

WEEK ONE

DAY	MON	TUE	WED	THU	FRI
Main Option 1	Halal Chicken Sausages with onion gravy	Chicken Korma	Halal Meat Pizza slices	Beef Lasagne	Battered Fish and Chips
Main Option 2	Vegan Sausage Mash and Onion Gravy	Vegan Vegetable Korma	Vegetable Pizza Slices	Vegetable lasagne	Quorn Vegan Nuggets with Chips
Main Option 3	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese
Main Option 4 Vegan/Vegetarian	Whole wheat Pasta with Tomato sauce	Whole wheat Pasta with Tomato sauce	Whole wheat Pasta with Tomato sauce	Whole wheat Pasta with Tomato sauce	Whole wheat Pasta with Tomato sauce
Side	Mash Potato / Mixed Vegetables	Flavoured Rice & Spiced Chickpeas	Potato Wedges & Baby carrots	Garlic Bread & Broccoli	Peas & Carrots
Desserts	Oat and Raisin Cookies or Yoghurt or Fruit Jellies or Whole Fresh Fruit	Citrus Drizzle Cake or Yoghurt or Fruit Jellies or Whole Fresh Fruit	Low-sugar Brownies or Yoghurt or Fruit Jellies or Whole Fresh Fruit	Mixed Dried Fruit Flapjack or Yoghurt or Fruit Jellies or Whole Fresh Fruit	Dessert Of the Day or Yoghurt or Fruit Jellies or Whole Fresh Fruit
Drinks	Selection of Juices, Flavoured Milks & Waters				
Cold Food option	Selection of Baguettes/ sandwiches/ Wraps ADDITIONAL complimentary Fresh Salad Available				
Breakfast	Toast with butter or jam, cornflakes with milk, juices and flavoured milk, fresh fruit and yoghurt				
Break Time Snacks	Low Sugar Muffins/ Cereal Bars/Fruits/Yoghurts & Fresh Fruit salad pots	Fresh Baked Croissants/ Cereal Bars/Fruits/Yoghurts & Fresh Fruit salad pots	Baguette Cheese Melts/ Cereal Bars/Fruits/Yoghurts & Fresh Fruit salad pots	Cinnamon Swirls/ Cereal Bars/Fruits/Yoghurts & Fresh Fruit salad pots	Waffles/ Cereal Bars/Fruits/Yoghurts & Fresh Fruit salad pots

WEEK TWO

DAY	MON	TUE	WED	THU	FRI
Main Option 1	Roasted Cajun Chicken	Vegan Meatballs and Pasta	Chilli Beef Burritos with Salsa	Chicken Tikka Masala	Fish Fingers with Chips
Main Option 2	Vegan Quorn Dippers	Macaroni Cheese	Vegan Chilli Burritos with Salsa	Tandoori Vegetables In Mild Curry Sauce	Quorn Southern fried Bites with Chips
Main Option 3	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese
Main Option 4 Vegan/Vegetarian	Whole wheat Pasta with Tomato sauce	Whole wheat Pasta with Tomato sauce	Whole wheat Pasta with Tomato sauce	Whole wheat Pasta with Tomato sauce	Whole wheat Pasta with Tomato sauce
Side	New Potatoes with Herbs & Sauteed Corn Kernal	Garlic Bread & Vegetables	Potato Wedges, Spiced Peppers	Peas Pulao & Raita	Peas & Carrots
Desserts	Oat and Raisin Cookies or Yoghurt or Fruit Jellies or Whole Fresh Fruit	Citrus Drizzle Cake or Yoghurt or Fruit Jellies or Whole Fresh Fruit	Low-sugar Brownies or Yoghurt or Fruit Jellies or Whole Fresh Fruit	Mixed Dried Fruit Flapjack or Yoghurt or Fruit Jellies or Whole Fresh Fruit	Dessert Of the Day or Yoghurt or Fruit Jellies or Whole Fresh Fruit
Drinks	Selection of Juices, Flavoured Milks & Waters				
Cold Food option	Selection of Baguettes/ sandwiches/ Wraps ADDITIONAL complimentary Fresh Salad Available				
Breakfast	Toast with butter or jam, cornflakes with milk, juices and flavoured milk, fresh fruit and yoghurt				
Break Time Snacks	Low Sugar Muffins/ Cereal Bars/Fruits/Yoghurts & Fresh Fruit salad pots	Fresh Baked Croissants/ Cereal Bars/Fruits/Yoghurts & Fresh Fruit salad pots	Baguette Cheese Melts/ Cereal Bars/Fruits/Yoghurts & Fresh Fruit salad pots	Cinnamon Swirls/ Cereal Bars/Fruits/Yoghurts & Fresh Fruit salad pots	Waffles/ Cereal Bars/Fruits/Yoghurts & Fresh Fruit salad pots

WEEK THREE

DAY	MON	TUE	WED	THU	FRI
Main Option 1	Jerk Chicken Leg	Fish Cakes	Halal Meat Pizza slices	Chicken Tagine	Halal Beef Burger and Chips
Main Option 2	Vegan Mixed Bean Cassoulet	Vegetable Frittata	Vegetable Pizza Slices	Roasted Vegetable Tagine	Vegetable Burger with Chips
Main Option 3	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese
Main Option 4 Vegan/Vegetarian	Whole wheat Pasta with Tomato sauce	Whole wheat Pasta with Tomato sauce	Whole wheat Pasta with Tomato sauce	Whole wheat Pasta with Tomato sauce	Whole wheat Pasta with Tomato sauce
Side	Jollof Rice & mixed vegetables	New potatoes & Green Beans	Potato Wedges & Baby carrots	Flavoured Rice & Moroccan Chickpeas	Coleslaw
Desserts	Oat and Raisin Cookies or Yoghurt or Fruit Jellies or Whole Fresh Fruit	Citrus Drizzle Cake or Yoghurt or Fruit Jellies or Whole Fresh Fruit	Low-sugar Brownies or Yoghurt or Fruit Jellies or Whole Fresh Fruit	Mixed Dried Fruit Flapjack or Yoghurt or Fruit Jellies or Whole Fresh Fruit	Dessert Of the Day or Yoghurt or Fruit Jellies or Whole Fresh Fruit
Drinks	Selection of Juices, Flavoured Milks & Waters				
Cold Food option	Selection of Baguettes/ sandwiches/ Wraps ADDITIONAL complimentary Fresh Salad Available				
Breakfast	Toast with butter or jam, cornflakes with milk, juices and flavoured milk, fresh fruit and yoghurt				
Break Time Snacks	Low Sugar Muffins/ Cereal Bars/Fruits/Yoghurts & Fresh Fruit salad pots	Fresh Baked Croissants/ Cereal Bars/Fruits/Yoghurts & Fresh Fruit salad pots	Baguette Cheese Melts/ Cereal Bars/Fruits/Yoghurts & Fresh Fruit salad pots	Cinnamon Swirls/ Cereal Bars/Fruits/Yoghurts & Fresh Fruit salad pots	Waffles/ Cereal Bars/Fruits/Yoghurts & Fresh Fruit salad pots