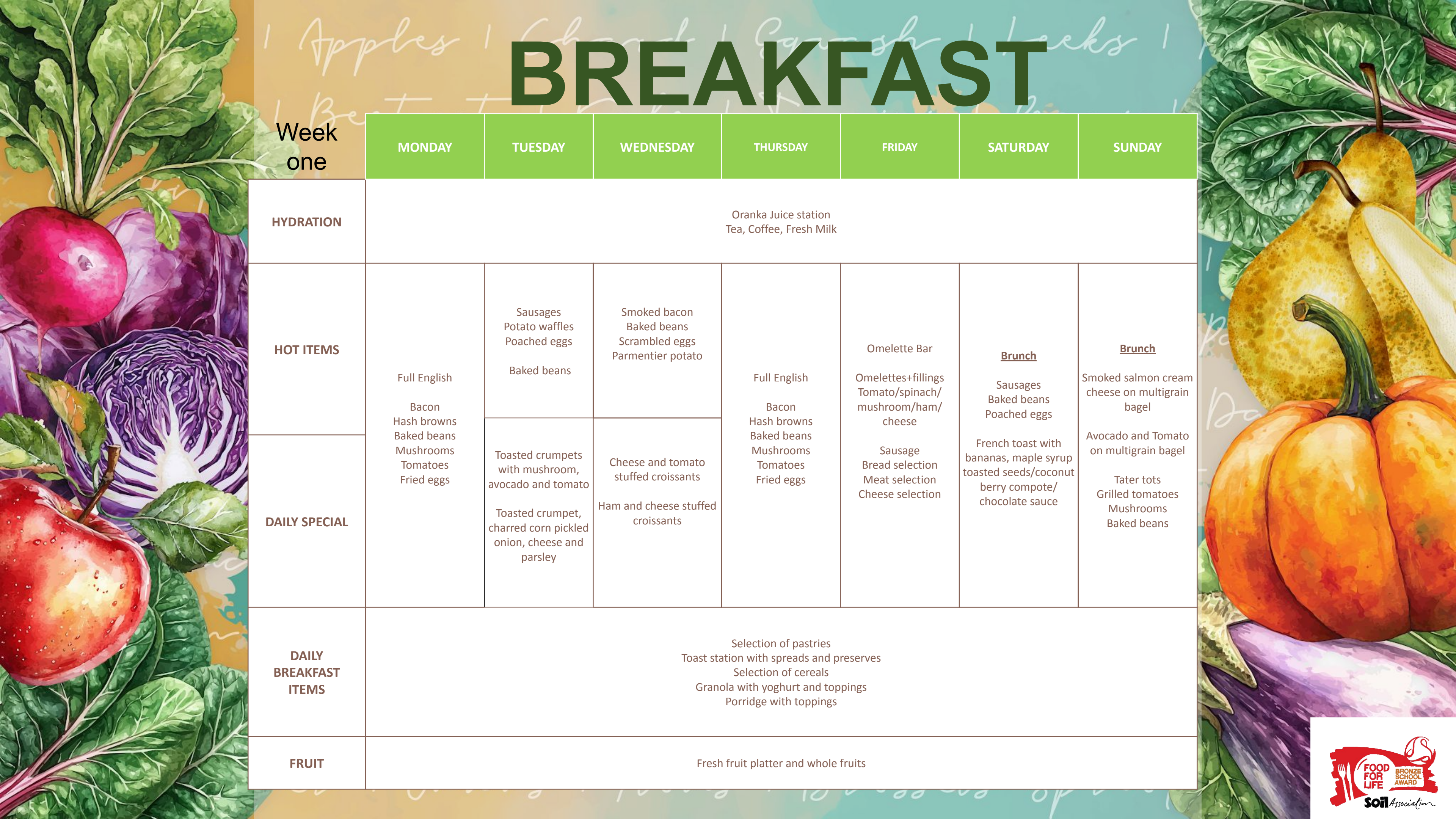
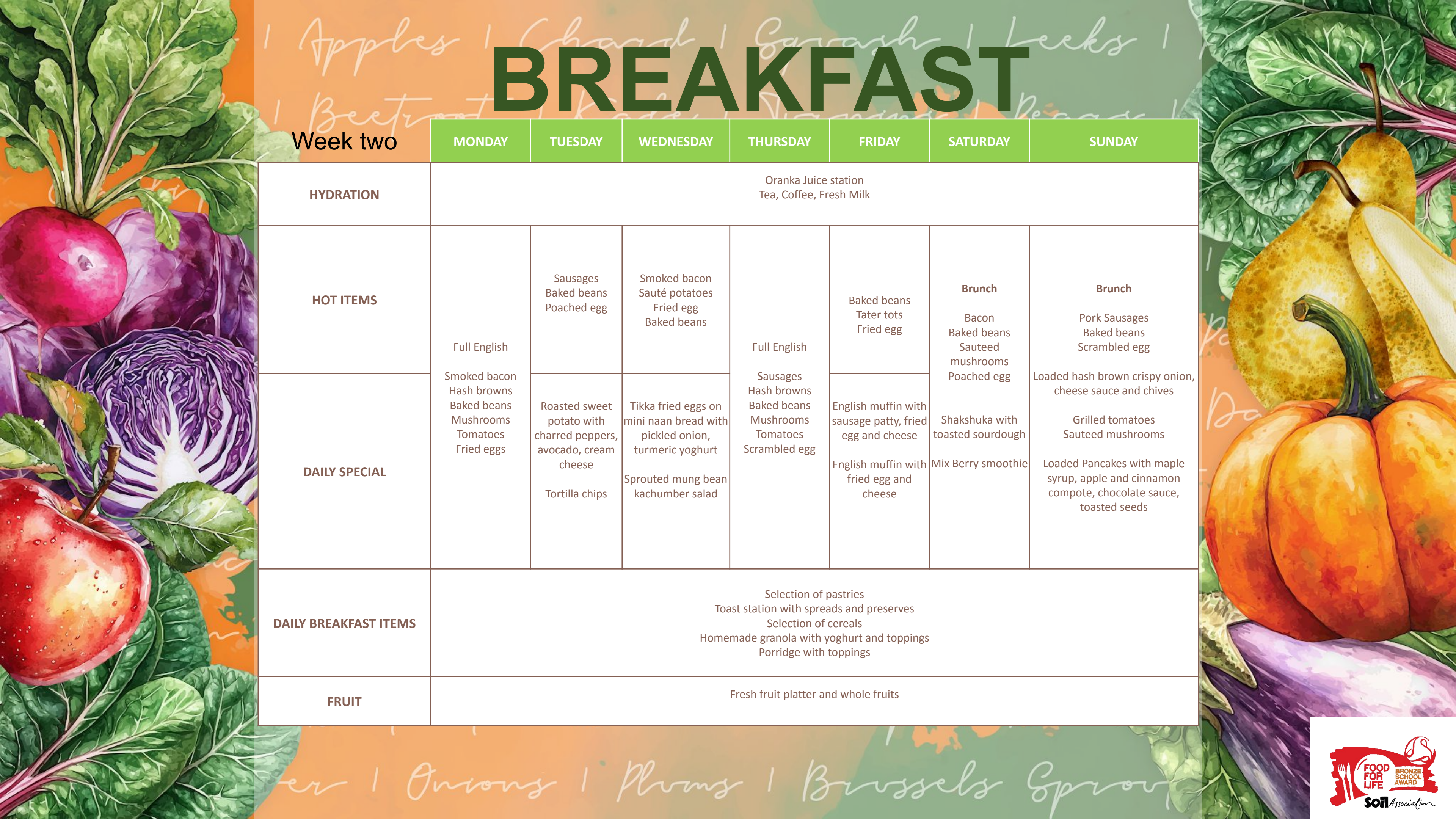




