

Week 6	Mon 02.12.19	Tue 03.12.19	Wed 04.12.19	Thu 05.12.19	Fri 06.12.19	Sat 07.12.19	Sun 08.12.19
Breakfast	Selection of Cereals Yoghurt Compote of Berries	Selection of Cereals Yoghurt Fresh Fruit Salad	Selection of Cereals Yoghurt Fresh Fruit Salad	Selection of Cereals Yoghurt Compote of Berries	Selection of Cereals Yoghurt Fresh Fruit Salad	Selection of Cereals Yoghurt Fresh Fruit Salad	Selection of Cereals Yoghurt Fresh Fruit Salad
	Porridge Pork Sausages Boiled Eggs Baked Beans Hash Browns	Porridge Grilled bacon Fried Eggs Grilled Tomatoes Croissants	Porridge Pork Sausages Poached Eggs Baked Beans Avocado and Cream Cheese	Porridge Grilled Bacon Boiled Eggs Grilled Tomatoes Croissants	Porridge Cumberland Sausages Fried Eggs Baked Beans Sweet Waffles with Syrup	Porridge Grilled Bacon with floured Baps Grilled Tomatoes Scrambled Eggs	Porridge Pork Sausages Poached Eggs Baked Beans Potato Smilies
	Toast and Preserves Bagels Gluten Free Sausages	Toast and Preserves  Gluten Free Sausages	Toast and Preserves Bagels Gluten Free Sausages	Toast and Preserves  Gluten Free Sausages	Toast and Preserves Bagels Gluten Free Sausages	Toast and Preserves  Gluten Free Sausages	Toast and Preserves  Gluten Free Sausages
LUNCH Soup	Cream of Onion Soup <b>GF</b> Freshly Baked Bread Croutons	Lentil and Red Pepper Soup <b>GF</b> Freshly Baked Bread Croutons	Celeriac and Apple Soup <b>GF</b> Freshly Baked Bread Croutons	Green Spilt Pea and Bacon Soup <b>GF</b> Freshly Baked Bread Croutons	Cream of Tomato Soup <b>GF</b> Freshly Baked Bread Croutons	Fresh Soup of the Day <b>GF</b> Freshly Baked Bread Croutons	Fresh Soup of the Day <b>GF</b> Freshly Baked Bread Croutons
Comfort	Braised Pork and Leek Sausages on Creamed Cabbage	Teriyaki Fillet of Salmon, Chinese Vegetables and Noodles  <b>GF available</b>	Minced Beef Bobotie, with an Apricot Blatjang	Roast Loin of Pork, Sage, Orange Sausage meat Stuffing, Apple Sauce  <b>GF</b>	Breaded Haddock Homemade Tartare Sauce Lemon Wedges  <b>GF Fish available</b>	Turkey Nasi Goreng with Coconut Curry Sauce and Prawn Crackers  <b>GF</b>	Roast Topside of Beef, <b>GF</b> Yorkshire Pudding and Horseradish Sauce
Vegetarian Choice	Roasted Root Vegetable Tagine, Scented Rice <b>GF</b>	Gnocchi with Baked Aubergine and Tomato Sauce	Barley and Lentil Risotto	Leek, Chickpea and Saffron Pie, Creamy White Onion Sauce	Baked Beef Tomatoes stuffed with Lemon Quinoa and Courgettes <b>GF</b>	Quorn and Vegetable Lasagne	Vegetable Spring Rolls with Stir Fried Shredded Vegetables and Black Bean
Bistro/ Pasta	Baked Sweet Potatoes Choice of Toppings	Baked Jacket Potato Baked Beans Grated Cheese Chilli Beef	Pasta Bar with Tomato and Chilli Creamy Mushrooms <b>GF available</b>	Jacket Potatoes with Baked Beans and Cream Cheese <b>GF</b>	Baked Potatoes with Vegetarian and Meat Filling	Penne Paste with Carbonara Sauce and Garlic Bread <b>GF available</b>	Roast Potatoes
