





# BREAKFAST WEEK 1

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HYDRATION</b>	Sparkling Lime & Mint	Orange Juice	Fruit Smoothie	Watermelon & Raspberry	Fruit Smoothie
<b>BREAKFAST</b>	 Fresh Waffles with Fruit, Cream & Compote	"Leon" Style Breakfast Muffins  Bacon & Egg With Tomato Jam	Chicken Sausage Bacon Hash Browns Baked Beans Scrambled Egg	 Omelette bar with Ham, Cheese, Tomato, Peppers & Onions	Ham & Mozzarella Croissant
<b>BREAKFAST OPTION 2</b>	Pastry Selection	Smashed Avocado & Halloumi Muffin	Sweet Potato Falafel Glamorgan Sausage	As Above	Mozzarella & Tomato Croissant
<b>TOAST</b>	Toast Preserves Bagels Crumpets Muffins	Toast Preserves Bagels Crumpets Muffins	Toast Preserves Bagels Crumpets Muffins	Toast Preserves Bagels Crumpets Muffins	Toast Preserves Bagels, Crumpets, muffins
<b>FRUIT</b>	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection
<b>Breakfast station</b>	Porridge Cereal Yoghurt Toppings	Porridge Cereal Yoghurt Toppings	Porridge Cereal Yoghurt Toppings	Porridge Cereal Yoghurt Toppings	Porridge Cereal Yoghurt Toppings





# BREAKFAST WEEK 2

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HYDRATION</b>	Sparkling Lime & Mint	Apple Juice	Fruit Smoothie	Watermelon & Raspberry	Fruit Smoothie
<b>BREAKFAST</b>	 Build-A-Bagel Bacon, Fried Egg, Avocado, Sausage	"Breakfast Wraps"  Scrambled Egg, Bacon, Cheese & Tomato	Chicken Sausage Bacon Hash Browns Baked Beans Scrambled Egg	 American Style Pancakes Fruit Compote, Vanilla Cream, Chocolate Sauce	"Breakfast Pots"  Baked Beans Hash Brown Poached Egg
<b>BREAKFAST OPTION 2</b>	Pastry Selection	Scrambled Egg, Smashed Avocado & Halloumi	Sweet Potato Falafel Glamorgan Sausage	As Above	Baked Beans Hash Browns, Grilled Tomato & Halloumi
<b>TOAST</b>	Toast Preserves Bagels Crumpets Muffins	Toast Preserves Bagels Crumpets Muffins	Toast Preserves Bagels Crumpets Muffins	Toast Preserves Bagels Crumpets Muffins	Toast Preserves Bagels Crumpets Muffins
<b>FRUIT</b>	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection
<b>Breakfast station</b>	Porridge Cereal Yoghurt Toppings	Porridge Cereal Yoghurt Toppings	Porridge Cereal Yoghurt Toppings	Porridge Cereal Yoghurt Toppings	Porridge Cereal Yoghurt Toppings





# BREAK WEEK 1

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Flavour of the day	Flavour of the day	Flavour of the day	Flavour of the day	Flavour of the day
SWEET SNACK	Giant Pretzels	Oatmeal & Raisin Cookies	Mini Doughnut Balls	Shortbread Bars	Sticky Toffee Popcorn – Homemade
HOMEMADE SNACK	Gingerbread Biscuits	 Muffin Selection	Chocolate Chip Cookie	 Chocolate Boost it Brownie	Pizza Bread Focaccia
SMOOTHIE	Flavour of the day	Flavour of the day	Flavour of the day	Flavour of the day	Flavour of the day
POTS	Vegetable Samosa With Sweet Chilli Sauce	Nacho pot with Salsa & Sour Cream	Potato Wedges With Melted Cheese	Hummus & Pitta Bread	Churros with Chocolate Sauce
FRESH FRUIT	Fresh fruit of the day	Fresh fruit of the day	Fresh fruit of the day	Fresh fruit of the day	Fresh fruit of the day







# BREAK WEEK 2

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Flavour of the day	Flavour of the day	Flavour of the day	Flavour of the day	Flavour of the day
SWEET SNACK	Ring Donut Selection	Double Chocolate Chip Cookie	Lemon Drizzle Cake	Chocolate Shortbread Bars	S'mores Style Popcorn – Homemade
HOMEMADE SNACK	Gingerbread People	 Muffin Selection	Pizza Topped Garlic Bread	 Chocolate Boost it Brownie	Yum Yums
SMOOTHIE	Flavour of the day	Flavour of the day	Flavour of the day	Flavour of the day	Flavour of the day
POTS	Sweet Potato Wedges With Tomato Salsa	Mozzarella Sticks With Paprika Mayo	Mini Spring Rolls With Sweet Chilli Sauce	Mini Herb & Garlic Potatoes with Sour Cream	Tortilla Pot With American Style Cheese Sauce
FRESH FRUIT	Fresh fruit of the day	Fresh fruit of the day	Fresh fruit of the day	Fresh fruit of the day	Fresh fruit of the day