BREAKFAST

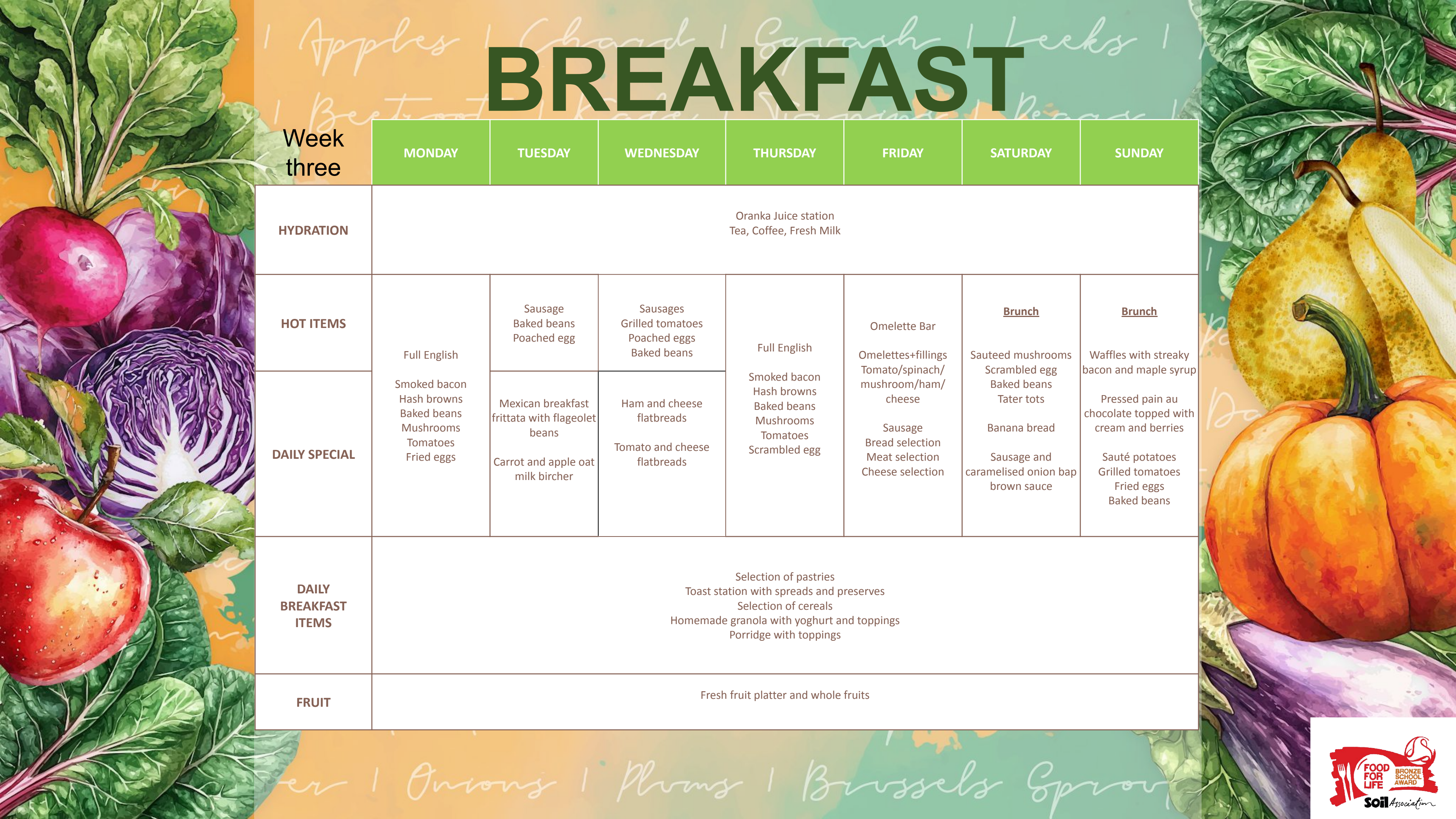
Week one	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HYDRATION	Oranka Juice station Tea, Coffee, Fresh Milk						
HOT ITEMS	Full English Bacon Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Sausages Potato waffles Poached eggs Baked beans	Smoked bacon Baked beans Scrambled eggs Parmentier potato	Full English Bacon Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Omelette Bar Omelettes+fillings Tomato/spinach/ mushroom/ham/ cheese Sausage Bread selection Meat selection Cheese selection	<u>Brunch</u> Sausages Baked beans Poached eggs	<u>Brunch</u> Smoked salmon cream cheese on multigrain bagel
DAILY SPECIAL		Toasted crumpets with mushroom, avocado and tomato Toasted crumpet, charred corn pickled onion, cheese and parsley	Cheese and tomato stuffed croissants Ham and cheese stuffed croissants			French toast with bananas, maple syrup toasted seeds/coconut berry compote/ chocolate sauce	Avocado and Tomato on multigrain bagel Tater tots Grilled tomatoes Mushrooms Baked beans
DAILY BREAKFAST ITEMS	Selection of pastries Toast station with spreads and preserves Selection of cereals Granola with yoghurt and toppings Porridge with toppings						
FRUIT	Fresh fruit platter and whole fruits						



