

## Menu Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

### BREAKFAST

<b>Hot Item</b>	Pain Au Chocolate	Porridge & egg, fresh fruit	Sausage Bap	Hash browns/spaghetti	Breakfast muffins		
<b>Cereal</b>	Selection of 4 cereals						
<b>Toast</b>	Toast & Preserves						
<b>Beverages</b>	Tea, Coffee, Water & fruit juice						



### LUNCH

<b>Soup</b>	Chefs soup of the day & homemade bread						
<b>Main 1</b>	Spicy Lamb with chick peas & coriander	Lemon & Garlic chicken	Beef lasagne	Mild Chicken curry	Crispy Tempura battered Hake with lemon & ginger dip	American chicken fillet in a bun	Roast Turkey with Cranberry Sauce and Gravy
<b>Main 2 (V)</b>	Vegetable chili	Vegetable Ravioli with Spinach & Mushroom	Courgette, mushroom & Goats cheese tart	Chinese Mushroom pancakes	Vegetable Moussaka	Cheese & tomato Omelette	Vegetarian Toad in the hole
<b>Vegetable / salad</b>	Mixed Salad	Savoy cabbage & cauliflower cheese	Sweetcorn & Peppers	Mixed Salad	Peas & sweetcorn	Spaghetti hoops	Broccoli & Carrots
<b>Potato / carbo</b>	couscous with minted peas	Chive roasted New potatoes	Garlic Bread	Egg fried Rice	Thick Cut Chips	Croquette Potatoes	Roast Potatoes
<b>Alternative</b>	Jacket Potato & 1 filling						
<b>Cut Fruit</b>	Fresh fruit						
<b>Dessert</b>	Cherry Crumble	Chocolate Sponge	Apple Strudel cake	Mandarin Cheesecake	Crème Caramel	Chefs homemade pudding	Chefs homemade pudding
<b>Beverages</b>	Tea, Coffee & Water	Tea, Coffee & Water	Tea, Coffee & Water	Tea, Coffee & Water	Tea, Coffee & Water	Tea, Coffee & Water	Tea, Coffee & Water



### DINNER

<b>Main 1</b>	Battered chicken chunks with chili sauce	Spicy Fajita Bar	Crispy Crumbed Turkey Burger	Lamb Grillsteak	BBQ Pork King Rib	Beefburger In a Bun	<b>Pizza Bar</b>
<b>Main 2 (V)</b>	Quorn Burger in a bun	Spicy Fajita Bar	Sweet & sour vegetables	Cheese & Onion Pasty	Curried Eggs with Rice	Filled Potato wedges	Spicy Beef / Ham & pineapple
<b>Potato /Carb</b>	Sautéed Potatoes	Braised Rice	Herby Rissole Potatoes or Rice	Spicy Potato Wedges	Thick Cut Chips	Chips	Vegetable Supreme / Tuna & sweetcorn
<b>Dessert</b>	Chefs homemade pudding						
<b>Beverage</b>	Coffee/Tea/squash						

