

THIS WEEK'S MENU

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Waffles and Scrambled Eggs Grapefruit and Yogurt	Sausages and Baked Beans Orange Segments or Yogurt	Croissants or Baked Beans Fresh Melon or Yogurt	Bacon and grilled Tomatoes Prunes or Yogurt	Pancakes with Cherry Sc Fruit salad or Yogurt	Bacon Baps with Tomato Sauce Fruit Platter	Assorted Croissants & Danish Pasties
soup	Leek and Potato	French Onion	Cream of Chicken Soup	Tomato and Basil	Hearty Vegetable	Cream of Mushroom	BRUNCH 11.15am
Pasta Sauce	Carbonara	Beef and Bolognaise	Ham and Mushroom	Pepperoni	Tuna And Sweetcorn	Spicy Beef and Bell Pepper	Grilled Pork Sausage
Pasta Sauce Non Meat	Provençal	Cheese and Chive	Roasted Vegetable and Pesto	Quorn Carbonara	Roasted Tomato and Basil	Mushroom and Thyme	Crispy Back Bacon
Lunch main course	Chilli con carne with nachos	Traditional Sheppard's pie	Roasted Lion of Pork with Spiced Apple Sc	Chicken jalfrazi served with accompaniments & poppodoms	Battered fish of the day served lemon wedges & tartar sauce	Beef lasagne with garlic bread	Hash Brown
Vegetarian	3 cheese tortellini with peas and mushrooms	Goats cheese, lemon and herb risotto	Cous Cous stuffed peppers	Vegetarian lasagne with garlic bread	Macaroni double cheese with fried leeks	Spanish omelette	Scrambled Eggs
Potato / Rice / Pasta	Cajun rice	New potatoes	Sage Roasted Potatoes	Rice	Chips	Jacket wedges	Grilled Tomato
Vegetable 1	Sweet corn with peppers	Steamed broccoli	Braised red cabbage	Mixed vegetables	Garden peas	Creamed leeks	Sautéed Mushrooms
Vegetable 2	Sautéed mange tout	carrots	Cauliflower with a cheese sauce	Aloo sabzi	Baked beans (curry sc)	Roasted med vegetables	Fried Bread
Salad Bar	<i>Selection of Seasonal Salad</i>	<i>Selection of Seasonal Salad</i>	<i>Selection of Seasonal Salad</i>	<i>Selection of Seasonal Salad</i>	<i>Selection of Seasonal Salad</i>	<i>Selection of Seasonal Salad</i>	Jacket Potatoes
Hot Dessert	Toffee apple crumble with vanilla custard	Chocolate bread and butter pudding with cream	Jam and coconut sponge with vanilla sauce	Mixed fruit flap jack	Chocolate brownie served with choc sc	Apricot Bakewell tart with whipped cream	
Supper Main Course	Chicken and mushroom pie	Burger night (chicken & home made cheese burgers)	Chicken fajitas	Breaded turkey escallops with a Cajun sc	Cheese and tomato pizzas	Bbq chicken legs	Char sui pork loin
Vegetarian	Thai green vegetable curry with basmati rice	Spicy bean burgers	Vegetable chilli burritos	Vegetable & buffalo mozzarella calzones	Garlic mushroom & feta pizzas	Mushroom and penne Carbonara	Quorn & oyster mushroom hoi sin noodles
Potatoes / Rice / Pasta	Bubble and squeak style mash	Spiral fries	Braised wild rice	Sautéed potatoes	Lattice chips	Potatoes Puttanesca	Egg fried rice
Vegetable 1	Peas	Boston baked beans	Sliced iceberg lettuce	Roasted carrots	ratatouille	Green beans	Stir fried Veg
Vegetable 2	cauliflower	sweetcorn	courgettes	Buttered corn on the cob	Onion rings	Tossed salad	Spring rolls and prawn crackers