BREAKFAST

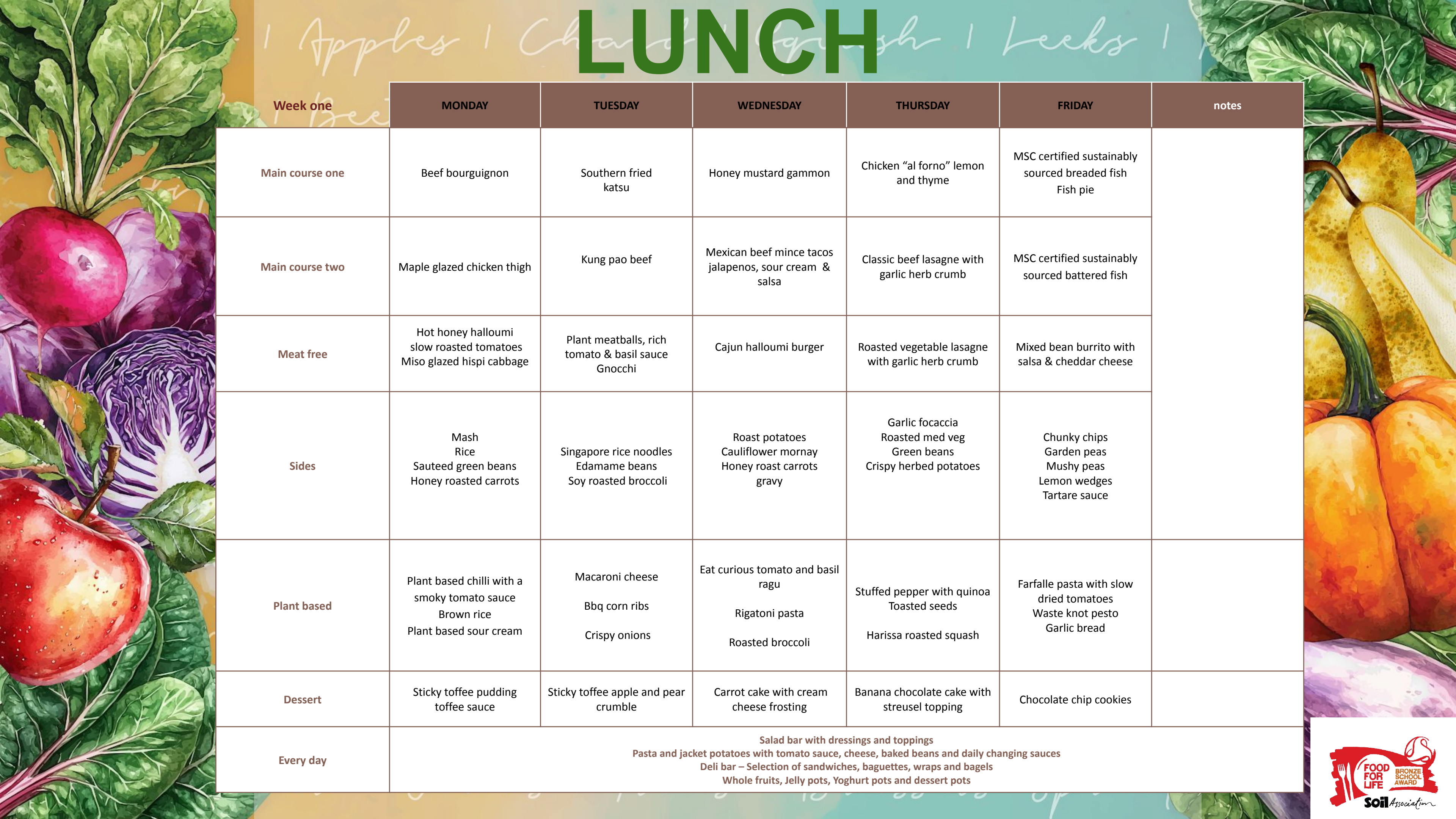
Week two

Week two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HYDRATION	Oranka Juice station Tea, Coffee, Fresh Milk						
HOT ITEMS	Full English Smoked bacon Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Sausages Baked beans Poached egg	Smoked bacon Sauté potatoes Fried egg Baked beans	Full English Sausages Hash browns Baked beans Mushrooms Tomatoes Scrambled egg	Baked beans Tater tots Fried egg	Brunch Bacon Baked beans Sauteed mushrooms Poached egg	Brunch Pork Sausages Baked beans Scrambled egg
DAILY SPECIAL		Roasted sweet potato with charred peppers, avocado, cream cheese Tortilla chips	Tikka fried eggs on mini naan bread with pickled onion, turmeric yoghurt Sprouted mung bean kachumber salad		English muffin with sausage patty, fried egg and cheese English muffin with fried egg and cheese	Shakshuka with toasted sourdough Mix Berry smoothie	Loaded hash brown crispy onion, cheese sauce and chives Grilled tomatoes Sauteed mushrooms Loaded Pancakes with maple syrup, apple and cinnamon compote, chocolate sauce, toasted seeds
DAILY BREAKFAST ITEMS	Selection of pastries Toast station with spreads and preserves Selection of cereals Homemade granola with yoghurt and toppings Porridge with toppings						
FRUIT	Fresh fruit platter and whole fruits						



