

Breakfast

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT ITEMS	Pork Sausages Boiled eggs Grilled tomato Baked beans Crispy diced potatoes	Grilled back bacon Poached eggs Sauteed mushrooms Baked beans Hash browns	Pork Sausages Scrambled eggs Plum tomatoes Baked beans Sauteed potatoes	Grilled back bacon Fried eggs Sauteed mushrooms Baked beans Waffle Fries	Sausage Bacon Scrambled eggs Baked beans Herby diced potatoes	Full English Breakfast New! Sports Breakfast Cereals - Multi grain cheerio's, Shredded wheat With Greek yoghurt, plant milks, dried fruit, seeds Overnight "oats" - Flaked black barley with chia seeds, Greek yoghurt, maple syrup and dried apricots Pancakes with berry compote, bananas, maple syrup Acai smoothie bowls Whole grain toast and bagels Avocado Cottage cheese	Brunch English muffin with sausage patty, fried egg and cheese English muffin with fried egg and cheese Overnight oats Tater tots Baked beans Mushrooms Sandwich bar with selection of fillings and breads
DAILY SPECIAL	Ham and cheese stuffed croissant Or Cheese and tomato stuffed croissant	French toast with bananas and maple syrup	Omelette bar with cheese, tomato and ham	Turkish style eggs with flatbread, yoghurt, lemon, chilli and dill	Omelette bar with cheese, tomato and ham		
DAILY BREAKFAST ITEMS	Selection of pastries Hydration station Yoghurt station Sliced fruits / whole fruits Porridge with selection of toppings Selection of cereals and granola						

Week One

Autumn Term

Breakfast

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT ITEMS	Pork Sausages Boiled eggs Grilled tomato Baked beans Crispy diced potatoes	Grilled back bacon Poached eggs Sauteed mushrooms Baked beans Hash browns	Pork Sausages Scrambled eggs Plum tomatoes Baked beans Sauteed potatoes	Grilled back bacon Fried eggs Sauteed mushrooms Baked beans Waffle Fries	Sausage Bacon Scrambled eggs Baked beans Herby diced potatoes	Full English Breakfast New! Sports Breakfast Cereals - Multi grain cheerio's, Shredded wheat With Greek yoghurt, plant milks, dried fruit, seeds Overnight "oats" - Flaked black barley with chia seeds, Greek yoghurt, maple syrup and dried apricots	Brunch Crushed avocado on toast with streaky bacon and poached egg Crushed avocado on toast with grilled halloumi and poached egg
DAILY SPECIAL	Belgian waffles with berry compote	Nasi Lemak – Coconut rice with chili sambal, pickled cucumber and boiled eggs	Omelette bar with cheese, tomato and ham	Buttermilk pancakes with bananas and chocolate sauce	Omelette bar with cheese, tomato and ham	Pancakes with berry compote, bananas, maple syrup Acai smoothie bowls Whole grain toast and bagels Avocado Cottage cheese	Tater tots Slow roasted tomatoes Baked beans Sandwich bar with selection of fillings and breads
DAILY BREAKFAST ITEMS	Selection of pastries Hydration station Yoghurt station Sliced fruits / whole fruits Porridge with selection of toppings Selection of cereals and granola						

Breakfast

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DAILY SPECIAL	Crepes with berry compote and maple cream	Shakshuka with feta cheese, avocado and pitta bread	Omelette bar with cheese, tomato and ham	Congee – Chinese rice porridge with boiled eggs, spring onion, ginger, chilli, coriander, crispy onions, sesame oil and soy sauce	Omelette bar with cheese, tomato and ham	Pancakes with berry compote, bananas, maple syrup Acai smoothie bowls Whole grain toast and bagels Avocado Cottage cheese	Boiled eggs Tater tots Baked beans Sandwich bar with selection of fillings and breads
DAILY BREAKFAST ITEMS	Selection of pastries Hydration station Yoghurt station Sliced fruits / whole fruits Porridge with selection of toppings Selection of cereals and granola						

