

# Breakfast menu.

Available everyday				
<p><b>Porridge station</b>, with a selection of toppings                      Selection of cereals</p> <p><b>Yoghurt station</b>, with fresh fruit, purees and toppings</p> <p><b>Toasting station</b>, with deli bread</p>				
Monday	Tuesday	Wednesday	Thursday	Friday
Cumberland Sausage Bap Scrambled Egg Hash Brown and Baked Beans Selection of Cereals Yoghurt Porridge Fresh Fruit Juice and Hot Drinks Toast and Jam	Smoked Bacon Bap Scrambled Egg Hash Brown and Baked Beans Selection of Cereals Yoghurt Porridge Fresh Fruit Juice and Hot Drinks Toast and Jam	Cumberland Sausage Bap Scrambled Egg Hash Brown and Baked Beans Selection of Cereals Yoghurt Porridge Fresh Fruit Juice and Hot Drinks Toast and Jam	Smoked Bacon Bap Scrambled Egg Hash Brown and Baked Beans Selection of Cereals Yoghurt Porridge Fresh Fruit Juice and Hot Drinks Toast and Jam	Sausage Muffin Fried Egg Hash Brown and Baked Beans Selection of Cereals Yoghurt Porridge Fresh Fruit Juice and Hot Drinks Toast and Jam

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# Lunch menu – week one.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Main meal</b> Macaroni Cheese &amp; Butternut Squash Bake</p> <p><b>Vegetarian meal</b> Vegetable Burritos</p> <p><b>Sides</b> Baked Beans Broccoli Florets Glazed Carrots Focaccia</p> <p><b>Dessert</b> Yoghurt and fruit bar A selection of yogurts with different fruits and toppings</p>	<p><b>Main meal</b> Beef Chili Con Carne Sour Cream &amp; Chive Nachos &amp; Jalapenos</p> <p><b>Vegetarian meal</b> Vegetable Taco Tuesday</p> <p><b>Sides</b> Mexican Vegetable Rice Seasoned Sweetcorn Fajita Roasted Vegetables</p> <p><b>Dessert</b> Lime Cheesecake</p>	<p><b>Main meal</b> Rosemary Roasted Turkey Sage and Onion Stuffing, Yorkshire Pudding Gravy</p> <p><b>Vegetarian meal</b> Veggie Burger</p> <p><b>Sides</b> Roasted Root Vegetables Savoy Cabbage Roasted Potatoes</p> <p><b>Dessert</b> Lemon Drizzle Cake</p>	<p><b>Main meal</b> Beef Lasagne</p> <p><b>Vegetarian meal</b> Spinach &amp; Mushroom Tart</p> <p><b>Sides</b> Garlic Bread Broccoli Florets Mediterranean Vegetables</p> <p><b>Dessert</b> Yoghurt and fruit bar A selection of yogurts with different fruits and toppings</p>	<p><b>Main meal</b> Fish Fingers Battered Haddock</p> <p><b>Vegetarian meal</b> Spiced Pumpkin Red Onion &amp; Feta Cheese</p> <p><b>Sides</b> Peas and beans, random cut chips, gherkins, tartare sauce, lemons and tomato ketchup</p> <p><b>Dessert</b> Chocolate Cake</p>
<b>Available everyday</b>				
<p><b>Seasonal soup</b> with croutons, fresh herbs, toppings, and freshly baked bread</p>	<p><b>Everyday salads</b> big bowl salad, tomato, cucumber, peppers, grated carrot, boiled eggs, mixed leaves, sweetcorn</p>	<p><b>Fruit bar</b> selection of bananas, apples, satsumas, melon and mixed grapes</p>	<p><b>Yoghurt bar</b> selection of natural yoghurt, seeds and dried fruits</p>	<p><b>Jacket potato bar</b> hot jacket potatoes with a choice of fillings</p>