BREAKFAST

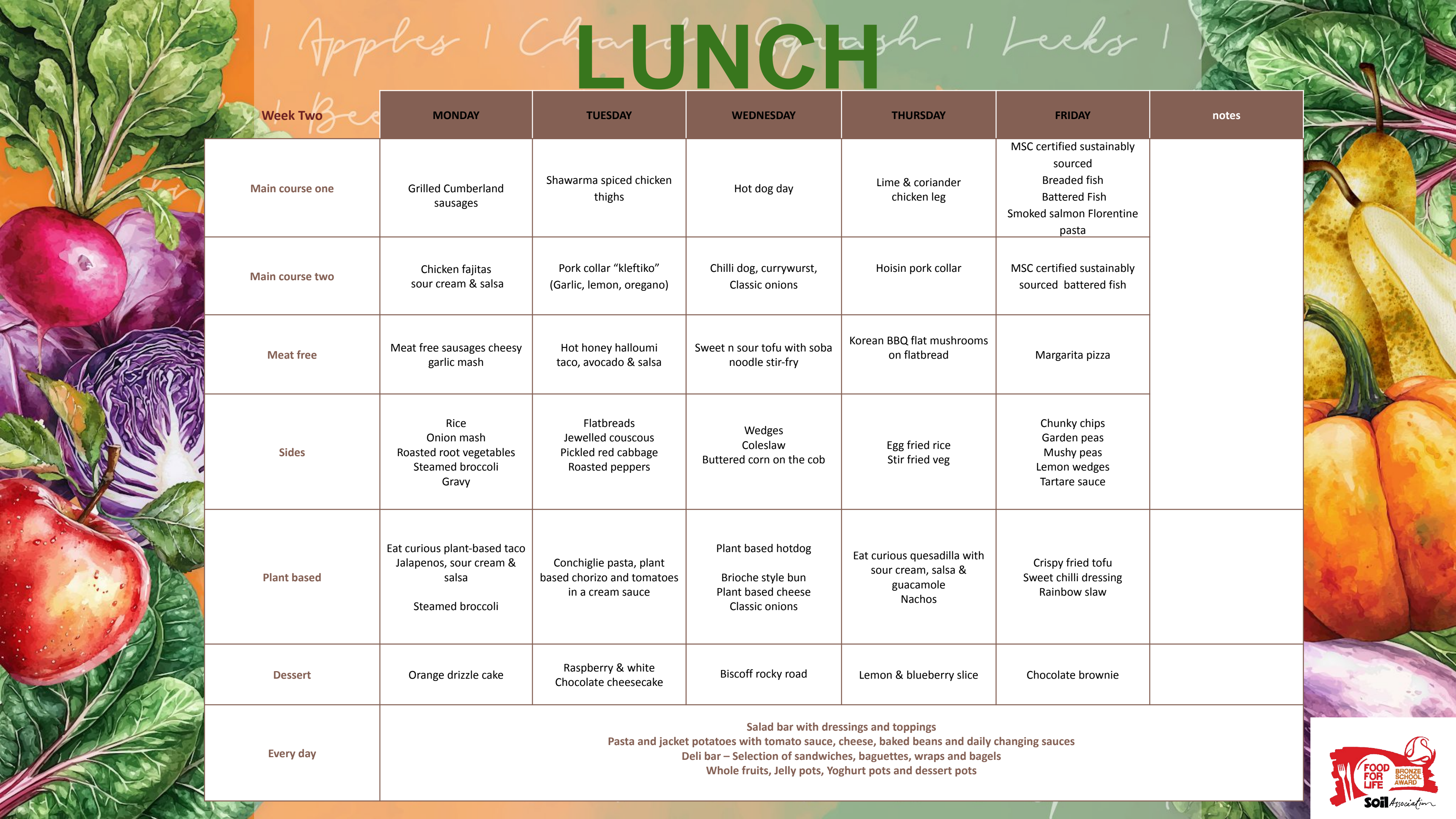
Week three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HYDRATION	Oranka Juice station Tea, Coffee, Fresh Milk						
HOT ITEMS	Full English Smoked bacon Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Sausage Baked beans Poached egg	Sausages Grilled tomatoes Poached eggs Baked beans	Full English Smoked bacon Hash browns Baked beans Mushrooms Tomatoes Scrambled egg	Omelette Bar Omelettes+fillings Tomato/spinach/ mushroom/ham/ cheese Sausage Bread selection Meat selection Cheese selection	<u>Brunch</u> Sauteed mushrooms Scrambled egg Baked beans Tater tots Banana bread Sausage and caramelised onion bap brown sauce	<u>Brunch</u> Waffles with streaky bacon and maple syrup Pressed pain au chocolate topped with cream and berries Sauté potatoes Grilled tomatoes Fried eggs Baked beans
DAILY SPECIAL		Mexican breakfast frittata with flageolet beans Carrot and apple oat milk bircher	Ham and cheese flatbreads Tomato and cheese flatbreads				
DAILY BREAKFAST ITEMS	Selection of pastries Toast station with spreads and preserves Selection of cereals Homemade granola with yoghurt and toppings Porridge with toppings						
FRUIT	Fresh fruit platter and whole fruits						



