

BREAKFAST

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HYDRATION	Oranka juice station Tea, Coffee, Fresh Milk						
HOT ITEMS	Pork sausages Baked beans Parsley roasted new potato	Bacon Slow roasted tomatoes Poached eggs	Full English Bacon Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Pork sausages Grilled flat mushrooms Poached eggs BBQ beans	Bagel Bar Pesto fried egg and cheese bagel Bacon, fried egg and cheese bagel	Brunch (11:30am) Croque Monsieur Cheese and tomato toastie Scrambled egg Tater tots Baked beans	Brunch (11:30am) Knead for change Katsu chicken Sando Katsu Tofu Sando Poached eggs Baked beans Slow roast tomatoes
DAILY SPECIAL	# Beans is How Shakshuka with butter beans Pita bread	Belgian waffles with berry compote Vanilla cream		Cheese and tomato croissant Carrot cake Bircher bowls	Avocado, tomato and fried egg bagel Baked beans		
DAILY BREAKFAST ITEMS	Selection of pastries 3 types Toast station (selection of breads) spreads and preserves Selection of cereals Porridge with toppings Yoghurt pots, homemade granola and toppings						
FRUIT	Fresh fruit platter and Whole fruits						

BREAKFAST

WEEK
TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HYDRATION	Oranka juice station Tea, Coffee, Fresh Milk						
HOT ITEMS	Bacon Sauté potatoes Poached eggs Baked beans	Pork sausages Baked beans Scrambled eggs	Full English Bacon Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Pork sausages Sautéed mushrooms Scrambled eggs Baked beans	Brentwood McMuffin Bar Mcmuffins with sausage patties, fried egg and cheese Brentwood McMuffins with Fried egg and cheese, tomato Sauté potatoes Baked beans	Brunch (11:30am) Pulled Beef Brisket Crumpets Shaved Halloumi Shawarma, flat bread, hot honey Spud Society Crisp potato skins Poached egg Baked beans	Brunch (11:30am) Egg benedict Egg royale Egg florentine Homemade beans Grilled tomatoes
DAILY SPECIAL	Chilli cheese toast Masala cheese toast	Rise and Roll Feta, avocado, salsa, Nachos crumb		Mexican breakfast wrap			
DAILY BREAKFAST ITEMS	Selection of pastries 3 types Toast station (selection of breads) spreads and preserves Selection of cereals Porridge with toppings Yoghurt pots, homemade granola and toppings						
FRUIT	Fresh fruit platter and Whole fruits						

BREAKFAST

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HYDRATION	Oranka juice station Tea, Coffee, Fresh Milk						
HOT ITEMS	Bacon Baked beans Scrambled egg	Sausages Sauté potatoes Poached egg	Full English Bacon Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Sausages Grilled flat mushrooms Scrambled eggs	Omelette Bar With selection of toppings ham, spinach, tomato, mushroom, cheese, Selection of cheese/ meats Smoked salmon Knead for change Homemade focaccia Soda bread Borodinsky bread	Brunch (11:30am) Prawn cocktail croissant Hash browns Baked beans Spinach and feta stuffed mushrooms Tomatoes Fried eggs Baked beans	Brunch (11:30am) French toast with smoked streaky bacon and maple syrup Or French toast, roasted apples, vanilla cream Fried egg Saute potato Baked beans
DAILY SPECIAL	Tikka eggs on naan bread and turmeric yoghurt	# Beans is how Scrambled chickpeas spinach and peppers Toasted flatbreads				Homemade buckwheat pancake, caramelised banana yoghurt and orange thyme syrup	
DAILY BREAKFAST ITEMS	Selection of pastries 3 types Toast station (selection of breads) spreads and preserves Selection of cereals Porridge with toppings Yoghurt pots, homemade granola and toppings						
FRUIT	Fresh fruit platter and Whole fruits						