Week Three



Autumn Term

Lunch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP	Soup of the day with homemade bread					
MAIN COURSE ONE	Satay chicken legs with pickled cucumber, grilled spring onion and chilli	Lamb tagine with apricots and chickpeas	Sloppy joe – Chipotle pulled beef brisket bap	Braised beef chilli con carne	MSC Certified battered fish	Pasta bar Spaghetti or penne pasta served with - Traditional beef bolognaise Mushroom, bacon and garlic carbonara Puttanesca sauce Neapolitan sauce Garlic bread Roasted vegetables
MAIN COURSE TWO	Crispy chilli pork with peppers, red onions and beansprouts	North African spiced chicken thighs with sumac yoghurt and pomegranate	Jalapeno, lime and oregano grilled chicken breast	Cajun pork chops with pineapple salsa	Battered sausage	
MEAT FREE	Crispy chilli tofu with peppers, red onions and beansprouts	Sweet potato and chickpea tagine with apricots and chickpeas	Eat curious sloppy joe	Vegetable and mixed bean chilli con carne	Sweet potato, smoked cheddar and chickpea pie	
PLANT BASED	Smoked breaded aubergine burger with harissa mayo Tomato and sumac salad	Southern fried oyster mushroom taco with guacamole and pickled onions Brown rice with black beans and corn	Tuscan gnocchi, spinach, cherry tomato, mixed bean and tarragon ragout Garlic ciabatta	Gochujang mac and cheese with crispy onion crumb Soy beans Honey soy roasted aubergine	Lemon and seaweed battered tofu with chunky chips, peas, roasted vegetable and baby gem salad	
SIDES	Egg noodles Soy and garlic roasted broccoli Stir fried cabbage Prawn crackers	Couscous with lemon, mint and parsley Ras al hanout roasted carrots Green beans with garlic	Honey cinnamon roasted sweet potatoes Sweetcorn Hispi cabbage	Mexican style rice Roasted peppers and black beans Charred corugettes	Chunky chips Peas Mushy peas Lemon and tartar sauce	
JACKET/PASTA BAR	Pasta, Jacket potatoes and baked sweet potatoes Baked beans Tomato sauce Cheese sauce Daily specials					
DESSERT	Lemon and courgette cake	Red velvet cookies	Key lime pie	Chocolate orange cheesecake pots	Biscoff cupcakes	Sticky toffee pudding with sticky toffee sauce
EVERY DAY	SELECTION OF WHOLE FRUITS, JELLY POTS, YOGHURT POTS, COLD DESSERTS					

Week One



Autumn Term

Lunch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP	Soup of the day with homemade bread					
MAIN COURSE ONE	Greek style chicken with avocado tzatziki and pitta bread	Pork and leek sausages with caramelised onion gravy	Midweek roast Roast Turkey breast with sage and onion stuffing	Cajun pulled pork with spicy slaw, mojo sauce and Cajun rice with black beans	MSC Certified battered fish	Pasta bar Penne pasta or spaghetti served with - Chicken cacciatore Meatballs in tomato sauce Mushroom and garlic sauce Neapolitan sauce Garlic bread Roasted vegetables
MAIN COURSE TWO	Beef stifado	Slow cooked beef with red wine, baby onions and mushrooms	Roasted squash, savoy cabbage and stuffing pie Roast potatoes Green beans	Creamy Cajun prawn spaghetti	Chicken and mushroom pie	
MEAT FREE	Spanakopita – Greek spinach, feta and filo pie	Vegetarian sausages with caramelised onion gravy	Honey roasted roots	Creamy Cajun vegetable and black bean spaghetti	Margarita pizza	
PLANT BASED	Lentil, mushroom and chickpea bolognaise Spaghetti Garlic and oregano ciabatta	Crispy aubergine bao bun with soy mayonnaise, spring onions and chilli Sticky rice Pickled slaw	Chipotle mixed bean, sweetcorn and orzo bake Roasted pepper, red onion, olive and baby gem salad	Shish roasted vegetables with hummus, pitta bread, crispy chickpeas and sumac slaw	Popcorn cauliflower with garlic mayonnaise BBQ baked beans Sweet potato wedges	
SIDES	Greek lemon potatoes Roasted aubergine with tomato and feta Green beans with lemon and oregano	Mash potatoes Honey roasted parsnips Steamed peas	Pilau rice Tandoori roasted cauliflower Saag aloo Naan breads	Grilled corn on the cobs Savoy cabbage	Chunky chips Peas Mushy peas Lemon and tartar sauce	
JACKET/PASTA BAR	Pasta, Jacket potatoes and baked sweet potatoes Baked beans Tomato sauce Cheese sauce Daily specials					
DESSERT	Smore cookie bar	Apple crumble bar	Strawberry and white chocolate pannacotta	Sticky date and ginger cake	Baked oreo cheesecake	Steamed syrup sponge with custard
EVERY DAY	SELECTION OF WHOLE FRUITS, JELLY POTS, YOGHURT POTS, COLD DESSERTS					

Week Two



Autumn Term

Lunch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP	Soup of the day with homemade bread					
MAIN COURSE ONE	Chinese style chicken curry	Minced beef and onion pie	Lebanese chicken with sumac yoghurt, pickled onions khobez bread	Welsh dragon sausages	MSC Certified battered fish	Pasta bar Penne pasta or spaghetti served with Traditional beef bolognaise Eat curious bolognaise Cheese sauce Neapolitan sauce Tuna and sweetcorn pasta bake Garlic bread Roasted vegetables
MAIN COURSE TWO	Chinese pork chops with pickled ginger and charred spring onions	Chicken chasseur	Spiced lamb, chickpea, spinach and filo pie	Beef ragout with butterbeans, roasted peppers and smoked paprika	Cheeseburger in brioche bun	
MEAT FREE	Chinese style tofu curry	Eat curious mince and onion pie	Falafels with sumac yoghurt, pickled onions, khobez bread	Roasted pepper, butterbean and smoked paprika ragout	Moving mountains cheeseburger in brioche bun	
PLANT BASED	Bang bang cauliflower Sticky jasmine rice Soy beans and peas	Creamy mushroom, sage and butterbean spaghetti Roasted broccoli and spinach	Plant based chorizo bomba Spicy brava sauce Garlic aioli Char grilled padron peppers	Eat curious keema curry Mushroom rice Green beans with toasted coconut Raita	Vegan sausage roll Chunky chips Peas and mushy peas	
SIDES	Steamed rice Peas and soy beans Vegetable stir fry	Garlic and rosemary roasted new potatoes Roasted cauliflower Peas	Batata Harra Steamed carrots with tahini dressing Green beans	Roasted sweet potato Sauteed cabbage Sweetcorn	Chunky chips Peas Mushy peas Lemon and tartar sauce	
JACKET/PASTA BAR	Pasta, Jacket potatoes and baked sweet potatoes Baked beans Tomato sauce Cheese sauce Daily specials					
DESSERT	Orange drizzle cake	Steamed jam sponge with custard	Mixed seed baklava	Lemon tiramisu	Jam doughnuts	Chocolate chip cake with milk chocolate sauce
EVERY DAY	SELECTION OF WHOLE FRUITS, JELLY POTS, YOGHURT POTS, COLD DESSERTS					