1 Apples 1 Chicken 1 Fish 1 Leeks 1

LUNCH

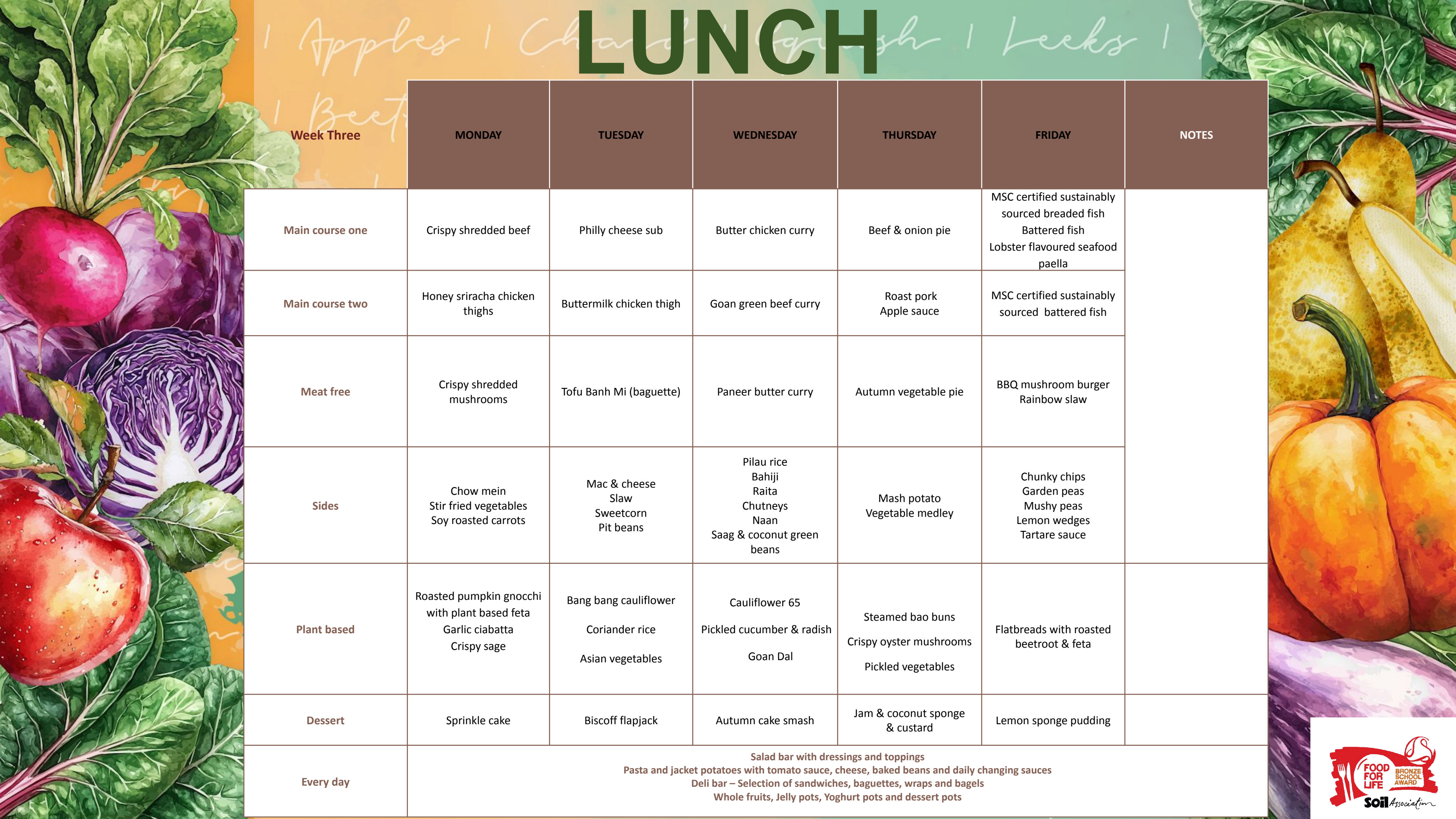
Week one	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	notes
Main course one	Beef bourguignon	Southern fried katsu	Honey mustard gammon	Chicken “al forno” lemon and thyme	MSC certified sustainably sourced breaded fish Fish pie	
Main course two	Maple glazed chicken thigh	Kung pao beef	Mexican beef mince tacos jalapenos, sour cream & salsa	Classic beef lasagne with garlic herb crumb	MSC certified sustainably sourced battered fish	
Meat free	Hot honey halloumi slow roasted tomatoes Miso glazed hispi cabbage	Plant meatballs, rich tomato & basil sauce Gnocchi	Cajun halloumi burger	Roasted vegetable lasagne with garlic herb crumb	Mixed bean burrito with salsa & cheddar cheese	
Sides	Mash Rice Sauteed green beans Honey roasted carrots	Singapore rice noodles Edamame beans Soy roasted broccoli	Roast potatoes Cauliflower mornay Honey roast carrots gravy	Garlic focaccia Roasted med veg Green beans Crispy herbed potatoes	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	Macaroni cheese Bbq corn ribs Crispy onions	Eat curious tomato and basil ragu Rigatoni pasta Roasted broccoli	Stuffed pepper with quinoa Toasted seeds Harissa roasted squash	Farfalle pasta with slow dried tomatoes Waste knot pesto Garlic bread	
Dessert	Sticky toffee pudding toffee sauce	Sticky toffee apple and pear crumble	Carrot cake with cream cheese frosting	Banana chocolate cake with streusel 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					



