

WEEK 1

Monday

Breakfast

Bacon, fried eggs, spaghetti hoops, breakfast muffins

Porridge, cereals, fresh fruit

Lunch

Highland vegetable soup **G V**

Chicken fried rice **G**

Broccoli and stilton quiche **V**

Lasagne served with garlic bread

New potatoes

Green beans

Baton carrots

Chocolate sponge and custard

Dinner

Tomato soup with cheese on toast **V**

Sausage and baked bean medley

Chicken bake

Sauté potatoes

Broccoli florets

Counter salad

Dutch apple crumble



WEEK 1

Tuesday

Breakfast

Bagels, bacon, poached eggs, cream cheese, sliced tomatoes

Porridge, cereals, fresh fruit

Lunch

Carrot and coriander soup **V**

Beef casserole with horseradish dumplings

Bacon chop

Veggie and cheesy mash pie **V G**

Garden peas

Baby carrots

Creamy mashed potatoes

Rice pudding

Dinner

Chicken goujons

Omelettes **V**

Meatballs in pasta

Potato wedges

Sweetcorn

Courgettes and baby toms

Counter salad

Ice cream pots



WEEK 1
Wednesday

Breakfast

Pan au chocolat, butter croissants
Porridge, cereals, fresh fruit

Lunch

Leek and potato soup **V**
Roast pork and apple sauce **G**
Yorkshire puddings
Butternut squash and sage risotto **V**
Roast potatoes
Pan fried savoy cabbage
Cauliflower cheese
Gravy

Jam sponge and custard

Dinner

Spaghetti bolognese
Breaded scampi
Cheese and chive patties **V**
Chips
Baked beans
Counter salad

Fresh fruit salad and cream



WEEK 1
Thursday

Breakfast

Pan au chocolat, butter croissants
Porridge, cereals, fresh fruit

Lunch

Mushroom soup **V**
Chicken and leek pie
Thai fishcakes
Stir fry vegetables with noodles **V**
New potatoes
Sweetcorn
Green beans

Yogurt and fresh fruit

Dinner

Panini Night

A selection of Paninis:

Tuna melt
Cheese
Ham and cheese
Herby diced potato
Salad selection

Strawberry and chocolate milkshake with a teacake



WEEK 1

Friday

Breakfast

Bacon, scrambled eggs, mushrooms, plum tomatoes

Porridge, cereals, fresh fruit

Lunch

Battered cod and tartar sauce

Locally produced beef burgers **G**

Spicy bean burger **V**

Chips

Mushy peas

Beans

Bread and butter

Fruit

Ice lolly

Dinner

Beef chilli topped with cheesy nachos

Pork, bacon and maple sausage roll

Three cheese and onion roll **V**

Pomme noisettes

Spaghetti hoops

Salad selection

Chocolate eclair



WEEK 1

Saturday

Breakfast

Pancakes, Belgian waffles, maple syrup, natural yoghurt and summer berries, porridge, cereals, fresh fruit

Lunch

Toad in the hole
Chinese chicken curry and rice
Chinese veg and rice **V**
Mashed potatoes
Garden peas
Curry sauce
Prawn crackers

Biscoff tray bake

Dinner

Pan fried rump steak
Grilled halloumi with cous cous **V**
Handmade fries
Beer battered onion rings
Garden peas
Tossed salad

Homemade cookies



WEEK 1

Sunday

Breakfast

Cereal and toast

Full English

Lunch

Selection of pasta

Served with breads and salad

Homemade cake

Dinner

Roast chicken and stuffing

Roast beef

Vegetable nut roast **V**

Roast potatoes

Mashed potatoes

Swede

Winter cabbage

Gravy

Sticky toffee pudding and custard



Week 2
Monday

Breakfast

Bacon, fried eggs, baked beans, sautéed potatoes
Porridge, cereals, fresh fruit

Lunch

Tomato soup **V**
Cumberland sausage
Savoury mince pie
Vegetable casserole and dumplings **V**
Cheesy mash
Roasted vegetables
Peas

Treacle sponge and custard

Dinner

Southern fried chicken
Beef enchiladas
Cheesy toasties **V**
Potato wedges
Coleslaw
Tossed salad

Selection of melon wedges



Week 2

Tuesday

Breakfast

Pan au chocolat, butter croissants

Porridge, cereals, fresh fruit

Lunch

Carrot and coriander soup **V**

Chicken chow mein

Shepherd's pie

Creamy fish pie

Vegetable curry and rice **V**

Courgette, leek and pea medley

Jelly and fruit

Dinner

Steak bake

Hawaiian bacon chop

Mediterranean spaghetti **V**

Garlic roasted potatoes

Broccoli florets

Carrot mash

Tossed salad

Chocolate brownie served with whipped cream



Week 2
Wednesday

Breakfast

Sausage, scrambled egg, hash browns, baked beans
Porridge, cereals, fresh fruit

Lunch

Leek and potato soup **V**
Roast gammon with apple sauce
Vegetable frittata **V**
Yorkshire pudding
Roast potatoes
Mashed swede
Buttered savoy cabbage
Gravy
Apple crumble and custard

Dinner

Chicken fajitas
Vegetable enchiladas **V**
Homemade fish fingers and tartare sauce
Chips
Garden peas
Tossed salad
Strawberry mousse



Week 2
Thursday

Breakfast

Bacon, poached egg, potato waffles, plum tomatoes
Porridge, cereals, fresh fruit

Lunch

Mushroom soup **V**
Lamb rogan josh with rice
Sausage and bean baked pie
Vegetable lasagne with garlic bread **V**
Herby diced potatoes
Fresh baton carrots
Broccoli florets

