



Menu

Breakfast

A buffet selection of the following:

Toast and spreads
Greek Yoghurt
Wholemeal wheat cereals
Bananas, apples and grapes

Snack

A daily change from the following selections:

Cheddar
Red Leicester
Mozzarella
Emmental
Smoked Cheese

With a side of carbohydrates (crackers, rice cake etc)

Tea

A daily change from the following selection:

Sun dried tomato pitta bread pizza with olives
BBQ chicken flat breads with pepper sticks
Chicken wraps with cucumber sticks
Croissants & tomatoes
Deli Selection: Breadsticks, meat (chicken slices or ham) and cucumber

A daily change of fruit from the following selection:

Mixed Berries
Clementines
Strawberries
Honeydew melon & Watermelon
Apples



Lunches

Week 1

Monday- Salmon and Sweetcorn Risotto

Tuesday- Beef meatballs with peppers and tomato sauce brown pasta

Wednesday- Chicken and cheesy pasta with cauliflower

Thursday- Mixed vegetable and white bean casserole with brown rice

Friday - Chicken fajitas with fresh tomato salsa and cucumber

Week 2

Monday - Paneer and root vegetable curry with naan bread

Tuesday- Cod fingers with wedges and peas

Wednesday- Sausage and white bean casserole with brown rice

Thursday- Chicken sausages in onion and mushroom gravy with sweet potato

Friday - Lasagne with wholegrain sourdough and olives

Week 3

Monday - Chicken, leek and carrot stew with new potatoes

Tuesday- Mediterranean vegetable pasta bake

Wednesday- Spaghetti Bolognese with cheesy garlic bread

Thursday - Salmon and pea pasta bake with broccoli

Friday- Butter chicken curry with jasmine rice

Week 4

Monday- Beef chilli con carne with sweet jacket potato and sour cream

Tuesday- Chicken and mushroom risotto with fine green beans

Wednesday- Cod fingers with wedges and garden peas

Thursday- Chicken and sweetcorn cheesy pasta bake

Friday - Paneer and butter bean biryani brown rice