1 Apples 1 Charcoal 1 Cabbage 1 Leeks 1

LUNCH

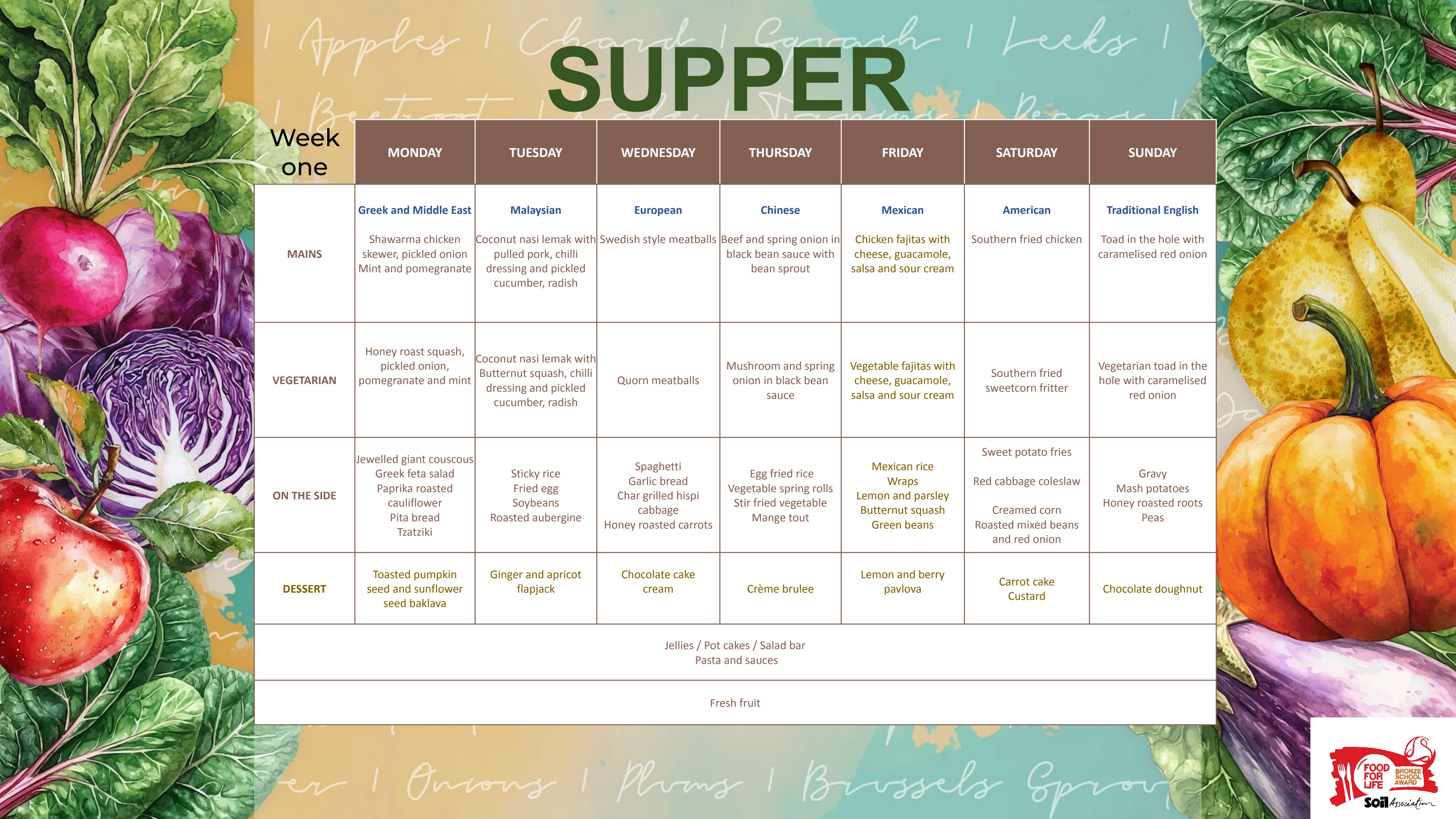
Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	notes
Main course one	Grilled Cumberland sausages	Shawarma spiced chicken thighs	Hot dog day	Lime & coriander chicken leg	MSC certified sustainably sourced Breaded fish Battered Fish Smoked salmon Florentine pasta	
Main course two	Chicken fajitas sour cream & salsa	Pork collar “kleftiko” (Garlic, lemon, oregano)	Chilli dog, currywurst, Classic onions	Hoisin pork collar	MSC certified sustainably sourced battered fish	
Meat free	Meat free sausages cheesy garlic mash	Hot honey halloumi taco, avocado & salsa	Sweet n sour tofu with soba noodle stir-fry	Korean BBQ flat mushrooms on flatbread	Margarita pizza	
Sides	Rice Onion mash Roasted root vegetables Steamed broccoli Gravy	Flatbreads Jewelled couscous Pickled red cabbage Roasted peppers	Wedges Coleslaw Buttered corn on the cob	Egg fried rice Stir fried veg	Chunky chips Garden peas Mushy peas Lemon wedges Tartare sauce	
Plant based	Eat curious plant-based taco Jalapenos, sour cream & salsa Steamed broccoli	Conchiglie pasta, plant based chorizo and tomatoes in a cream sauce	Plant based hotdog Brioche style bun Plant based cheese Classic onions	Eat curious quesadilla with sour cream, salsa & guacamole Nachos	Crispy fried tofu Sweet chilli dressing Rainbow slaw	