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# Lunch menu – week two.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Main meal</b> Baked Pollock Nicoise</p> <p><b>Vegetarian meal</b> Vegetable Stir Fried Noodles Cheese &amp; Tomato Gnocchi</p> <p><b>Sides</b> Carrots &amp; Peas Asian Vegetable Stir Fry</p> <p><b>Dessert</b> Strawberry, chocolate or vanilla ice cream</p>	<p><b>Main meal</b> Pork Sausages &amp; Fried Onions</p> <p><b>Vegetarian meal</b> Sweet &amp; Sour Tofu Noodles</p> <p><b>Sides</b> Herby Potato Wedges Onion Rings Spring Greens Onion Gravy</p> <p><b>Dessert</b> Yoghurt and fruit bar A selection of yogurts with different fruits and toppings</p>	<p><b>Main meal</b> Herby Roasted Chicken Stuffing Yorkshire Pudding Gravy</p> <p><b>Vegetarian meal</b> Vegetable Fajitas</p> <p><b>Sides</b> Cauliflower Cheese Honey Roasted Carrots Steamed Broccoli</p> <p><b>Dessert</b> Apple &amp; Cinnamon Crumble Vanilla Custard</p>	<p><b>Main meal</b> Madras Chicken Curry</p> <p><b>Vegetarian meal</b> Tandoori Paneer &amp; Sweet Potato Spinach &amp; Lentil Dhal</p> <p><b>Sides</b> Naan Bread Pilau Rice Vegetable Samosa Onion Bhaji Mango Chutney Poppadoms Raitha</p> <p><b>Dessert</b> Yoghurt and fruit bar A selection of yogurts with different fruits and toppings</p>	<p><b>Main meal</b> Cod Fish Fingers Battered Haddock</p> <p><b>Vegetarian meal</b> Mushroom &amp; Goats Cheese Quiche</p> <p><b>Sides</b> Peas and beans, random cut chips, gherkins, tartare sauce, lemons and tomato ketchup</p> <p><b>Dessert</b> Cherry Cake</p>
<b>Available everyday</b>				
<p><b>Seasonal soup</b> with croutons, fresh herbs, toppings, and freshly baked bread</p>	<p><b>Everyday salads</b> big bowl salad, tomato, cucumber, peppers, grated carrot, boiled eggs, mixed leaves, sweetcorn</p>	<p><b>Fruit bar</b> selection of bananas, apples, satsumas, melon and mixed grapes</p>	<p><b>Yoghurt bar</b> selection of natural yoghurt, seeds and dried fruits</p>	<p><b>Jacket potato bar</b> hot jacket potatoes with a choice of fillings</p>

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# Lunch menu – week three.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Main meal</b> Margarita Pizza Baked Lemon Salmon Crushed Potatoes</p> <p><b>Vegetarian meal</b> Vegetable Stuffed Peppers</p> <p><b>Sides</b> Green Beans Garden Peas Glazed Carrot</p> <p><b>Dessert</b> Apple Crumble &amp; Custard</p>	<p><b>Main meal</b> Beef Bolognese Pesto Spaghetti</p> <p><b>Vegetarian meal</b> Puff Pastry Vegetable Pizza</p> <p><b>Sides</b> Peppers &amp; Sweetcorn Broccoli Florets Garlic Bread</p> <p><b>Dessert</b> Yoghurt and fruit bar A selection of yogurts with different fruits and toppings</p>	<p><b>Main meal</b> Honey Maple &amp; Mustard Glazed Gammon Apple Sauce Pork Stuffing Yorkshire Pudding Gravy</p> <p><b>Vegetarian meal</b> Roasted Vegetable &amp; Cheddar Cheese Tart</p> <p><b>Sides</b> Roast Potatoes Roast Parsnips &amp; Carrots Savoy Cabbage</p> <p><b>Dessert</b> Rocky Road</p>	<p><b>Main meal</b> Chicken Chiatorre</p> <p><b>Vegetarian choice</b> Vegetable Sausage Stew</p> <p><b>Sides</b> Steamed Rice Roasted Corn on the Cob Charred Courgettes &amp; Carrots</p> <p><b>Dessert</b> Ice Lollies</p>	<p><b>Main meal</b> Cod Fish Fingers Battered Haddock</p> <p><b>Vegetarian meal</b> Spinach &amp; Feta Filo Pie</p> <p><b>Sides</b> Peas and beans , chunky chip chop chips, gherkins, lemons, tartare sauce</p> <p><b>Dessert</b> Sticky Toffee Pudding</p>
<b>Available everyday</b>				
<p><b>Seasonal soup</b> with croutons, fresh herbs, toppings, and freshly baked bread</p>	<p><b>Everyday salads</b> big bowl salad, tomato, cucumber, peppers, grated carrot, boiled eggs, mixed leaves, sweetcorn</p>	<p><b>Fruit bar</b> selection of bananas, apples, satsumas, melon and mixed grapes</p>	<p><b>Yoghurt bar</b> selection of natural yoghurt, seeds and dried fruits</p>	<p><b>Jacket potato bar</b> hot jacket potatoes with a choice of fillings</p>