Jam or chocolate doughnut
Fresh fruit

Dinner

Loaded wedges topped with crispy bacon and cheese
Pulled pork flatbreads
Vegetable loaded wedges **V**
Sweetcorn fritters
Coleslaw
Tossed salad
Baked beans

Homemade cookies



Week 2

Friday

Breakfast

American pancakes served with maple syrup and berries

Porridge, cereals, fresh fruit

Lunch

Battered fish

Selection of pizzas

Baked beans

Mushy peas

Chips

Bread and butter

Fresh fruit

Ice cream

Dinner

Pasta carbonara

Pasta bolognaise

Garlic and cheese dough balls

Garlic mushrooms V

Tossed salad

Homemade chocolate cake



Week 2
Saturday

Breakfast

Crumpets, scrambled egg, sausage and baked beans

Porridge, cereals, fresh fruit

Lunch

BBQ chicken wings

Peri Peri chicken pitta pockets

Quorn Peri Peri pitta pockets **V**

Corn on the cob

Garlic and lemon infused broccoli

Spicy rice

Tossed salad

Coleslaw

Muffins

Dinner

Steak and ale puddings

served with creamy mash and minted peas

King prawn tagliatelle

served with a tomato bruschetta

Vegetable tagliatelle **V**

Served with a tomato bruschetta

Lemon meringue pie



Week 2

Sunday

Breakfast

Cereals and toast

Full English breakfast

Lunch

Selection of filled croissants

Tossed salads

Potato wedges

Homemade sweet

Dinner

Roast chicken with stuffing

Roast lamb

Mushroom and pepper strudel **V**

Yorkshire pudding

Roast potatoes

Minted peas

Cauliflower cheese

Gravy

Toffee apple bread and butter pudding with cream



Week 3
Monday

Breakfast

Belgian waffles served with chocolate sauce, forest fruit berries and natural yoghurt, porridge, cereals, fresh fruit

Lunch

Highland vegetable soup **V**

Pasta and meatballs

Lamb hotpot

Tomato and basil pasta **V**

Baton carrots

Savoy cabbage

Herby focaccia bread

Ginger sponge and white sauce

Dinner

Jumbo fish fingers

Creamy chicken and ham parcels

Vegetable nuggets **V**

Curly fries

Baked beans

Tossed salad

Marshmallow crispy cake



Week 3

Tuesday

Breakfast

Bacon, fried egg, potato waffles, spaghetti hoops

Porridge, cereals, fresh fruit

Lunch

Carrot and coriander soup **V**

Chicken Kiev

Beef madras and rice

Vegetable chilli topped with nachos **V**

New potatoes

Sweetcorn

Garden peas

Fresh fruit salad

Dinner

Pork sausage

Honey roasted ham and egg

Vegetable chorizo and red pepper sausage **V**

Croquette potatoes

Baked beans

Tossed salad

Selection of homemade cup cakes



Week 3
Wednesday

Breakfast

Sausage, scrambled egg, hash browns and baked beans
Porridge, cereals, fresh fruit

Lunch

Leek and potato soup **V**
Roast beef served with horseradish sauce
Macaroni cheese **V**
Roast potatoes
Yorkshire puddings
Brussel sprouts
Mash swede
Baby carrots
Gravy
Cornflake tart and custard

Dinner

Chicken breast melts
Corned beef pie
Vegetable savoury bake **V**
Chips
Mushy peas
Salad selection
Chocolate tiffin squares



Week 3
Thursday

Breakfast

Bacon, eggy bread, baked beans and sauté potatoes
Porridge, cereals, fresh fruit

Lunch

Tomato soup **V**
Creamy chicken and leek pie
Mince and cheesy dumplings
Vegetable Kiev **V**
Mashed potatoes
Green beans
Baton carrots
Gravy

Homemade lemon drizzle cake

Dinner

Chilli salmon fillet served with teriyaki noodles
Slow roasted pork belly
Quorn dippers **V**
Crushed new potatoes
Sweetcorn
Tossed salad
Mint crush tray bake



Week 3

Friday

Breakfast

Pan au chocolat, butter croissants

Porridge, cereals, fresh fruit

Lunch

Battered fish

Jumbo hot dogs

Sweet potato curry and rice **V**

Chips

Baked beans

Mushy peas

Bread and butter

Fresh fruit

Ice cream pots

Dinner

Selection of homemade pizzas

Pasta with various sauces

Crispy cube potatoes

Salad

Banoffee pie



Week 3
Saturday

Breakfast

Sausage patties, hash browns, scrambled egg, baked beans
Porridge, cereals, fresh fruit

Lunch

Assorted tostadas
A selection of meat and vegetable fillings
Pomme noisettes
Coleslaw
Tossed salad
Yoghurts and fresh fruit

Dinner

Chicken burgers
Vegetable burgers **V**
Iceberg lettuce
Onion rings
Creamy mayo
French fries
Raspberry or chocolate roulade



Week 3

Sunday

Breakfast

Cereal and toast

Full English breakfast

Lunch

Selection of loaded sub rolls with various fillings

Lattice fries

Salad counter

Homemade sweet

Dinner

Roast turkey

Roast gammon

Vegetable wellington **V**

Yorkshire pudding

Roast potatoes

Pan fried Brussels

Roast parsnips

Apple crumble and cream

