

# Breakfast menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Chilled fruit juices  
Fresh milk  
Hot Chocolate, Tea.

Daily selection of breakfast cereals with toppings and milk

Wholemeal or white toast with butter, flora, jams, marmalades or marmite

Fried Eggs and Mushrooms  Whole Fresh Fruit	Hash Browns Baked Beans  Fresh Fruit Pots	Scrambled Eggs Grilled Tomatoes  Whole Fresh Fruit	Fresh Watermelon  Porridge topped with Honey or Jam	Warm Butter Croissants Fresh Fruit Pots	Grilled Bacon, Baked Beans	Welsh Rarebit on Toast  Whole Fresh Fruit
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# Lunch menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade soups	Selection of home baked breads, toppings and accompaniments						
	Carrot and Coriander	Winter Vegetable	Spinach, Courgette & Potato	Tomato and basil	Butternut Squash		
Main meal	Chicken Korma with Pilau Rice	Beef Sausages with Caramelized Onions	Steak and Potato Pie with Red Wine Gravy	Roast Turkey with Cranberry sauce	Battered Alaskan Pollock , Salmon Fish Fingers or Chef's Steamed Fish of the Day	Spaghetti Carbonara	
Vegetarian week	Cheese, Tomato and Onion Omelet	Roast Vegetables with couscous (aubergines, courgettes, carrots, Sweet Potato and cherry tomatoes)	Peppers Stuffed with Mediterranean vegetables & feta cheese	Hungarian Vegetable Goulash (parsnips, carrots, turnip, peppers, swede and chilli)	Quorn Sausages with Fried Onions	Spaghetti Alfredo Mixed Salad	
On the side...	Rice Broccoli Florets Sweet corn	Mashed Potatoes Seared Courgette Carrots	Roasted New potatoes Whole Green Beans Cauliflower	Roast Potatoes Baton Carrots Braised Savoy cabbage	Chunky Chips Peas Grilled Tomatoes	Medley of Roasted Vegetables	
Jacket and Pasta Bar	Cheddar Cheese Sauce	Carbonara Sauce	Red Leicester and Caramelized Onion	Mushroom Sauce	Parsley, Cheese and Chive	Jacket Potato with Tuna mayonnaise or	
	Baked beans	5 Bean Chili	Classic Tomato sauce	Ratatouille	Arabiatta sauce	Grated Cheese	
Something sweet	Jam sponge and Pouring Cream	Toffee Apple Crumble and Custard	Lemon drizzle cake	Chocolate Rice Pudding	Bread and Butter Pud	Chocolate and Cherry Gateau	
Fresh fruit & yogurt pots	Fruit salad pots and selection of seasonal fresh fruit served in peak condition, ripened and ready to eat. Variety of homemade yogurt pots with toppings available daily.						



# Boarder's supper menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Bread</b>	Selection of home baked breads						
<b>Main meal</b>	Cajun Chicken with Steamed Rice	Shepherd's Pie (Lamb)	Stir fry chicken and Vegetables in Black bean Sauce	Italian Meatballs in a Classic Tomato and Basil Sauce	Homemade Pizza	Homemade Chicken sausage Rolls	Gammon Steak topped with Pineapple
<b>On the side...</b>	Corn on the cob Green salad	Roast Carrots and Parsnips	Egg Noodles Asian Inspired Salad	Pasta in a Light Pesto Dressing. Mixed Leaf Salad	Oven Baked Wedges, Baked Beans	Lyonnaise Potatoes, Broccoli Mornay	Roast Potatoes Roasted Carrots
<b>Make your own salad or sandwich from our selection of breads, salads, cold meats and cheese</b>							
<b>Something sweet</b>	Syrup Sponge and Custard	Homemade Cookies	Victoria Sponge	Fruit Jellies	Ice-cream with Winter Fruits	Fresh Fruit Platter	Chocolate Brownie
<b>Fresh fruit</b>	A selection of seasonal fresh fruit served in peak condition, ripened and ready to eat						



# Tea menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Activity Snack	Cheese and Tomato Quesquedilla Or Bread with jam, honey or cream cheese	Ham and Cheese Muffins Or Bread with jam, honey or cream cheese	<b>MATCH TEA</b> Sausages with jacket wedges	A selection of Sponge Cakes and Biscuits Or Bread with jam, honey or cream cheese	Pizza Slices Or Bread with jam, honey or cream cheese



# Salad bar menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Main selection</b>	Tomato wedges Cucumber slices Iceberg lettuce Grated carrot Diced beetroot Coleslaw	Cherry tomatoes Diced cucumber Mixed leaves Sweet corn Sliced beetroot Coleslaw	Tomato wedges Cucumber slices Iceberg lettuce Grated carrot Diced beetroot Coleslaw	Cherry tomatoes Diced cucumber Mixed leaves Sweet corn Celery sticks Sliced beetroot Coleslaw	Tomato wedges Cucumber slices Iceberg lettuce Grated carrot Diced beetroot Croutons Coleslaw	Cherry tomatoes Diced cucumber Mixed leaves Sweet corn Celery sticks Sliced beetroot Coleslaw	
<b>Mixed options</b>	Pineapple and rice salad	Florida Salad, (Orange segments, Sultanas, Chunky Celery and Pasta Tossed in a Light Mayonnaise)	Mixed herb leaves  Five bean salad	Broccoli with toasted seed and light soy dressing	Asian vegetable salad with sesame seeds	Rice and peas with mixed peppers	
<b>Proteins</b>	Grated cheddar Tuna Honey roast ham Cottage cheese with spring onion	Grated red Leicester Sliced turkey breast Prawn Salsa in Little Gem	Grated cheddar Boiled Eggs Smoked mackerel Honey roast ham	Grated red Leicester Tuna Mayonnaise Greek Salad	Grated cheddar Tuna mayonnaise Boiled eggs Cottage cheese	Smoked Salmon Salad	
<b>Dressings</b>	Mayonnaise, House Dressing, Pickle , Balsamic Vinegar, Olive Oil available daily						