Dessert	Orange drizzle cake	Raspberry & white Chocolate cheesecake	Biscoff rocky road	Lemon & blueberry slice	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					



Apples | Cabbage | Cauliflower | Green Beans | Leeks |

LUNCH

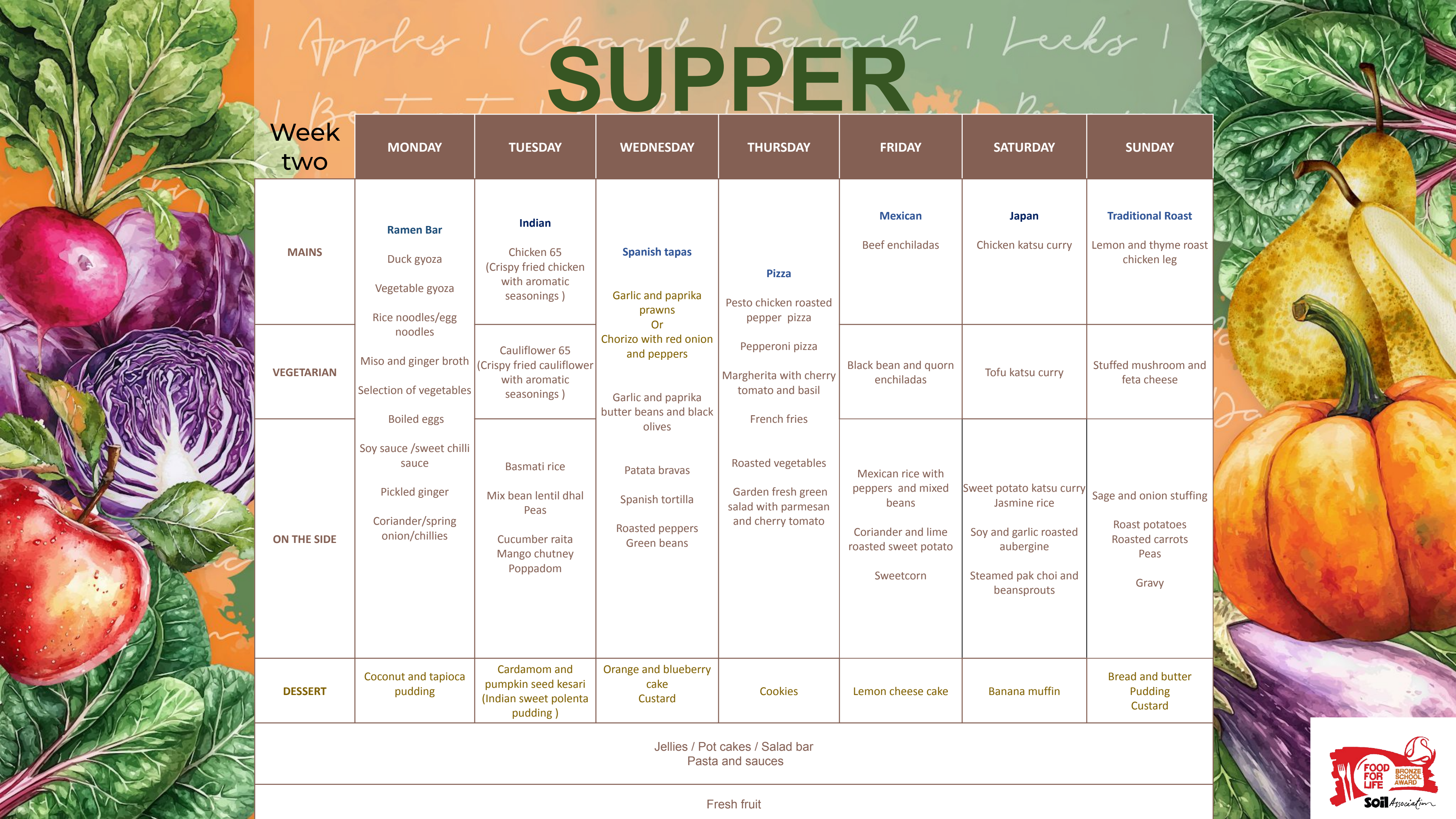
Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
Main course one	Crispy shredded beef	Philly cheese sub	Butter chicken curry	Beef & onion pie	MSC certified sustainably sourced breaded fish Battered fish Lobster flavoured seafood paella	
Main course two	Honey sriracha chicken thighs	Buttermilk chicken thigh	Goan green beef curry	Roast pork Apple sauce	MSC certified sustainably sourced battered fish	
Meat free	Crispy shredded mushrooms	Tofu Banh Mi (baguette)	Paneer butter curry	Autumn vegetable pie	BBQ mushroom burger Rainbow slaw	
Sides	Chow mein Stir fried vegetables Soy roasted carrots	Mac & cheese Slaw Sweetcorn Pit beans	Pilau rice Bahiji Raita Chutneys Naan Saag & coconut green beans	Mash potato Vegetable medley	Chunky chips Garden peas Mushy peas Lemon wedges Tartare sauce	
Plant based	Roasted pumpkin gnocchi with plant based feta Garlic ciabatta Crispy sage	Bang bang cauliflower Coriander rice Asian vegetables	Cauliflower 65 Pickled cucumber & radish Goan Dal	Steamed bao buns Crispy oyster mushrooms Pickled vegetables	Flatbreads with roasted beetroot & feta	
Dessert	Sprinkle cake	Biscoff flapjack	Autumn cake smash	Jam & coconut sponge & custard	Lemon 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

