

Week 1

W/c 6 and 27 June

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Selection of breads, toppings and accompaniments				
	Butternut squash and red pepper	Tomato and chive	Roast pepper and leek	Carrot and ginger	Sweet potato and lentil
Main meal	Chicken tikka masala with mango chutney H	Beef lasagne with focaccia bread H	Roast loin of pork with apple sauce	Chicken chow mein with bean sprouts H	Breaded fish of the day with lemon mayonnaise
Main meal 2	Spinach and broccoli super greens pasta bake with toasted seeds	Bacon steaks with chargrilled pineapple	Panko breaded chicken with chunky salsa H	Minted lamb burrito with minted yoghurt	Hot dog with onions H
Vegetarian	Stuffed sweet potato with blacked Cajun spiced beans	Vegetable lasagne focaccia bread	Cauliflower steaks with chimichurri marinated butter beans	Potato cakes with humus and crème fraiche	Vegan hotdog with onions
On the side ...	Coriander rice Sweetcorn Roasted peppers	New potatoes with rosemary Green beans and roasted cauliflower	Roast thyme potatoes Carrots and swede	Lemon and pepper cous cous Bok choy cabbage and bean sprouts	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, lemon and quinoa flapjack	Ice cream and rocket lollies	Chocolate and orange crispy cake	Cake shop treats	Strawberry scones with fresh cream
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/c13 June and 4 July

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Selection of breads, toppings and accompaniments				
	Pea and mint	Roasted sweet potato	Vegan cream of vegetable	Three mexican bean	Tomato and red pepper
Main meal	Mexican beef chilli topped with crunchy tortillas H	Cumberland sausages with onion gravy	Roast lemon and thyme chicken with rich gravy H	Greek style lamb with vegetables	Breaded fish with garlic mayonnaise and lemon wedge
Main meal 2	Creamy tomato pasta bake	Baked haddock with Italian herb crumb and polenta mash H	Beef jambalaya H	BBQ pulled pork pasta bake H	Spicy beef burger in a bap H
Vegetarian	Tangy quorn chilli tacos	Vegan sausage with red onion chutney	Spinach and feta cheese cannelloni	Quiche of the day	Vegetable and bean burger
On the side ...	Lemon and chive rice Steamed corn and green beans	Mashed potatoes Broccoli and cabbage	Thyme roast potatoes Steamed carrots and peas	Minted cous cous Cauliflower and corn on the cob	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 ginger cake	Millionaires shortbread	Lemon and raspberry cookies	Toffee and banana muffins	Berry tastic 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 20 June and 11 July

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Selection of breads, toppings and accompaniments				
	Leek and potato	Spiced carrot	Roast tomato and rosemary	Curried red lentil and coconut	Creamy broccoli
Main meal	Creamy chicken in cheese and basil sauce H	Keema lamb and potato curry H	Slow roast gammon with gravy	Italian beef bolognaise H	Breaded fish with garlic mayonnaise and lemon wedge
Main meal 2	Creamy four cheese pasta bake with garlic croutons	Sticky honey baked chicken	Pie of the day H	Quiche lorraine with picked salad	Spicy chicken naan wedge with minted yoghurt dressing H
Vegetarian	Frittata of the day	Chickpea and sweet potato biryani	Vegetarian pie of the day	Vegetable bolognaise	Jerk chunky roasted vegetables on flat bread
On the side ...	Balsamic new potatoes Steamed greens	Steamed duo of rice Steamed medley of vegetables	Thyme roast potatoes Roasted parsnips Steamed carrots	Steamed pasta 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 tomato	Red pesto	Red pepper and basil	Tomato and mixed herbs
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 ...	Milk chocolate chip cookies	Apple and rhubarb slice with toffee	Bedford Mess Cake	Lemon and blueberry bars	Chocolate fudge 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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