



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	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
PREMIUM UNIT PRODUCED BREAD	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
MAIN MEAL OPTION	Roast beef with Gravy (in a rich gravy sauce)	Chicken Carbonara (Chicken in a creamy carbonara sauce with pasta)	Sausage Rolls	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
VEGETARIAN OPTION	Chickpea Bolognese (Chickpeas in a garlic bolognese sauce)	Vegetable Carbonara (Seasonal vegetables in a creamy carbonara sauce)	Vegetarian wrap	Vegetable chilli (Chunky vegetables in a basil & garlic spicy sauce)	Chilli poppers (Cream cheese & red peppers in breadcrumbs)
FRESHLY BAKED SNACKS	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
SIDE ORDERS	Peas Sweetcorn Boiled Potatoes	Garlic Bread Green Beans Sliced Carrots	Croquettes Spaghetti hoops	Boiled rice Baby corn Peas	Baked beans Mushy peas Chips Curry Sauce
SALAD BAR	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	
DESSERTS	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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SOUP	Sweet potato & chilli soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Chicken noodle soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Green 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
PREMIUM UNIT PRODUCED BREAD	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
MAIN MEAL OPTION	Bangers & mash (Pork sausages in a rich jus & mash)	Chicken katsu curry (Diced chicken in a creamy katsu 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
VEGETARIAN OPTION	Vegetable sausages & mash (Vegetable sausages in a rich jus & mash)	Vegetarian katsu (Diced vegetables in a creamy katsu sauce)	Vegetarian wrap	Vegetable lasagne (Seasonal vegetables in a garlic & herb cream)	Quorn nuggets (Deep fried crumbed quorn)
FRESHLY BAKED SNACKS	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
SIDE ORDERS	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
SALAD BAR	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	
DESSERTS	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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SOUP	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
PREMIUM UNIT PRODUCED BREAD	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
MAIN MEAL OPTION	Meatballs (Pork meatballs in a gravy sauce)	Sweet n sour chicken (Diced chicken in a sweet n sour sauce)	Chicken wraps (Crispy breaded chicken or Beef burger)	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
VEGETARIAN OPTION	Mushroom Ravioli	Cheese & tomato quiche	Vegetarian burger	Salsa Nachos	Quorn Nuggets (Depp fried crumbed quorn)
FRESHLY BAKED SNACKS	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
SIDE ORDERS	Mashed potato Carrots Sugar snap peas	Rice Peas Turnip	Seasonal tossed salad Wedges	Salsa Tortillas Jalapeno Sour cream	Baked beans Mushy peas Chips Curry Sauce
SALAD BAR	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	
DESSERTS	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	Apple sponge & 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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SOUP	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
PREMIUM UNIT PRODUCED BREAD	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
MAIN MEAL OPTION	Spaghetti bolognese (minced beef in a rich tomato sauce served with pasta)	Chicken pesto pasta (Diced chicken and pesto sauce with pasta)	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
VEGETARIAN OPTION	Vegetable mince pie (Quorn mince in a vegetable gravy)	Vegetable pesto pasta	Vegetarian wraps	Vegetable pizza	Quorn Nuggets (v) (Deep fried crumbed quorn)
FRESHLY BAKED SNACKS	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
SIDE ORDERS	Spaghetti Peas Carrots	Garlic bread Mixed vegetables Mange tout	Seasonal tossed salad	Wedges Tossed salad	Baked beans Mushy peas Chips Curry Sauce
SALAD BAR	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	
DESSERTS	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	Creamed Rice 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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SOUP	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
PREMIUM UNIT PRODUCED BREAD	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
MAIN MEAL OPTION	Steak pie (Braised beef in a gravy & flaky pastry)	Sausage pasta (Diced sausage in a creamy tomato sauce)	Beef Stroganoff (Beef in a stroganoff sauce)	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
VEGETARIAN OPTION	Forest mushroom & a wild rocket tart (Mixed mushrooms, egg & rocket in pastry)	Vegetable carbonara (Diced vegetables in a creamy garlic & herb sauce)	Vegetarian stroganoff (Seasonal vegetables in a stroganoff sauce)	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
FRESHLY BAKED SNACKS	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
SIDE ORDERS	Roast potatoes Peas Sliced carrots	Crusty roll Sweetcorn	Green beans/roast peppers Wedges	Rice Prawn crackers Peas	Baked beans Mushy peas Chips Curry Sauce
SALAD BAR	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	
DESSERTS	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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SOUP	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 & coriander served with crispy croutons and sunflower / pumpkin / mixed seeds	Yellow split pea soup served with crispy croutons and sunflower / pumpkin / mixed seeds
PREMIUM UNIT PRODUCED BREAD	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
MAIN MEAL OPTION	Mince pie (Savoury mince topped with puff pastry)	Chicken fried rice	Chicken wraps (Crispy breaded chicken or thai green curry chicken)	Gammon steak	Fillet of sustainable breaded haddock served with a lemon wedge & tartare sauce Oven baked cod fish fingers Breaded chicken
VEGETARIAN OPTION	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
FRESHLY BAKED SNACKS	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
SIDE ORDERS	Mash Peas Diced turnip	Prawn crackers	Seasonal tossed salad	Noisette potatoes Turnip Green beans	Baked beans Mushy peas Chips Curry Sauce
SALAD BAR	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	
DESSERTS	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