

## Week 1

W/c 24 February and 16 March

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Selection of breads, toppings and accompaniments				
	Tomato and basil	Leek and potato	Chunky vegetable	Spinach, rocket and basil	Spicy red lentil
<b>Main Meal</b>	BBQ beef chilli and sour cream <b>H</b>	Cumberland sausages with thyme and onion gravy	Glazed gammon with pineapple chutney	Malaysian spiced chicken with curry sauce <b>H</b>	Breaded baked cod with lemon and caper mayonnaise <b>H</b>
<b>Main Meal 2</b>	Creamy chicken fricassee	Chicken and red pepper risotto with rocket salad <b>H</b>	Slow baked fish topped with balsamic tomatoes and lemon wedge <b>H</b>	American beef stew	Chicken tikka nannwich with minted yoghurt
<b>Vegetarian</b>	Cauliflower and spinach biryani with naan bread	Rocket and feta cheese quiche with green salad	Broccoli and four cheese pasta bake with rocket oil	Sweet potato bhaji with mango dip	Haloumi cheese burger on sundried tomato focaccia bread
<b>On the Side...</b>	Steamed rice Honey glazed carrots Sweetcorn	Chive mashed potato Steamed peas Red cabbage	Rosemary roasted potatoes Green beans Carrots	Herby rice Steamed sweetcorn Courgettes	Chips Garden peas Baked beans
<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 red pepper	Tomato and basil	Tomato and leek	Tomato and basil
<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 pear crumble with custard	Raspberry cupcake	Toffee and apple eve's pudding	Chocolate and beetroot cake	Raspberry and apple cookie
<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 2 March and 23 March

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Selection of breads, toppings and accompaniments				
	Moroccan vegetable	Mushroom and thyme	Smoked sweet potato	Minestrone	Butternut squash, chilli and ginger
<b>Main Meal</b>	Baked chicken with basil, roasted peppers and rocket pesto <b>H</b>	Italian beef lasagne with garlic bread <b>H</b>	Slow roasted chicken with stuffing and thyme gravy <b>H</b>	Harissa chicken wrap with sticky vegetables <b>H</b>	Breaded fish of the day served with lemon mayonnaise <b>H</b>
<b>Main Meal 2</b>	Sweet and sour pork with stir fry vegetables	Slow cooked chicken with herby honey and lemon glaze	Hoisin pork chow mein with beansprouts	Beef goulash with garlic croutons	Smoked hot dogs with chilli onions
<b>Vegetarian</b>	BBQ pulled jackfruit wrap with salsa	Tomato and olive bruschetta with balsamic glaze	Pesto gnocchi with spinach and tomatoes	Sweet potato, black eyed beans and lentil smoky chilli	Quorn vegan fishless fingers with lemon wedges
<b>On the Side...</b>	Steamed rice Cauliflower and peas	Garlic steamed potatoes Courgettes Fine green beans	Lemon and pepper roast Potatoes Steamed swede and carrots	Lemon rice Steamed greens Red cabbage	Chips Baked beans Freshly steamed 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 oregano	Tomato and basil	Tomato and vegetable	Tomato and basil	Tomato and thyme
<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>	Peach melba cake	Toffee and apple swirls	Chocolate fudge cake	Pumpkin and cranberry oat bar	Ice cream pots
<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 9 March

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Selection of breads, toppings and accompaniments				
	Mushroom and rocket	Spicy butternut squash	Cream of tomato	Tuscan bean	Carrot and ginger
<b>Main Meal</b>	Jerk chicken with pineapple salsa <b>H</b>	Tarragon baked chicken with pesto <b>H</b>	Roast pork leg with thyme gravy	Katsu chicken curry served with minted yoghurt <b>H</b>	Battered fish of the day with tartare sauce and lemon wedge <b>H</b>
<b>Main Meal 2</b>	Soy sauce infused salmon chow mein	Classic beef stew with crunchy croutons	Chicken and vegetable pie <b>H</b>	Gammon steaks with BBQ glaze	Roast pork bap with stuffing and apple sauce
<b>Vegetarian</b>	Slow roasted vegetables tagine served with toasted pitta bread	Cauliflower steak lasagne with garlic oil	Spinach and broccoli pasta bake with garlic oil	Edamame bean and spinach risotto cakes	Spiced vegetable and Quorn spinach wrap
<b>On the Side...</b>	Cajun spiced steamed rice Herby cauliflower Sweetcorn	Roasted balsamic potatoes Green beans Broccoli	Rosemary roasted potatoes Carrots Steamed green	Steamed two grain rice Braised cabbage Green beans	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 oregano	Tomato and basil	Red pesto bake	Tomato and olive	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>	Gingerbread cake topped with ginger icing	Chocolate toothpaste	Lemon drizzle	Spiced fruit cake with cinnamon icing	Selection of 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