# LUNCH MENU WEEK 1

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE 1</b>	 Macaroni Cheese	 Minced Beef & Vegetable Casserole	"Roast Day" Choice of Gammon or Turkey	Buttered Chicken	"Chip Shop Friday" Mini Fish Fillet with Tartare Sauce
<b>MAIN COURSE 2</b>	Macaroni Cheese	Quorn & Vegetable Casserole	 Chickpea & Vegetable "No Nut" Roast	 Sweet Potato & Chickpea Curry	Battered Quorn Sausages
<b>ON THE SIDE</b>	Garlic Bread Sweetcorn Wilted Greens	Steamed New Potatoes Garlic Roasted Carrots Green Beans	Roast Potato, Mixed Root Vegetables Braised Red Cabbage Gravy	Steamed Pilau Rice Naan Bread Cabbage, Carrot & Coconut	French Fries Garden Peas Mushy Peas Ketchup & Mayo
<b>PASTA OR JACKETS</b>	Jacket Potato with Cheese & Baked Beans	Pasta in Cheese Sauce with Toppings	Jacket Potato with Cheese & Baked Beans	Tomato & Basil Pasta With Toppings	Jacket Potato with Cheese & Baked Beans
<b>GRAB &amp; GO BAR</b>	Selection of Baguettes	Selection of Sandwiches	Selection of Bagels	Selection of Rolls	Selection of Sandwiches
<b>DESSERT</b>	"Scrumble Bar" Build Your Own Crumble Bar	Raspberry Mousse Pots	Apple Strudel With Custard	Mocha Cake	Traditional Cheesecake
<b>FRUIT &amp; POTS</b>	Selection of Whole & Cut Fruit Layered Pots, Yoghurts & Jellies	Selection of Whole & Cut Fruit Layered Pots, Yoghurts & Jellies	Selection of Whole & Cut Fruit Layered Pots, Yoghurts & Jellies	Selection of Whole & Cut Fruit Layered Pots, Yoghurts & Jellies	Selection of Whole & Cut Fruit Layered Pots, Yoghurts & Jellies









# LUNCH MENU WEEK 2

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE 1</b>	 Spaghetti Bolognaise	 Lamb, Lentil & Bean Hot Pot	 Chicken Pie	Sweet Chilli Chicken	 BBQ Chicken Pizza
<b>MAIN COURSE 2</b>	 Quorn & Lentil Bolognaise	 Lentil, Bean & Vegetable Hot Pot	 Vegetable & Bean Pie	Sweet Chilli Quorn & Vegetable	 Cheese & Tomato Pizza
<b>ON THE SIDE</b>	Garlic Bread Spaghetti Broccoli	Braised Red Cabbage Roast Courgette Gravy	Creamed Potatoes Roasted carrots Savoy Cabbage Gravy	Egg Noodles Stir fry Veg Prawn Crackers	French Fries Coleslaw Sweetcorn
<b>PASTA OR JACKETS</b>	Jacket Potato with Cheese & Baked Beans	Pasta in Cheese Sauce with Toppings	Pasta in Tomato Sauce with Toppings	Jacket Potato with Cheese & Baked Beans	Pasta in Cheese Sauce With Toppings
<b>GRAB &amp; GO BAR</b>	Selection of Bagels	Selection of Sandwiches	Selection of Baguettes	Selection of Rolls	Selection of Sandwiches
<b>DESSERT</b>	"Withington Mess"  Build your own Eton Style Mess	 Chocolate Tiffin	Sticky Toffee Pudding With Toffee Sauce	 "Boost it" Brownies	Traditional Rice Pudding With Fruit Compote
<b>FRUIT</b>	Selection of Whole & Cut Fruit Layered Pots, Yoghurts & Jellies	Selection of Whole & Cut Fruit Layered Pots, Yoghurts & Jellies	Selection of Whole & Cut Fruit Layered Pots, Yoghurts & Jellies	Selection of Whole & Cut Fruit Layered Pots, Yoghurts & Jellies	Selection of Whole & Cut Fruit Layered Pots, Yoghurts & Jellies



# LUNCH MENU WEEK 3

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE 1</b>	 Spanish Chicken & Vegetable Paella	 Traditional Lasagne	Yorkshire Pudding Style Toad in the Hole (Chicken Sausage) with Gravy	 Thai Green Chicken & Vegetable Curry	 "Build-a-Burger" Beef ¼ Pounder Sliced Cheese, Tomato & Gherkins
<b>MAIN COURSE 2</b>	Vegetable Paella	 Quorn Mince, Lentil & Bean Lasagne	Quorn Sausage Yorkshire Pudding Toad In the Hole	Thai Green Vegetable Curry	Spicy Bean Burger Sliced Cheese, Tomato & Gherkins
<b>ON THE SIDE</b>	Garlic Flatbread Corn Cobs Roasted Med Veg	Mixed Salad Sauté Green Veg	Roast Potatoes Green Beans & Peas Steamed Carrots	Thai Style Rice Thai Style Poppadum Stir Fried Vegetables	French Fries Onion Rings Coleslaw
<b>PASTA OR JACKETS</b>	Jacket Potato with Cheese & Baked Beans	Jacket Potato with Cheese & Baked Beans	Pasta in Tomato Sauce with Toppings	Jacket Potato with Cheese & Baked Beans	Pasta in Cheese Sauce With Toppings
<b>GRAB &amp; GO BAR</b>	Selection of Bagels	Selection of Sandwiches	Selection of Baguettes	Selection of Rolls	Selection of Sandwiches
<b>DESSERT</b>	Apple Crumble & Custard	Fruit Flapjack	Strawberry Mousse	 "Boost it" Sponge Cake	Victoria Style Sponge Cake
<b>FRUIT</b>	Selection of Whole & Cut Fruit Layered Pots, Yoghurts & Jellies	Selection of Whole & Cut Fruit Layered Pots, Yoghurts & Jellies	Selection of Whole & Cut Fruit Layered Pots, Yoghurts & Jellies	Selection of Whole & Cut Fruit Layered Pots, Yoghurts & Jellies	Selection of Whole & Cut Fruit Layered Pots, Yoghurts & Jellies