EAT

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THIS WEEK'S MENU

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	English Muffins with Poached Egg Grapefruit Segments or Yogurt	Grilled Bacon with Hash Browns Mandarins or Yogurt	Pancakes with Syrup Fresh Melon	Sausages with Sautéed Mushrooms Pineapple or Yogurt	Pain au Chocolate Fruit Salad or Yogurt	Sausage Baps Mandarins or Yogurt	Assorted Croissants & Danish Pasties
soup	Carrot and Coriander	Scotch Broth	Mushroom Bacon and Lentil	Peas and Watercress	Cream of Mushroom	Chorizo and Chickpeas	BRUNCH 11.15am
Pasta Sauce	Full English	Chicken Tikka	Carbonara	Beef Bolognese	Seafood Sauce	Meat Feast	Grilled Pork Sausage
Pasta Sauce Non Meat	Veggie Mince Chilli	Mixed Bean and Coriander	Ratatouille	Garlic Mushroom	Provençal	Broccoli and Stilton	Crispy Back Bacon
Lunch main course	Beef stew with thyme suet dumplings	Traditional beef lasagne	Roasted Chicken Legs with Red onion and Sage Stuffing	Chicken, garlic and chilli Masala	Battered fish of the day served lemon wedges & tartar sauce	Steak and button mushroom suet topped pie	Hash Brown
Vegetarian	Braised Quorn sausages in a apple jus	Vegetarian quiche	Stuffed peppers	Cauliflower cheese	Butternut squash and bean risotto	Vegetable Rogan josh with basmati rice	Scrambled Eggs
Potato / Rice / Pasta	Colcannon mash	Seasoned French fries	Thyme roasted potatoes	Pilaf rice	Chips	Cheese and chive mash	Grilled Tomato
Vegetable 1	Sautéed cabbage & leeks	Green beans	Steamed carrots	Cauliflower Dahl	mushy peas	Savoy cabbage	Sautéed Mushrooms
Vegetable 2	peas	Roast vegetables	Cauliflower and broccoli	Sagg alloo	Baked beans (curry sc)	Mange tout	Fried Bread
Salad Bar	<i>Selection of Seasonal Salad</i>	<i>Selection of Seasonal Salad</i>	<i>Selection of Seasonal Salad</i>	<i>Selection of Seasonal Salad</i>	<i>Selection of Seasonal Salad</i>	<i>Selection of Seasonal Salad</i>	Jacket Potatoes
Hot Dessert	Fruit sponge with custard	Sticky toffee pudding with caramel sc	Apple and cinnamon strudel	Mulled apple & blackberry crumble with cream	Almond and orange cake with crème Fraiche	Fruit shortbread	
Supper Main Course	Chicken Foresteire	Chicken fajitas	(Pizza night) meat feast	Beef cheese burgers or chicken burgers	Selection of pasta sauces	Chilli con carne	Garlic and rosemary studded leg of lamb
Vegetarian	Vegetarian Chimichangas	Mushroom, bean and gherkin stroganoff	Spinach and bell pepper pizza	Veggie lasagne		Cherry Tomato and basil pasta bake	Vegetarian of the day
Potatoes / Rice / Pasta	Buttered new potatoes	rice	Spiral fries	Sautéed potatoes	fussilli pasta	Cajun rice	Roasted new potatoes
Vegetable 1	carrots	Mixed vegetables	Baked beans	Tossed salad	Provençal vegetables	sweetcorn	Red cabbage
Vegetable 2	broccoli	Sliced iceberg	Grilled tomatoes with fresh basil	Onion rings	Garlic bread	Green salad	broccoli

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Waffles and Scrambled Eggs Grapefruit and Yogurt	Sausages and Baked Beans Orange Segments or Yogurt	Croissants or Baked Beans Fresh Melon or Yogurt	Bacon and grilled Tomatoes Prunes or Yogurt	Pancakes with Cherry Sc Fruit salad or Yogurt	Bacon Baps with Tomato Sauce Fruit Platter	Assorted Croissants & Danish Pasties
soup	Leek and Potato	French Onion	Cream of Chicken Soup	Tomato and Basil	Hearty Vegetable	Cream of Mushroom	BRUNCH 11.15am
Pasta Sauce	Carbonara	Beef and Bolognaise	Ham and Mushroom	Pepperoni	Tuna And Sweetcorn	Spicy Beef and Bell Pepper	Grilled Pork Sausage
Pasta Sauce Non Meat	Provençal	Cheese and Chive	Roasted Vegetable and Pesto	Quorn Carbonara	Roasted Tomato and Basil	Mushroom and Thyme	Crispy Back Bacon
Lunch main course	Home cut pork cutlets with a green peppercorn sauce	Chicken chasseur	Roasted Beef with a traditional Yorkshire Pudding	Chicken balti served with accompaniments and poppodoms	Battered fish of the day served lemon wedges & tartar sauce	lamb and spinach lasagne	Hash Brown
Vegetarian	Valencian Quorn and vegetable paella	Polenta cake with ratatouille and mozzarella	Quorn sausages served with caramelised onion jus	Vegetable Rogan josh	Cheese and tomato quiche	Tortellini with a roasted tomato and garlic sc	Scrambled Eggs
Potato / Rice / Pasta	Sauté potatoes with onion and herbs	Dough pots	ROAST POTATOES	rice	chips	Mini waffles	Grilled Tomato
Vegetable 1	peas	broccoli	Braised red cabbage	Mixed vegetables	Garden peas	Panache of vegetables	Sautéed Mushrooms
Vegetable 2	Sautéed greens	Cheesy leeks	Carrots and beans	Bombay pots	Baked beans (curry sc)	Garlic bread	Fried Bread
Salad Bar	<i>Selection of Seasonal Salad</i>	<i>Selection of Seasonal Salad</i>	<i>Selection of Seasonal Salad</i>	<i>Selection of Seasonal Salad</i>	<i>Selection of Seasonal Salad</i>	<i>Selection of Seasonal Salad</i>	Jacket Potatoes
Hot Dessert	Jam and coconut sponge with cream	Chocolate brownie with white choc sc	Apple crumble with custard	Lemon and almond pudding with citrus sc	Jam roly poly with thickened cream	Mincemeat tart with clotted cream	
Supper Main Course	Chicken and mushroom pie	Burger night (chicken & home made cheese burgers)	Chicken fajitas	Breaded turkey escallops with a Cajun sc	Cheese and tomato pizzas	Bbq chicken legs	Char sui pork loin
Vegetarian	Thai green vegetable curry with basmati rice	Spicy bean burgers	Vegetable chilli burritos	Vegetable & buffalo mozzarella calzones	Garlic mushroom & feta pizzas	Mushroom and penne Carbonara	Quorn & oyster mushroom hoi sin noodles
Potatoes / Rice / Pasta	Bubble and squeak style mash	Spiral fries	wild rice	Sautéed potatoes	Lattice chips	Potatoes Puttanesca	Egg fried rice
Vegetable 1	Peas	Boston baked beans	Sliced iceberg lettuce	Roasted carrots	ratatouille	Green beans	Stir fried vegetables
Vegetable 2	cauliflower	sweetcorn	courgettes	Buttered corn on the cob	Onion rings	Tossed salad	Spring rolls and prawn crackers