LUNCH

Week one	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Main course one	Katsu chicken burger Katsu pickles	Grilled cumberland sausages	Fragrant beef massaman with coconut	Garlic & soy chicken with spring onions (GF)	MSC certified sustainably sourced breaded fish	
Main course two	Peking style beef with egg noodles	“Taco Tuesday” Mexican beef mince, jalapenos, sour cream & salsa	Thai green chicken curry with lime leaves	Miso glazed pork collar	MSC certified sustainably sourced battered fish	
Meat free	Katsu vegetable burger Katsu pickles	Meat free sausages Cheesy garlic mash	Fragrant paneer massaman with aubergine & coconut	Korean BBQ flat mushrooms on flatbread	Mixed bean burrito with salsa & cheddar cheese	
Sides	Curry spiced roasted Sweet potatoes Cauliflower kimchi Steamed broccoli	Cheesy garlic mash Steamed carrots “Streetcorn” Onion gravy	Steamed white rice Green beans Tempura vegetables	Honey & chilli egg noodles Chilli roasted sweetcorn Steamed cabbage & soya beans	Chunky chips Garden peas Mushy peas Lemon wedges Tartare sauce	
Plant based	Macaroni cheese Crispy plant-based bacon Garlic crumb	Eat curious plant-based taco Jalapenos, sour cream & salsa Sweetcorn	Bang Bang cauliflower with sticky rice Soya beans Asian vegetables	Stuffed pepper with soft polenta Toasted seeds Cajun roasted squash wedges	Farfalle pasta with slow dried tomatoes, garlic Waste knot pesto garlic bread	
Dessert	Apple & berry crumble with vanilla custard	Pan de Elote (Mexican sweet corn cake)	Mango cheesecake	Banana bread with cinnamon crunch topping	Chocolate chip cookies	
Every day	Salad bar with dressings and toppings Pasta and jacket potatoes with tomato sauce, cheese, baked beans and daily changing sauces Deli bar – Selection of sandwiches, baguettes, wraps and bagels Whole fruits, jelly pots, yoghurt pots and dessert pots					

LUNCH

Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Main course one	Ginger & garlic beef with spring onions	Slow roast chicken leg with tomato salsa	Slow cooked chicken in pesto cream sauce	Chicken laksa	MSC certified sustainably sourced breaded fish	
Main course two	Sweet chilli glazed chicken thighs	Pork meatballs in creamy sundried tomato sauce	Chinese beef & onion stir fry with ginger & noodles	Classic beef lasagne with garlic herb crumb	MSC certified sustainably sourced battered fish	
Meat free	Thai green vegetable curry with coconut	Hot honey halloumi, taco, avocado & salsa	Sweet n sour tofu with soba noodle stir-fry	Roasted vegetable lasagne with garlic herb crumb	Margarita pizza	
Sides	White rice Stir fried vegetables carrots	Spaghetti Roasted sweetcorn & peppers Steamed broccoli	Penne pasta Mixed greens Garlic roasted carrots	Rice Sweetcorn Green beans	Chunky chips Garden peas Mushy peas Lemon wedges Tartare sauce	
Plant based	Tuscan butterbean stew with sundried tomatoes & basil	Chilli roasted broccoli with lentils & creamy vegan feta	Plant burger Brioche style bun Plant based cheese Harissa mayonnaise	Eat curious enchilada with sour cream, salsa & guacamole	Crispy fried banana blossom Hot honey dip Asian slaw	
Dessert	Orange drizzle cake	Vanilla cheesecake	Malva pudding	Jam & coconut sponge	Chocolate brownie	
Every day	Salad bar with dressings and toppings Pasta and jacket potatoes with tomato sauce, cheese, baked beans and daily changing sauces Deli bar – Selection of sandwiches, baguettes, wraps and bagels Whole fruits, jelly pots, yoghurt pots and dessert pots					

LUNCH

Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Main course one	Italian style chicken thighs with tomato & basil sauce	Roasted chicken legs with pilpelchuma	Korean mince beef rice noodle bowl with pickles	Beef bolognaise with spaghetti	MSC certified sustainably sourced breaded fish	
Main course two	Slow cooked beef chilli with crispy onions	Harissa meatballs in a rich tomato sauce Potato gnocchi	Carbonara with smoky bacon cream sauce	Chicken Fajitas Sour cream & salsa	MSC certified sustainably sourced battered fish	
Meat free	“Warm Greek salad” Grilled halloumi slow roasted tomatoes Basil dressing Olives	Harissa spiced plant balls with rich tomato sauce Potato gnocchi	Tofu Raisukaree (mild coconut curry) Steamed rice Sugar snap peas & peppers	Vegetable fajitas Sour cream & salsa	Mixed vegetable frittata Panzanella salad	
Sides	Rice Mediterranean vegetables Charred sweetcorn	Roasted baby potatoes Steamed carrots Red onions & peppers	Flat rice noodles Korean pickles (cucumber, radish) Roasted peppers	Garlic focaccia Roasted Mediterranean vegetables Roasted cauliflower	Chunky chips Garden peas Mushy peas Lemon wedges Tartare sauce	
Plant based	Plant based chilli with a smoky Tomato sauce Brown rice Plant based sour cream	Loaded butter bean burrito with jalapenos, salsa & plant-based cheese	Korean cauliflower Pickled cucumber & radish Steamed rice	Steamed bao bun Crispy sweet chilli eat curious pieces Pickled red cabbage	Lightly spiced chickpea & sweet potato curry Brown rice	
Dessert	Sprinkle cake	Banana flapjack	Chocolate cake with custard	Fruit & berry trifle	Classic treacle sponge pudding	
Every day	Salad bar with dressings and toppings Pasta and jacket potatoes with tomato sauce, cheese, baked beans and daily changing sauces Deli bar – Selection of sandwiches, baguettes, wraps and bagels Whole fruits, jelly pots, yoghurt pots and dessert pots					

