

BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HOT ITEMS	Grilled Back Bacon Fried Mushrooms Baked Beans poached Egg	Grilled sausages Baked tomatoes Scrambled eggs Baked beans	Grilled Bacon boiled Eggs Mushrooms Baked Beans	Baked Beans Scrambled Eggs Grilled sausage Grilled tomato	Oven Baked Local Sausage Baked Beans Mushroom Scrambled Eggs	Grilled Bacon Baked Tomato Baked Beans Poached Eggs
DAILY SPECIAL	Mini Muffins	Waffles, Fruit and Sauces	Cheesy Crumpets	Toastie Selection	Fruit Smoothies and Toppings	Corned Beef Hash
DAILY BREAKFAST ITEMS	Porridge station Cereal bar Yoghurt station Toast & preserves	Porridge station Cereal bar Yoghurt station Toast & preserves	Porridge station Cereal bar Yoghurt station Toast & preserves	Porridge station Cereal bar Yoghurt station Toast & preserves	Porridge station Cereal bar Yoghurt station Toast & preserves	Porridge station Cereal bar Yoghurt station Toast & preserves
FRUIT	Cut & whole fruit	Cut & whole fruit	Cut & whole fruit	Cut & whole fruit	Cut & whole fruit	Cut & whole fruit

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN MEAL	<p>Spanish style chicken with cannellini beans</p> <p>Spanish style vegetables and tofu</p> <p>Paprika rice</p> <p>Roast broccoli</p> <p>Pitta fingers</p> <p>Chucky tomato salsa</p> <p>Sour cream</p>	<p>Pasta bolognaise</p> <p>Vegan mince bolognaise</p> <p>Sauté greens</p> <p>Garlic butter bread sticks</p> <p>Herby sweetcorn</p>	<p>Hoi sin baked chicken leg</p> <p>Hoi sin baked Quorn steak</p> <p>Baked new potatoes</p> <p>Diced swede</p> <p>Creamy peas</p>	<p>Mango and coconut pork curry</p> <p>green lentil and squash curry</p> <p>Java rice</p> <p>Curried cauliflower</p> <p>Saag aloo</p> <p>Poppadum's</p>	<p>Battered sustainable fish</p> <p>Cheese and onion slice</p> <p>Triple cooked chips</p> <p>Garden peas</p> <p>Curry sauce</p> <p>Gravy</p> <p>Mushy peas</p>	<p>Traditional Cottage pie</p> <p>Plant based cottage pie</p> <p>Roast root vegetables</p> <p>Steamed Fine green beans</p> <p>Rich Onion gravy</p>	<p>BRUNCH!!</p> <p>Bacon Sausage Tomato</p> <p>Garlic Mushrooms</p> <p>Black Pudding</p> <p>Hash Browns</p> <p>Egg – Scrambled and Fried</p> <p>Croissants, Sliced ham and Cheese, Fresh Fruit</p> <p>Porridge station</p> <p>Cereal bar</p> <p>Yoghurt station</p> <p>Toast & preserves</p> <p>Cut & whole fruit</p>
JACKET BAR	Cowboy Hotpot	Baked Beans	Tuna Mayo / Baked Beans	Cheesy Jackets	Baked Beans / Cowboy Hotpot	Cheesy Coleslaw	
PASTA BAR	Tomato and Basil / Cheese Sauce	Carbonara / Sapicy Tomato	Cheese & Bacon sauce / Tomato and Basil	Tomato and Basil / Cheesy Mushroom	Tomato and Basil sauce / 3 Cheese and Spinach	Carbonara / Chunky Tomato	
DESSERTS	Coffee sponge Raspberry jelly Fresh Fruit Pots	Yogurt pots Pineapple upside down cake Fresh Fruit Pots	Warm sticky toffee pudding Berry mousse Fresh Fruit Pots	Carrot cake Yogurt pots Fresh Fruit Pots	Banoffee pots Bread and butter pudding Fresh Fruit Pots	Baked new York cheesecake Jelly pots Fresh Fruit Pots	

Don't forget about our Soup and Fresh Bread Station, Self Serve Pasta Bar and extensive Salad Stop, all which change daily!!

SUPPER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE & ACCOMPANYING	<p>Pizza night</p> <p>3 cheese pizza</p> <p>BBQ meat feast</p> <p>Sauté potatoes</p> <p>Green beans and corn</p> <p>Creamy coleslaw</p>	<p>Chicken and mushroom fricassee</p> <p>Mushroom and lentil fricassee</p> <p>Long grain rice</p> <p>Baked WASTE KNOT courgettes</p> <p>Paprika squash</p>	<p>American hot dogs</p> <p>Veggie dogs</p> <p>Diced herby potatoes</p> <p>Ketchup and mustard Toppings- Beef chilli</p> <p>Really Cheesy sauce</p> <p>Crispy onions</p> <p>Sauté onions</p>	<p>Italian beef lasagna</p> <p>Vegetable lasagna</p> <p>Roast potato wedges</p> <p>Sauté WASTE KNOT greens</p> <p>Garlic bread slices</p> <p>Mozzarella, olive and tomato salad</p>	<p>Satay style chicken With roast peppers and onions</p> <p>Satay style tofu With sugar snap peas</p> <p>Soy and garlic rice</p> <p>Spring rolls</p> <p>Oriental peas</p> <p>Prawn crackers</p>	<p>Nandos style chicken</p> <p>Peri peri fries</p> <p>Macho peas</p> <p>Garlic butter corn on the cob</p>	<p>Sausage wellington</p> <p>Red lentil and sweet potato wellington</p> <p>Parmesan roasties</p> <p>Baked carrots</p> <p>Cauliflower cheese</p>
DESSERT	Home baked cookies	Lemon meringue fudge	Golden syrup sponge with cream	Tiramisu	Caramel krispie cups	Mini doughnuts	Apple turnovers