peak condition, ripened and ready to eat. Daily selection of homemade yoghurt, dessert and custard pots.				

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