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# Lunch menu – week one.

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Main meal</b> Pizza bar – meat feast</p> <p><b>Vegetarian meal</b> Pizza bar – margarita</p> <p><b>Sides</b> Crispy onions, sweetcorn, spiced hand cut wedges and gherkins</p> <p><b>Dessert</b> Sweet Belgium waffles topped with chocolate sauce and sprinkles</p>	<p><b>Main meal</b> Chicken in black bean sauce</p> <p><b>Vegetarian meal</b> Cajun spice tofu with stir fried rice</p> <p><b>Sides</b> Prawn crackers, savoy cabbage and peas, sweet chilli sauce and steamed pak choi</p> <p><b>Dessert</b> Yoghurt and fruit bar A selection of yogurts with different fruits and toppings</p>	<p><b>Main meal</b> Lemon and thyme roast chicken thighs with sage and onion stuffing, Yorkshire pudding</p> <p><b>Vegetarian meal</b> Mushroom brie and cranberry wellington</p> <p><b>Sides</b> Cauliflower cheese, honey roasted carrots, steamed broccoli and roasted potatoes</p> <p><b>Dessert</b> Butterscotch tart with whipped cream</p>	<p><b>Main meal</b> Jacket potato day Sweet potatoes, ½ jackets or whole jackets loaded with butter and a choice of fillings to make the mouth water</p> <p><b>Fillings</b> Tuna mayo, chilli con carne, cheese, baked beans, coronation chicken, chicken bacon and mayo, sausages</p> <p><b>Dessert</b> Yoghurt and fruit bar A selection of yogurts with different fruits and toppings</p>	<p><b>Main meal</b> Fish fingers, cod fishcakes Battered sausage</p> <p><b>Vegetarian meal</b> Vegan fishless fingers</p> <p><b>Sides</b> Peas and beans, random cut chips, gherkins, pickled onions, tartare sauce, lemons and tomato ketchup</p> <p><b>Dessert</b> Chocolate marble cake</p>	<p><b>Main meal</b> Jacket potato day Sweet potatoes, ½ jackets or whole jackets loaded with butter and a choice of fillings to make the mouth water</p> <p><b>Fillings</b> Tuna mayo, chilli con carne, cheese, baked beans, coronation chicken, chicken bacon and mayo, sausages</p> <p><b>Dessert</b> Yoghurt and fruit bar A selection of yogurts with different fruits and toppings</p>	<p><b>Main meal</b> Fish fingers, cod fishcakes Battered sausage</p> <p><b>Vegetarian meal</b> Vegan fishless fingers</p> <p><b>Sides</b> Peas and beans, random cut chips, gherkins, pickled onions, tartare sauce, lemons and tomato ketchup</p> <p><b>Dessert</b> Chocolate marble cake</p>
<b>Available everyday</b>						
	<p><b>Seasonal soup</b> with croutons, fresh herbs, toppings, and freshly baked bread</p>	<p><b>Everyday salads</b> big bowl salad, tomato, cucumber, peppers, grated carrot, boiled eggs, mixed leaves, sweetcorn</p>	<p><b>Fruit bar</b> selection of bananas, apples, satsumas, melon and mixed grapes</p>	<p><b>Yoghurt bar</b> selection of natural yoghurt, seeds and dried fruits</p>	<p><b>Jacket potato bar</b> hot jacket potatoes with a choice of fillings</p>	

# Lunch menu – week two.

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