



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Spiced cauliflower soup served with crispy croutons and sunflower/pumpkin/mixed seeds	Lentil soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Potato & Leek soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Cream of Chicken soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Broth served with crispy croutons and sunflower / pumpkin / mixed seeds
<b>PREMIUM UNIT PRODUCED BREAD</b>	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls
<b>MAIN MEAL OPTION</b>	Roast chicken with Gravy (Breast of chicken in a rich gravy sauce)	Marzetti (Minced beef in a creamy tomato sauce with pasta)	Chicken wraps (Crispy breaded chicken or BBQ chicken)	Chilli Con Carne (Minced beef in a spicy tomato sauce)	Fillet of sustainable breaded haddock served with a lemon wedge & tartare sauce Oven baked cod fish fingers Breaded chicken
<b>VEGETARIAN OPTION</b>	Chickpea Bolognese (Chickpeas in a garlic bolognese sauce)	Vegetable Marzetti (Seasonal vegetables in a creamy tomato sauce)	Vegetarian wrap	Vegetable chilli (Chunky vegetables in a basil & garlic spicy sauce)	Chilli poppers (Cream cheese & red peppers in breadcrumbs)
<b>FRESHLY BAKED SNACKS</b>	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple
<b>SIDE ORDERS</b>	Peas Sweetcorn Boiled Potatoes	Garlic Bread Green Beans Sliced Carrots	Seasonal tossed salad Wrap	Boiled rice Baby corn Peas	Baked beans Mushy peas Chips Curry Sauce
<b>SALAD BAR</b>	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	
<b>DESSERTS</b>	Raspberry delight Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Chocolate sponge & custard Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Ice cream tub Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Yoghurt Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Happy Friday! Special treat Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis



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<b>SOUP</b>	Sweet potato & chilli soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Spiced noodle soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Smoked ham & pea soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Cream of mushroom soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Vegetable soup served with crispy croutons and sunflower / pumpkin / mixed seeds
<b>PREMIUM UNIT PRODUCED BREAD</b>	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls
<b>MAIN MEAL OPTION</b>	Bangers & mash (Pork sausages in a rich jus & mash)	Chicken korma (Diced chicken in a creamy korma sauce)	Chicken wraps (Crispy chicken or sweet chilli chicken)	Beef lasagne (Minced beef in a garlic, chopped tomatoes & herb sauce with pasta strips)	Fillet of sustainable breaded haddock served with a lemon wedge & tartare sauce Oven baked cod fish fingers Breaded chicken
<b>VEGETARIAN OPTION</b>	Vegetable sausages & mash (Vegetable sausages in a rich jus & mash)	Vegetarian korma (Diced vegetables in a creamy korma sauce)	Vegetarian wrap	Vegetable lasagne (Seasonal vegetables in a garlic & herb cream)	Quorn nuggets (Deep fried crumbed quorn)
<b>FRESHLY BAKED SNACKS</b>	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple
<b>SIDE ORDERS</b>	Mashed potato Peas Baked beans	Basmati rice Poppadoms Baby corn	Seasonal tossed salad Wrap	Crusty bread Sliced carrots Broccoli	Baked beans Mushy peas Chips Curry Sauce
<b>SALAD BAR</b>	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	
<b>DESSERTS</b>	Apple crumble & custard Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Jelly & cream Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Chocolate fudge cake Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Yoghurt Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Happy Friday! Special treat Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis



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<b>SOUP</b>	Cream of chicken soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Curried parsnip soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Potato soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Carrot & coriander soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Tomato & red pepper soup served with crispy croutons and sunflower / pumpkin / mixed seeds
<b>PREMIUM UNIT PRODUCED BREAD</b>	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls
<b>MAIN MEAL OPTION</b>	Meatballs (Pork meatballs in a gravy sauce)	Roast pork (Roast pork in gravy)	Chicken wraps (Crispy chicken or cajun chicken)	Nachos (Minced beef, chilli or salsa sauce served with nacho chips)	Fillet of sustainable breaded haddock served with a lemon wedge & tartare sauce Oven baked cod fish fingers Breaded chicken
<b>VEGETARIAN OPTION</b>	Vegetable casserole (Chunky root vegetables in a seasonal gravy topped with sliced potato)	Cauliflower cheese (Cauliflower in a cheese sauce)	Vegetarian wraps	Salsa Nachos	Quorn Nuggets (Depp fried crumbed quorn)
<b>FRESHLY BAKED SNACKS</b>	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple
<b>SIDE ORDERS</b>	Mashed potato Carrots Sugar snap peas	Baby boiled potatoes Peas Turnip	Seasonal tossed salad	Salsa Tortillas Jalapeno Sour cream	Baked beans Mushy peas Chips Curry Sauce
<b>SALAD BAR</b>	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	
<b>DESSERTS</b>	Syrup sponge & custard Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit couli	Butterscotch mousse Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Gateau & cream Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Yoghurt Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Happy Friday! Special treat Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis



