

lunch week one.

meal	sun	mon	tue	wed	thur	fri	sat
lunch							
main option one	smoked salmon & scrambled egg bagel	sesame chicken & spring onion noodle soup, beansprouts & pak-choi	roast cod loin, wilted spinach, crispy leeks, sauce vierge	blt – maple bacon chop, gem lettuce, roast tomato, focaccia croutons, garlic sauce	tandoori chicken thighs, vegetable biriyani, mint yoghurt, poppadoms	chicken & chorizo paella, tomato & parsley salsa	
main option two	pork or linda mccartney sausage, back bacon, black pudding	slow cooked honey mustard pork	chicken fajita, tortilla wrap, salsa, guacamole & sour cream	chicken & sweetcorn pie, shortcrust pastry, gravy	smoked haddock, spring onion & cheddar quiche	freshly battered haddock, tartare sauce, curry, sauce, lemon	bbq chicken breast, melted cheese & chives
main option three	fried or scrambled egg	baked chimichurri halloumi, white bean & tarragon cassoulet	sweetcorn, pepper & chickpea fritters, green yoghurt sauce	woodland mushroom & spinach risotto, parmesan crisp, rocket salad	mediterranean roast vegetable tarte tatin, red onion chutney	freshly battered vegetable sausages, tartare sauce, curry sauce, lemon	spiced vegetable & soya bean cous cous, cool minted watermelon
pasta/jacket	hash browns, sautéed mushrooms	jacket potato, chilli con carne	pasta, bacon carbonara	jacket potato, tuna mayonnaise	pasta bolognese	jacket & sweet potato, selection of fillings	pasta, smoked sausage & tomato sauce
carbohydrates	grilled tomatoes, baked beans	brown rice	kaffir lime leaf sweet potato	mash potato	minted new potatoes	chunky chips	thyme roast baby potatoes
sides	cereals	broccoli sweetcorn	green beans roast courgette	roast roots broccoli	sautéed greens sweetcorn	baked beans minted garden peas	green beans roast carrots
salad	50:50 bread, jam, marmalade, honey, marmite	selection of	salads	crudités	condiments	and	dressings
dessert	chocolate twist	lemon meringue pie	sticky toffee pudding, toffee custard	carrot cake with cream cheese frosting	apple & rhubarb crumble, custard	double chocolate cookie	iced gingerbread

supper week one.

meal	sun	mon	tue	wed	thur	fri	sat
supper							
main option one	rosemary roast lamb, yorkshire pudding, sage & onion stuffing balls, gravy	cajun chicken thighs, sweetcorn relish	aberdeen angus burger, sliced cheese, beef tomato, sesame roll	spanish style pork meatballs in tomato paprika sauce	pizza – selection of toppings	sausage wellington, gravy	mexican ground beef taco, salsa, sour cream, guacamole, refried beans
main option two	baked butternut squash & goats cheese gratin	bbq pork ribs	black eyed bean veggie burger, sliced cheese, beef tomato, sesame roll	garlic chicken kiev	tomato & mozzarella crispy risotto ball, pesto sauce	turkey escalope, mushroom & tarragon sauce	mexican vege mince taco, salsa, sour cream, guacamole, refried beans
main option three	baked ham & cheese panini	tomato, basil & ricotta baked tortellini	stir fried chicken, black bean sauce, egg noodles	chickpea & vegetable jalfrezi, steamed rice, mango chutney	maple gammon steak	baked macaroni cheese	hog roast, wholemeal roll, stuffing, apple sauce
carbohydrates	roast potatoes new potatoes	parmentier potato	skinny fries	patatas bravas	jacket wedges	mash potato	curly fries
sides	green beans roast root vegetables	peas carrots	corn on the cob roast squash	peas green beans	steamed broccoli baked beans	sautéed kale carrots	roast courgette corn on the cob
salad	selection	of	salads	crudités	condiments	and	dressings
dessert	millionaires shortbread	iced banana cake	raspberry & white chocolate muffin	cherry cake	maple flapjack	peach & vanilla muffin	milk chocolate & marshmallow cornflake slice