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	English Muffins with Poached Egg Grapefruit Segments or Yogurt	Grilled Bacon with Hash Browns Mandarins or Yogurt	Pancakes with Syrup Fresh Melon	Sausages with Sautéed Mushrooms Pineapple or Yogurt	Pain au Chocolate Fruit Salad or Yogurt	Sausage Baps Mandarins or Yogurt	Assorted Croissants & Danish Pasties
soup	Carrot and Coriander	Scotch Broth	Mushroom Bacon and Lentil	Peas and Watercress	Cream of Mushroom	Chorizo and Chickpeas	BRUNCH 11.15am
Pasta Sauce	Full English	Chicken Tikka	Carbonara	Beef Bolognese	Seafood Sauce	Meat Feast	Grilled Pork Sausage
Pasta Sauce Non Meat	Veggie Mince Chilli	Mixed Bean and Coriander	Ratatouille	Garlic Mushroom	Provençal	Broccoli and Stilton	Crispy Back Bacon
Lunch main course	Cumberland sausage ring with red onion and sage jus	Beef bourguignon olive croutons	Roast Breast of Turkey with Sausage meat and Cranberry Stuffing	Chicken Rogan josh served with poppods and accomniments	Battered fish of the day served with tartar sc and a lemon wedge	Pasta Carbonara bake	Hash Brown
Vegetarian	Spinach and potato frittata	Cheese and leek puff pastry pie	Caramelised onion and goats cheese tart	Aubergine and chickpea dansak	Wild mushroom and parmesan risotto	Spinach and ricotta cannelloni	Scrambled Eggs
Potato / Rice / Pasta	Mustard and leek mash	Boulangier potatoes	ROASTED POTATOES	Pilaff rice	chips	Buttered new potatoes	Grilled Tomato
Vegetable 1	Petit pois	Savoy cabbage	carrots	Cauliflower Dahl	Baked beans	Green beans	Sautéed Mushrooms
Vegetable 2	Root mash	Mange tout	Cauliflower and Broccoli	Sagg aloo	Mushy peas (curry sc)	ratatouille	Fried Bread
Salad Bar	<i>Selection of Seasonal Salad</i>	<i>Selection of Seasonal Salad</i>	<i>Selection of Seasonal Salad</i>	<i>Selection of Seasonal Salad</i>	<i>Selection of Seasonal Salad</i>	<i>Selection of Seasonal Salad</i>	Jacket Potatoes
Hot Dessert	Bread & butter pudding with bay custard	Caramelised Dutch apple pudding	Choc chip sponge with choc sc	Pear and winter berry crumble with cream	Rice pudding with jam	Lemon meringue pie	
Supper Main Course	Chicken Foresteire	Chicken fajitas	(Pizza night) meat feast	Beef cheese burgers or chicken burgers	Selection of pasta sauces	Chilli con carne	Garlic and rosemary studded leg of lamb
Vegetarian	Vegetarian Chimichangas	Mushroom, bean and gherkin stroganoff	Spinach and bell pepper pizza	Veggie lasagne		Cherry Tomato and basil pasta bake	Veggie of the day
Potatoes / Rice / Pasta	Buttered new potatoes	rice	Spiral fries	Sautéed potatoes	fussilli pasta	Cajun rice	Roasted new potatoes
Vegetable 1	carrots	Mixed vegetables	Baked beans	Tossed salad	Provençal vegetables	sweetcorn	Red cabbage
Vegetable 2	broccoli	Sliced iceberg	Grilled tomatoes with fresh basil	Onion rings	Garlic bread	Green salad	broccoli

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