Potato and Sides	Mash Potatoes Mélange of Fresh Vegetables	Baked Potato Chive Potatoes Steamed Pak Choy	Baked Potato Cauliflower Polognaise Garden Peas	Roasted Potatoes Steamed Cabbage	French Fries Peas Mushy Peas Curry Sauce	Stir fried Vegetable with Spring Onions and Ginger	Buttered Carrots Fresh Broccoli Florets
Last Stop	Rice Pudding with Apple and Cinnamon topping and Jam Sauce Fresh Fruit Salad Yoghurts	Cherry Bakewell-Less Tart with Custard Sauce  Fresh Fruit Salad Yoghurts	<b>Display of Cold Pastries and Traybakes</b>  Fresh Fruit Salad Yoghurts	Apple and Toffee Crumble with Custard Sauce  Fresh Fruit Salad Yoghurts	Mincemeat and Orange Jalousie with Custard Sauce  Fresh Fruit Salad Yoghurts	Blackcurrant Cheesecake  Fresh Fruit Salad Yoghurts	Steamed Syrup and Lemon Pudding with Custard Sauce
Soup	Soup of the Day Freshly Baked Bread	Soup of the Day Freshly Baked Bread	Soup of the Day Freshly Baked Bread	Soup of the Day Freshly Baked Bread	Soup of the Day Freshly Baked Bread	Soup of the Day Freshly Baked Bread	Soup of the Day Freshly Baked Bread
Comfort	<b>Steak n Rubs</b> Seared mini Steaks rubbed with Cajun and Paprika rubs. Cooked Medium, served with Subs, Onions and Sauces <b>GF available</b>	Crispy Southern Fried Chicken, Fried Greens Katsu Sauce And Yellow Rice  <b>GF Chicken available</b>	Spaghetti Bolognaise  <b>GF pasta available</b>	<b>Curry Night</b> Beef Rendang  Murgh Pakora  Fragrant Coconut Rice <b>GF</b>	Chicken Pie	Barbeque Spare Ribs With Special Fried Rice  <b>GF</b>	<b>Pasta Bar Night</b> Ham, Peas and Cream Sauce  Salmon and Dill Sauce  <b>GF available</b>
Vegetarian Choice	Pea & Mint Falafal with Onion Relish	Crispy Smoked Tofu, Fried Greens, Katsu Sauce And Yellow Rice	Quorn and Vegetable Spaghetti Bolognaise  <b>GF pasta available</b>	Spiced Aubergine, Courgette and Tofu Fragrant Coconut Rice <b>GF</b>	Tomato, Spinach, Olive and Feta Pizza  <b>GF</b>	Broccoli and Red Leicester Quiche	Roasted Vegetable and Sundried Tomatoes Red Pesto Dressing Green Pesto Dressing <b>GF available</b>
Salad Bar	Green Salad House Slaw Tomato and Mozzarella Roasted Vegetables Continental Meats Philadelphia Cheese	Pick n Mix Salads Bread Selection Philadelphia Cheese and Roast Beef	Tossed Mixed Salad Tabbouleh Salad Coriander Coleslaw Mixed Tomato and Chive	Asian Coleslaw Cucumber, Mint and Chilli Tomato Sambal Avocado and Fennel Philadelphia Cheese	Pick n Mix Salads Bread Selection Philadelphia Cheese Honey Roast Ham	Green Salad House Slaw Tomato and Mozzarella Roasted Vegetables Continental Meats Philadelphia Cheese	A Selection of Single Salads to compliment the above
Sides	Curly Fries Minted peas Grilled Tomatoes	Fried Greens and Sauté Red Onions	Garlic Bread Soured Cream and Parmesan	Saag Aloo, Lentil Dhal, Naan Breads, Pickles	Mashed Potato Peas Courgette Provençale	Tortilla Chips Guacamole Tomato Salsa	Parmesan Shavings
Last Stop	Chocolate Fudge Cake Fresh Fruit Salad Yoghurts	Shortbread biscuits Cheeseboard Sliced Fresh Fruit	Lemon Tart Fresh Fruit Salad Yoghurts	Iced Banana Cake Cheeseboard Sliced Fresh Fruit	Chocolate Doughnuts Fresh Fruit Salad Yoghurts	Cheeseboard with Breads, Grapes and Fresh Fruit	Vanilla Pannacotta, Pears in lemon Syrup Yoghurts