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<b>SOUP</b>	Chicken & rice soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Cream of courgette soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Minestrone soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Lentil soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Cream of vegetable soup served with crispy croutons and sunflower / pumpkin / mixed seeds
<b>PREMIUM UNIT PRODUCED BREAD</b>	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls
<b>MAIN MEAL OPTION</b>	Spaghetti bolognese (minced beef in a rich tomato sauce served with pasta)	Supreme of chicken (Breast of chicken in a creamy sauce)	Chicken wraps (Crispy breaded chicken or BBQ chicken)	Pizza Bar Flavours- Cajun chicken Ham & pineapple Pepperoni	Fillet of sustainable breaded haddock served with a lemon wedge & tartare sauce Oven baked cod fish fingers Breaded chicken
<b>VEGETARIAN OPTION</b>	Vegetable mince pie (Quorn mince in a vegetable gravy)	Supreme of vegetables (Seasonal vegetables in a creamy sauce)	Vegetarian wraps	Vegetable pizza	Quorn Nuggets (v) (Deep fried crumbed quorn)
<b>FRESHLY BAKED SNACKS</b>	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple
<b>SIDE ORDERS</b>	Spaghetti Peas Carrots	Boiled Rice Mixed vegetables Mange tout	Seasonal tossed salad	Wedges Tossed salad	Baked beans Mushy peas Chips Curry Sauce
<b>SALAD BAR</b>	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	
<b>DESSERTS</b>	Iced sponge & custard Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Chocolate delight Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Apple sponge & custard Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Fresh fruit salad Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Happy Friday! Special treat Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis



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<b>SOUP</b>	Lentil soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Smoked ham & pea soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Broccoli & stilton soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Cream of mushroom soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Potato soup served with crispy croutons and sunflower / pumpkin / mixed seeds
<b>PREMIUM UNIT PRODUCED BREAD</b>	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls
<b>MAIN MEAL OPTION</b>	Steak pie (Braised beef in a gravy & flaky pastry)	Sausage pasta (Diced sausage in a creamy tomato sauce)	Burger bar (Beef & chicken burgers in a bun)	Chinese curry (Diced breast of chicken in a mild curry sauce)	Fillet of sustainable breaded haddock served with a lemon wedge & tartare sauce Oven baked cod fish fingers Breaded chicken
<b>VEGETARIAN OPTION</b>	Forest mushroom & a wild rocket tart (Mixed mushrooms, egg & rocket in pastry)	Vegetable carbonara (Diced vegetables in a creamy garlic & herb sauce)	Vegetarian burgers (Breaded vegetables in a bun)	Vegetable curry (seasonal vegetables in a curry sauce)	Macaroni & double cheese bake (Classic macaroni pasta bound in a delicious mornay sauce with double cheese) Trade up- Garlic bread
<b>FRESHLY BAKED SNACKS</b>	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Various panini. Choice of 3 options Mixed toasties  Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple
<b>SIDE ORDERS</b>	Roast potatoes Peas Sliced carrots	Crusty roll Sweetcorn	Seasonal tossed salad Wedges	Rice Prawn crackers Peas	Baked beans Mushy peas Chips Curry Sauce
<b>SALAD BAR</b>	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	
<b>DESSERTS</b>	Raspberry delight Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Jelly Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Chocolate sponge & custard Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Mixed melon Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Happy Friday! Special treat Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis



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<b>SOUP</b>	Chicken noodle soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Tomato soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Barley broth served with crispy croutons and sunflower / pumpkin / mixed seeds	Carrot & corriander served with crispy croutons and sunflower / pumpkin / mixed seeds	Yellow split pea soup served with crispy croutons and sunflower / pumpkin / mixed seeds
<b>PREMIUM UNIT PRODUCED BREAD</b>	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls	Freshly baked bread / wholemeal & white rolls
<b>MAIN MEAL OPTION</b>	Mince pie (Savoury mince topped with puff pastry)	Chicken tikka (Diced chicken breast in a creamy tikka sauce)	Chicken wraps (Crispy breaded chicken or thai green curry chicken)	Roast beef & Yorkshire pudding (Sliced beef in a rich jus and Yorkshire pudding)	Fillet of sustainable breaded haddock served with a lemon wedge & tartare sauce Oven baked cod fish fingers Breaded chicken
<b>VEGETARIAN OPTION</b>	Vegetable bolognese (Chunky vegetables in a garlic, herb & tomato sauce)	Vegetable tikka (Seasonal vegetables in a creamy tikka sauce)	Vegetarian wraps	Chunky vegetable curry (Seasonal vegetables in a curry sauce)	Vegetable nuggets
<b>FRESHLY BAKED SNACKS</b>	Various panini. Choice of 3 options Mixed toasties	Various panini. Choice of 3 options Mixed toasties	Various panini. Choice of 3 options Mixed toasties	Various panini. Choice of 3 options Mixed toasties	Various panini. Choice of 3 options Mixed toasties
	Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple	Baked jacket potato with a choice of 2 fillings. Options may include: cheese, tuna mayo, coleslaw, cottage cheese & pineapple
<b>SIDE ORDERS</b>	Mash Peas Diced turnip	Boiled rice Sugar snap peas Naan bread	Seasonal tossed salad	Noisette potatoes Turnip Green beans	Baked beans Mushy peas Chips Curry Sauce
<b>SALAD BAR</b>	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	A selection of 8 nude, protein, composite, green and simple salad options	
<b>DESSERTS</b>	Ice cream tub Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Chocolate sponge & chocolate sauce Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Cheesecake Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Fresh fruit salad Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Happy Friday! Special treat Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis