

# BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hydration	Milk orange juice apple juice flavored water	Milk orange juice apple juice flavored water	Milk orange juice apple juice flavored water	Milk orange juice apple juice flavored water	Milk orange juice apple juice flavored water
Hot Items	Pan aux chocolate & Mini-Danish pastries	Bacon Scrambled Egg Hash Brown	Pancakes & Maple Syrup	Pan Au Chocolate & Mini Croissants	Fried Egg Sausage Bacon Hash Brown
Daily breakfast items	Selection of breads to toast, jams & spreads multi grain cereals, milk & dairy free alternative fruit yoghurts & porridge				
Fresh fruit	Selection of seasonal whole & sliced fruit				

# BREAK TIME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Toasted and buttered crumpet	Cheese and crackers	Chocolate brownie	Pizza pin wheels	Sausage roll
Week 2	Cheese croissant	Mixed seed and cherry Flapjack	Crudités with pitta and humus	Bagel and cream cheese	Cookie
Week 3	Savoury shortbread	Lemon drizzle cake	Pesto pinwheel	Carrot cake	Sausage Roll
Every day	Whole and cut fruit	Whole and cut fruit	Whole and cut fruit	Whole and cut fruit	Whole and cut fruit

# LUNCH

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Option 1</b>	Penne Pasta Beef Bolognaise Garlic bread Parmesan cheese	Pennthorpe Burger Bar Chicken or Beef burger served in a bun	Chicken Curry, rice Naan Bread Mango chutney & mint Raita	Roast loin of pork Yorkshire Pudding & Gravy	Battered white fish Fish fingers Lemon wedge  Sausages
<b>Option 2</b>	Vegetable bolognaise	Vegetable burger	Sweet potato, Chickpea and Vegetable curry	Parmesan and rocket risotto	Fishless fingers
<b>Sides</b>	Roast Italian Vegetables Green beans Jacket potato	Potato wedges sweetcorn, baked beans Lettuce, tomato and burger relish Jacket potato	Peas, carrots, sweetcorn and green bean medley Jacket potato	Skin on roast potatoes Broccoli & Carrots Jacket potato	Baked beans, peas chips potato  Bread and Butter
<b>Salad Bar</b>	Seasonal salads, daily protein item, fresh baked bread all complimented with daily dressings and toppings				
<b>Dessert</b>	Jam Swiss roll with ice cream	Fresh fruit Jelly Yoghurt	Jam sponge and custard	Chocolate and orange pots	Fresh fruit Jelly Yoghurt
<b>Fruit &amp; potted desserts</b>	Fresh cut and whole fruits of the day, ripe and ready to eat, plus freshly made yogurts and daily dessert pots				



# LUNCH

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Option 1</b>	Penne pasta Tomato sauce Garlic bread	Sweet and Sour chicken Noodles Prawn crackers	Savoury mince beef	Roast Turkey    Yorkshire pudding    Gravy Cranberry Sauce	Chicken fajitas Sour cream Guacamole and salsa Flour tortillas
<b>Option 2</b>	Macaroni cheese	Chinese stir fried vegetables    Spring roll    Vegetable hot pot		Mushroom, courgete and chickpea stew	Vegetable fajitas Wedges
<b>Sides</b>	Roast Italian Vegetables Broccoli Jacket potato	Sugar snap Sweetcorn Jacket potato Bread and butter	Sauté potatoes Peas and carrots Jacket potato Bread and butter	Skin on roast potatoes Broccoli and Green beans Jacket potato	Peas, carrots, green bean and sweetcorn medley Jacket potato
<b>Salad Bar</b>	Seasonal salads, daily protein item, fresh baked bread all complimented with daily dressings and toppings				
<b>Dessert</b>	Pancakes with lemon and sugar	Fresh fruit Jelly Yoghurt	Mixed Berry Cheesecake	Peach    and mango fool	Fresh fruit Jelly Yoghurt
<b>Fruit &amp; potted desserts</b>	Fresh cut and whole fruits of the day, ripe and ready to eat, plus freshly made yogurts and daily dessert pots				

# LUNCH

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Option 1</b>	Penne pasta Pasta carbonara Garlic bread	Barbeque chicken Savoury rice	Chilli con carne Rice Nachos, sour cream, guacamole and salsa	Roast gammon Yorkshire pudding and gravy	Battered white fish Fish fingers Lemon wedge  Sausages
<b>Option 2</b>	Tomato sauce	Baked vegetable tart	Garden vegetable and bean chilli	Roasted peppers stuffed with vegetable couscous	Fishless fingers
<b>Sides</b>	Broccoli and Sweetcorn Jacket potato	Carrot and peas Jacket potato  Bread and Butter	Green beans Sweetcorn Jacket potato	Skin on roast potatoes Broccoli & Carrots Jacket potato	Baked beans, peas chips potato  Bread and Butter
<b>Salad bar</b>	Seasonal salads, daily protein item, fresh baked bread all complimented with daily dressings and toppings				
<b>Dessert</b>	WAFFLES	FRESH FRUIT JELLY YOGHURT	CHOCOLATE SPONGE AND CUSTARD	MERINGUE NEST CHANTILLY CREAM TOPPED WITH MIXED BERRIES	FRESH FRUIT JELLY YOGHURT
<b>Fruit &amp; potted desserts</b>	Fresh cut and whole fruits of the day, ripe and ready to eat, plus freshly made yogurts and daily dessert pots				

# SUPPER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Roast chicken, roast potatoes, veg & gravy	hot dogs, baked wedges, beans	Scrambled egg, toast wholemeal spaghetti hoops	Jacket potatoes, cheese, tuna, beans	Beef meatballs, tomato sauce and pasta	
	Fresh fruit, Dessert, yoghurt					
Week 2	Pizza, baked wedges, vegetable sticks	Barbecue chicken, crushed potato, sweetcorn	Fish Fingers, peas & chips	Macaroni cheese, garlic bread, broccoli	Mini meat ball & pasta	
	Fresh fruit, Dessert, yoghurt					
Week 3	Fish Fingers, chips & pea	Honey Chicken with Wedges and salads	Ham, Eggs and Chips	Pizza and crudites	Sausage, mash potatoes, beans	
	Fresh fruit, Dessert, yoghurt					
This is a sample menu & may change						