



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chicken Noodle soup served with crispy croutons and sunflower/ pumpkin/mixed seeds	Cream of Tomato soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Yellow Split Pea soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Carrot and Coriander soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Yellow Split Pea 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 square)	Beef Jalfrezi (Beef in a spicy Jalfrezi sauce)	Chicken wraps (Crispy breaded chicken or Thai green curry chicken)	Macaroni (Double cheese sauce)	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 and tomato bolognese sauce)	Jalfrezi vegetables (Vegetables in a spicy jalfrezi sauce)	Vegetarian wrap	Macaroni (Double cheese sauce)	Vegetable nuggets (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 Mash	Boiled rice Sweetcorn	Seasonal tossed salad Wrap	Green beans Garlic bread	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	Banoffee Mess 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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Green split pea soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Lentil & tomato soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Cream of mushroom soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Cauliflower 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))	Chicken pesto pasta (Diced chicken & pasta in a pesto sauce)	Pizza Bar (Various mixed pizza)	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 and wild rocket tart (Mixed mushrooms, egg and rocket in pastry)	Vegetable risotto (Diced vegetables in a creamy garlic & herb risotto sauce)	Vegetarian pizza	Vegetable curry (Seasonal vegetables in a curry sauce)	Bean & Squash Tagine
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 potato Peas Sliced carrots	Crusty roll Sweetcorn	Seasonal tossed salad Wedges	Rice Prawn crackers Peas/carrots	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	Strawberry jelly pots 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	Fresh fruit or 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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	Chicken Katsu	Bangers & Mash (Pork sausages in a rich jus & mash)	Chicken wraps (Crispy chicken or cajun chicken)	Deli Bar Day (Various filling with baguettes)	Fillet of sustainable breaded haddock served with a lemon wedge & tartare sauce Oven baked cod fish fingers Breaded chicken
VEGETARIAN OPTION	Vegetarian Burrito	Vegetarian Sausage & Mash (Vegetable sausages in a rich jus & mash)	Vegetarian wraps	Deli Bar Day (Various filling with baguettes)	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	Rice Baby corn	Mashed potato Peas Baked beans	Seasonal 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	Pear crumble & cream Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit couli	Orange jelly pots Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Jam & coconut sponge Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Yoghurt & coulis 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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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)	Roast chicken (In a rich gravy)	Chicken wraps (Crispy breaded chicken or BBQ chicken)	Tomato pasta	Fillet of sustainable breaded haddock served with a lemon wedge & tartare sauce Oven baked cod fish fingers Breaded chicken
VEGETARIAN OPTION	Vegetable bolognaise (Quorn mince in a rich tomato sauce)	Mushroom Ravioli	Vegetarian wraps	Tomato Gnocchi	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	Boiled Potatoes Mixed vegetables Maple parsnips	Seasonal tossed salad	Peas Crusty bread	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	Apple pie & cream Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Strawberry jelly pots Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Fresh fruit tub 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



	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY
SOUP	Cream of sweetcorn 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)	Chicken Korma (Diced chicken in a creamy korma sauce)	Burger bar (Beef & chicken burgers in a bun)	Nachos (Miced 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	Quorn meatballs	Vegetable Korma (Diced vegetables in a creay korma sauce)	Vegetrian burgers (Breaded vegetables in a bun)	Salsa nachos	Vegetable 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 potatoes Carrots Sugarsnap peas	Rice Peas Naan bread	Seasonal tossed salad Wedges	Salsa Tortillas Jalapenos Sour Cream	Baked beans Mushy peas Chips Curry Suace
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 coulis	Butterscotch Mousse Seasonal fruit basket Selection of probiotic yoghurts served with granola / fruit coulis	Rice pudding 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



	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY
SOUP	Cream of Cauliflower soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Lentil soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Potato & Leek served with crispy croutons and sunflower / pumpkin / mixed seeds	Cream of Chicken soup served with crispy croutons and sunflower / pumpkin / mixed seeds	Broth 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	Chicken carbonara (Chicken in a creamy carbonara sauce with pasta)	Roast pork with apple gravy (In a rich apple gravy sauce with yorkshre pudding)	Sausage rolls (Rolled pork meat in flaky pastry)	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	Vegetable Carbonara (Vegetables in a creamy carbonara sauce with pasta)	Chickpea Bolognese Chickpeas in a garlic Bolognese sauce)	Creamy tomato pasta bake	Vegetable chilli (Chunky vegetables in a basil & garlic spicy sauce)	Macaroni bites (Classic macaroni pasta bound in a delicious mornay sauce with double the cheese coated 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	Garlic bread Peas Sweetcorn	Boiled potatoes Green beans Sliced carrots	Noisettes potatoes Spaghetti hoops	Boiled rice Babycorn 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	Tiffin 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