SUPPER

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main course	<p><u>Portugal</u></p> <p>Piri piri chicken legs Nandos sauce</p>	<p><u>Greek</u></p> <p><u># Beans is How</u></p> <p>Greek lamb and lentil moussaka</p>	<p><u>Spud society</u></p> <p>Spicy chilli beef</p>	<p><u>Mexican</u></p> <p>Chicken enchiladas</p>	<p><u>Indian</u></p> <p>Keralan beef curry</p>	<p><u>Italian</u></p> <p>Chicken pasta bake</p>	<p><u>Traditional Roast</u></p> <p>Roast beef with yorkshire pudding and gravy</p>
Vegetarian	<p>Lemon and pepper squash with Feta</p>	<p>Roast veg and lentil Moussaka</p>	<p>Chilli beans</p>	<p>Mix bean enchiladas</p>	<p>Keralan vegetable stew</p>	<p>Roast vegetable pasta bake</p>	<p>Butternut squash and goats cheese wellington</p>
On the side	<p>Tomato rice Roasted sweet corn Roasted peppers</p>	<p>Greek salad Oregano and lemon potato Roasted courgette</p>	<p>Crispy Cheese Potato straws topped with sour cream and salsa Green beans Sauteed cabbage</p>	<p>Brown rice Roasted courgette Salsa Sour cream Guacamole</p>	<p>Basmati rice Onion bhaji Roasted aubergine Steamed carrot</p>	<p>Garlic bread Sauteed greens Roasted courgette</p>	<p>Roast potatoes Cauliflower cheese Honey roasted parsnips</p>
	<p>Chocolate cookies</p>	<p>Orange and polenta cake</p>	<p>Jam doughnut</p>	<p>Churros with cinnamon sugar</p>	<p>Vermicelli pudding</p>	<p>Ginger flapjack</p>	<p>Bread and butter pudding</p>
<p>Selection of salads and fresh fruit, jelly Pasta + sauces</p>							

SUPPER

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main course	<u>Create Plate</u> Chicken ramen bowl	<u>Chinese</u> Sweet and sour pork Sweet and sour chicken (Halal)	<u>Indian</u> Mughlai chicken masala	Beef burger Moving mountain burger	<u>Modern Italian</u> Basil and parmesan crumb chicken Homemade focaccia	Striploin of beef with peppercorn sauce	Slow roasted pork with roasted apples and crackling Grilled chicken (Halal)
Vegetarian	Crispy oyster mushrooms	Sweet and sour tofu	Mughlai paneer	Brentwood burger sauce Brioche buns Gem lettuce Sliced onions/tomatoes/pickles	Miso and honey gnocchi, roast mushroom, crispy kale	Harissa cauliflower steak and pickled onion	Brie, spinach and tomato quiche
On the side	Selection of noodles Selection of vegetables Tea stained egg	Egg fried rice Prawn cracker Stir fried vegetables	Mango chutney Mint yoghurt Poppadom Spiced cauliflower Tawa vegetables	Sauces Cajun wedges Coleslaw	Garlic butter beans Mac and cheese bites Ratatouille vegetable	Chips Onion rings Red onion, mushroom, slow roast tomato Roasted squash	Gravy Roasted carrots Sautéed greens
	Lemon tart	Chocolate cake	Jam donut	Apple crumble	Tiramisu	Sticky toffee pudding	Brownie
Selection of salads and fresh fruit, jelly Pasta + sauces							

SUPPER

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main course	Beef massaman curry	Maple and chicory pork steaks Grilled chicken topped (halal)	Prawn and chorizo paella	Spud society Pulled beef brisket	Chicken katsu curry	Pepperoni pizza	Roast chicken with stuffing
Vegetarian	Tofu massaman curry	Maple glazed celeriac	Vegetable paella	Eat curious keema	Aubergine katsu curry	Margherita	Tomato, cheddar and spring onion quiche
ON THE SIDE	Egg noodles Spring roll Pak choi and beansprouts Roasted red pepper	Cajun roasted new potato Caesar salad Roast broccoli Steamed carrots	Roasted vegetable Crispy sweethearts	Jacket potato Sour cream Chimichurri Lemon and pepper Roasted cauliflower	Sticky rice Pickled vegetables Soybeans	French fries Roasted peppers Sweet corn	Roast potatoes Buttered greens Gravy Honey roast parsnip
	Coconut and jam sponge	Rocky road	Peach melba	Lemon sponge	Banana cake	Carrot cake	Chocolate chip muffins
Selection of salads and fresh fruit, jelly Pasta + sauces							