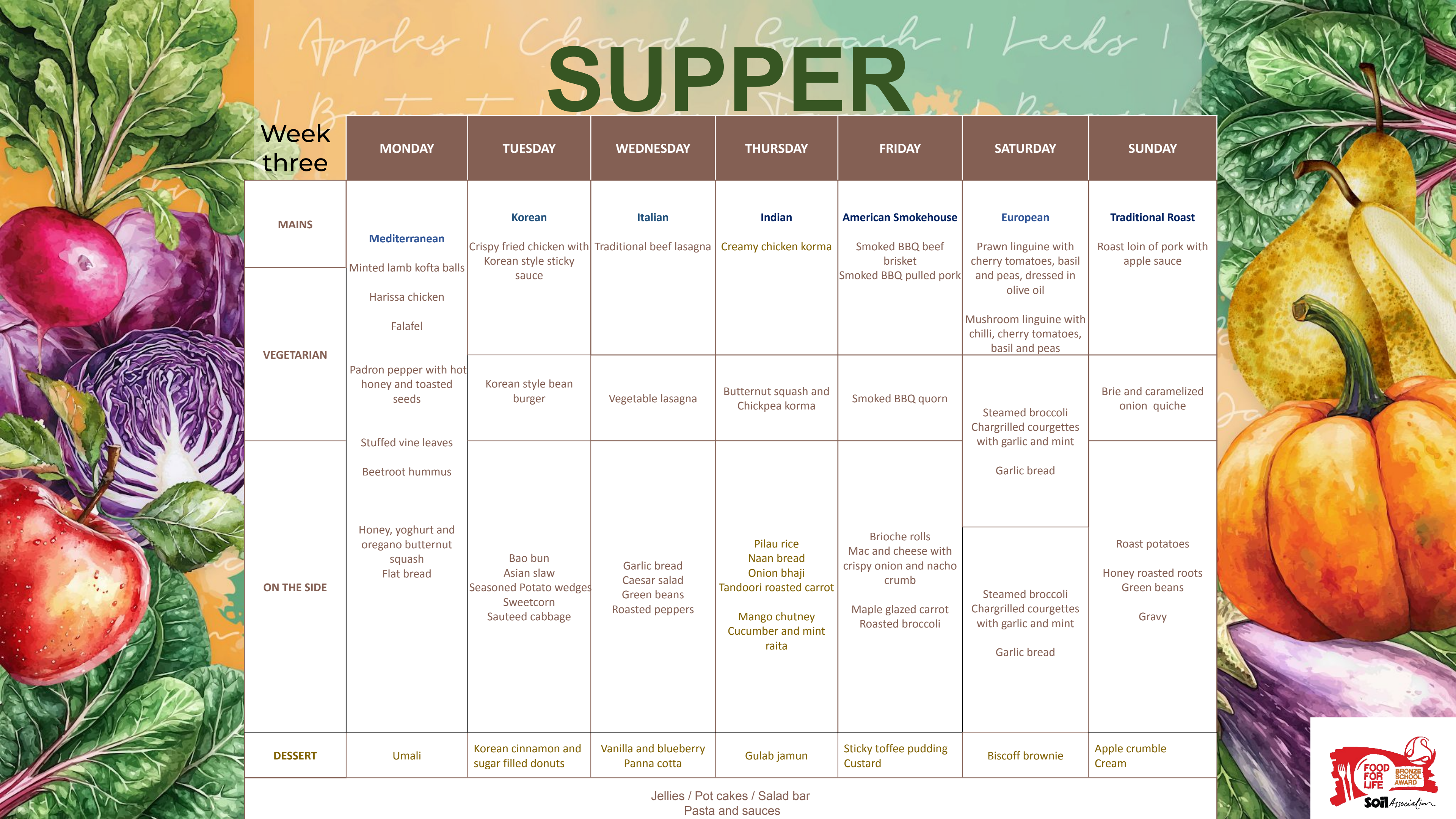
Week
one

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Greek and Middle East	Malaysian	European	Chinese	Mexican	American	Traditional English
MAINS	Shawarma chicken skewer, pickled onion Mint and pomegranate	Coconut nasi lemak with pulled pork, chilli dressing and pickled cucumber, radish	Swedish style meatballs	Beef and spring onion in black bean sauce with bean sprout	Chicken fajitas with cheese, guacamole, salsa and sour cream	Southern fried chicken	Toad in the hole with caramelised red onion
VEGETARIAN	Honey roast squash, pickled onion, pomegranate and mint	Coconut nasi lemak with Butternut squash, chilli dressing and pickled cucumber, radish	Quorn meatballs	Mushroom and spring onion in black bean sauce	Vegetable fajitas with cheese, guacamole, salsa and sour cream	Southern fried sweetcorn fritter	Vegetarian toad in the hole with caramelised red onion
ON THE SIDE	Jewelled giant couscous Greek feta salad Paprika roasted cauliflower Pita bread Tzatziki	Sticky rice Fried egg Soybeans Roasted aubergine	Spaghetti Garlic bread Char grilled hispi cabbage Honey roasted carrots	Egg fried rice Vegetable spring rolls Stir fried vegetable Mange tout	Mexican rice Wraps Lemon and parsley Butternut squash Green beans	Sweet potato fries Red cabbage coleslaw Creamed corn Roasted mixed beans and red onion	Gravy Mash potatoes Honey roasted roots Peas
DESSERT	Toasted pumpkin seed and sunflower seed baklava	Ginger and apricot flapjack	Chocolate cake cream	Crème brulee	Lemon and berry pavlova	Carrot cake Custard	Chocolate doughnut
Jellies / Pot cakes / Salad bar Pasta and sauces							
Fresh fruit							



SUPPER

Week two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAINS	Ramen Bar Duck gyoza Vegetable gyoza Rice noodles/egg noodles	Indian Chicken 65 (Crispy fried chicken with aromatic seasonings)	Spanish tapas Garlic and paprika prawns Or Chorizo with red onion and peppers	Pizza Pesto chicken roasted pepper pizza Pepperoni pizza Margherita with cherry tomato and basil French fries	Mexican Beef enchiladas	Japan Chicken katsu curry	Traditional Roast Lemon and thyme roast chicken leg
VEGETARIAN	Miso and ginger broth Selection of vegetables Boiled eggs	Cauliflower 65 (Crispy fried cauliflower with aromatic seasonings)	Garlic and paprika butter beans and black olives		Black bean and quorn enchiladas	Tofu katsu curry	Stuffed mushroom and feta cheese
ON THE SIDE	Soy sauce /sweet chilli sauce Pickled ginger Coriander/spring onion/chillies	Basmati rice Mix bean lentil dhal Peas Cucumber raita Mango chutney Poppadom	Patata bravas Spanish tortilla Roasted peppers Green beans	Roasted vegetables Garden fresh green salad with parmesan and cherry tomato	Mexican rice with peppers and mixed beans Coriander and lime roasted sweet potato Sweetcorn	Sweet potato katsu curry Jasmine rice Soy and garlic roasted aubergine Steamed pak choi and beansprouts	Sage and onion stuffing Roast potatoes Roasted carrots Peas Gravy
DESSERT	Coconut and tapioca pudding	Cardamom and pumpkin seed kesari (Indian sweet polenta pudding)	Orange and blueberry cake Custard	Cookies	Lemon cheese cake	Banana muffin	Bread and butter Pudding Custard
Jellies / Pot cakes / Salad bar Pasta and sauces							
Fresh fruit							



SUPPER

Week
three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAINS	Mediterranean	Korean	Italian	Indian	American Smokehouse	European	Traditional Roast
VEGETARIAN	Minted lamb kofta balls	Crispy fried chicken with Korean style sticky sauce	Traditional beef lasagna	Creamy chicken korma	Smoked BBQ beef brisket Smoked BBQ pulled pork	Prawn linguine with cherry tomatoes, basil and peas, dressed in olive oil	Roast loin of pork with apple sauce
	Harissa chicken					Mushroom linguine with chilli, cherry tomatoes, basil and peas	
	Falafel						
ON THE SIDE	Padron pepper with hot honey and toasted seeds	Korean style bean burger	Vegetable lasagna	Butternut squash and Chickpea korma	Smoked BBQ quorn	Steamed broccoli Chargrilled courgettes with garlic and mint	Brie and caramelized onion quiche
	Stuffed vine leaves	Bao bun Asian slaw Seasoned Potato wedges Sweetcorn Sauteed cabbage	Garlic bread Caesar salad Green beans Roasted peppers	Pilau rice Naan bread Onion bhaji Tandoori roasted carrot Mango chutney Cucumber and mint raita	Brioche rolls Mac and cheese with crispy onion and nacho crumb Maple glazed carrot Roasted broccoli	Garlic bread	Roast potatoes Honey roasted roots Green beans Gravy
	Beetroot hummus						
ON THE SIDE	Honey, yoghurt and oregano butternut squash Flat bread	Bao bun Asian slaw Seasoned Potato wedges Sweetcorn Sauteed cabbage	Garlic bread Caesar salad Green beans Roasted peppers	Pilau rice Naan bread Onion bhaji Tandoori roasted carrot Mango chutney Cucumber and mint raita	Brioche rolls Mac and cheese with crispy onion and nacho crumb Maple glazed carrot Roasted broccoli	Steamed broccoli Chargrilled courgettes with garlic and mint Garlic bread	Roast potatoes Honey roasted roots Green beans Gravy
DESSERT	Umali	Korean cinnamon and sugar filled donuts	Vanilla and blueberry Panna cotta	Gulab jamun	Sticky toffee pudding Custard	Biscoff brownie	Apple crumble Cream

Jellies / Pot cakes / Salad bar
Pasta and sauces

