

Week 1

W/c 3 and 24 January

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Selection of breads, toppings and accompaniments				
	Roasted fennel and potato	Tuscan bean	Chunky vegetable	Tomato and basil	Moroccan vegetable
Main meal	Pork and ginger stir fry with bean sprouts Chicken available for H	Greek lamb and macaroni bake topped with balsamic tomatoes	Roast loin of pork with apple sauce	Chicken stroganoff H	Breaded fish of the day with lemon mayonnaise H
Main meal 2	Creamy tomato pesto pasta with roasted peppers	Breaded chicken with creamy tarragon sauce H	Pie of the day H	Beef keema and potato curry with mango chutney	Pulled pork wrap stuffed with rice and beans
Vegetarian	Vegetable fried rice with toasted sesame seeds	Sicilian squash and chickpea bake	Herby vegetable suet pie	Spinach, chickpea and sweet potato curry	Quorn, black bean and bulgar wheat burrito
On the side ...	Coriander rice Sweetcorn Roasted peppers	Lemon and black pepper new potatoes Steamed greens	Thyme roast potatoes Carrots Leeks	Lemon scented rice Seasonal vegetables	Chips Baked beans Peas
Jacket potato bar	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
Pasta bar	Tomato and Italian herbs	Tomato and pesto	Tomato and spinach	Tomato and rocket	Red pepper sauce
Sandwich and Panini bar	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
Something cold ...	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots
Something sweet ...	Apple and blackberry crumble cake	Sticky orange and polenta slice	BMS energy bar	Triple chocolate cookies	Blueberry muffins
Fruit and dessert	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 10 and 31 January

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Selection of breads, toppings and accompaniments				
	Orzo and tomato	Thai green	Vegetable and barley	Carrot and coriander	Sweetcorn noodle
Main meal	Tangy beef meatballs alla Norma H	Creamy pulled gammon carbonara	Roast chicken legs with rich gravy H	Thai chicken curry with coriander	Breaded fish with garlic mayonnaise and lemon wedge H
Main meal 2	Caramelised red onion quiche	Shepherds pie H	Beef casserole with roasted roots	Minted lamb and chickpea wraps H	Cajun beef burgers in a bap
Vegetarian	Cajun polenta and vegetable no-meatballs	Broccoli and sweetcorn carbonara	Butternut squash and feta roulade	Chickpea and potato cake with crème fraiche	Beetroot and quinoa burgers
On the side ...	Coriander rice Cauliflower and peas	Steamed pasta Steamed garden greens	Thyme roast potatoes Steamed carrots and swede	Lemon rice Sweetcorn Sauté leeks	Chips Baked beans Minted peas
Jacket potato bar	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
Pasta bar	Tomato and oregano	Tomato and black olive	Roasted pepper and tomato	Red pesto	Slow roasted tomato
Sandwich and Panini bar	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
Something cold ...	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots
Something sweet ...	Sticky lemon and orange drizzle sponge	Oaty date bars	Chocolate and orange marble slice	Sticky toffee pudding cupcakes	Cake shop Friday
Fruit and dessert	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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Week 3

W/c 17 January and 7 February

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Selection of breads, toppings and accompaniments				
	Leek and potato	Roasted butternut squash	Cream of mushroom	Cheese and broccoli	Pea and mint
Main meal	Chicken topped with pomegranate salad H	Classic beef bolognese H	Slow roast gammon with apple chutney and rich gravy	Chinese beef curry	Breaded fish with garlic mayonnaise and lemon wedge H
Main meal 2	Mac Cheese topped with onion chutney and cherry tomatoes	Pork and apple meatballs with creamy leek sauce	Jamaican chicken topped with pineapple H	Honey and ginger chicken mini fillets with toasted sesame seeds H	Meat feast pizza
Vegetarian	Spanish tortilla with toasted bread and garlic mayonnaise	Toasted flatbread with hummus, crushed falafel and minted yoghurt coleslaw	Jerk roasted vegetables with toasted seeds	Singaporean style rice noodles	Mozzarella and tomato pesto rustic roll
On the side ...	Steamed rice Slow roasted ratatouille Steamed greens	Wholemeal pasta Steamed medley of vegetables	Thyme roast potatoes Roasted parsnips Steamed carrots	Steamed rice Steamed mixed vegetables	Chips Baked beans Minted peas
Jacket potato bar	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
Pasta bar	Tomato and basil	Roasted red onion and sun blushed tomato	Red pesto	Red pepper and basil	Tomato and basil
Sandwich and Panini bar	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
Something cold ...	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots
Something sweet ...	Gingerbread cake	Lemon and poppyseed cookies	Selection of sweet treats	Raspberry muffins	Double chocolate brownies
Fruit and dessert	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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