Week Three

Autumn Term

Supper

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE	Chicken fajitas with cheese, guacamole, salsa and sour cream	Braised beef lasagne	Teriyaki pulled pork bao buns with pickled cucumber salad	Jumbo pork hotdog, brioche bun and toppings	Chicken tikka masala	Hen Den Buttermilk fried chicken	Sunday roast Roast bacon loin with roasted apples
PLANT BASED	Eat curious fajitas with guacamole	Eat curious lasagne	Teriyaki tofu bao buns with pickled cucumber salad	Plant based frankfurters with brioche bun and toppings	Lentil and vegetable tikka masala	BBQ Chicken wings Southern fried tofu	Butternut squash and mixed seed wellington Roast potatoes
SIDES	Mexican style rice Sweetcorn Roasted courgettes	Garlic bread Peas Roasted vegetables	Sticky rice Soy beans Honey sesame roasted aubergine	French fries Green beans Coleslaw	Mushroom rice Tandoori carrots Lentil dhal Vegetable samosas Naan breads	Waffles Mac and cheese Corn on the cobs BBQ Beans French fries	Honey roasted roots Cauliflower cheese Sage and onion stuffing Gravy
JACKETS AND PASTA	Pasta Jacket potato and sweet potatoes Baked beans Cheese Daily specials						
DESSERT	Dessert of the day						
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS						

Week One

Autumn Term

Supper

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE	Hickory maple pork steaks with corn salsa	Pan Asian	Texas BBQ slow cooked beef brisket bap	Jamaican jerk chicken with fried plantain and mango salsa	Chicken, chorizo and prawn paella	Proper burgers The "Brunch" Prime beef patty, bacon pieces, hash brown, brown sauce & American cheese	Ramen bar Slow cooked pork belly Duck gyozas Vegetable gyozas
PLANT BASED	Hickory maple tofu with corn salsa	Beef Massaman curry Thai green vegetable curry	Texas BBQ Eat Curious pieces burger	Sweet potato, spinach and chickpea Caribbean curry	Plant based chorizo and roasted pepper paella	The "Caesar" Garlic crumbed chicken, baby gem lettuce, grated parmesan, sliced beef tomato & Caesar dressing	Miso broth Noodles Sticky rice
SIDES	Roast sweet potato Sauteed cabbage Garlic roasted carrots	Coriander and lime rice Soy fried greens Ginger and chilli roast aubergines	Loaded potatoes – roasted new potatoes with spring onions, crispy onions, cheese, ranch dressing Pit beans Coleslaw	Rice and peas Charred peppers Caribbean green beans	Patatas bravas Padron and green peppers Paprika, oregano and cumin roasted carrots	The "Corn & Chick" Sweetcorn & chickpea patty, sriracha vegan mayonnaise, kale & apple slaw, wild rocket Parmesan French fries Boston BBQ Beans Sweetcorn	Boiled eggs Vegetables Toppings and sauces
JACKETS AND PASTA	Pasta Jacket potato and sweet potatoes Baked beans Cheese Daily specials						
DESSERT	Dessert of the day						
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS						

Week Two



Autumn Term

Supper

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE	Beef meatballs in tomato sauce	Lamb moussaka	Posh pies Chicken, chorizo, roasted pepper and chickpea filo pie Plant based chorizo, roasted pepper and chorizo filo pie Garlic and oregano roasted new potatoes Peas Roasted squash	Pepperoni pizza	Chicken katsu curry with pickled slaw	Pedros Portuguese kitchen Frango Assado (peri peri chicken legs) Gambas a Guilho (Sauteed garlic prawns) Caril de couve-flor e grao-de-bico (chickpea and cauliflower curry) Batatas fritas (fried potatoes) Arroz de tomate (Roasted tomato rice) Couve Salteada (sauteed kale) Pastel de Nata (custard tart)	Sunday roast Roast chicken, sage and onion stuffing, chipolatas Meat free sausages Roast potatoes Garlic and thyme roasted parsnips Sauteed cabbage Gravy
PLANT BASED	Meat free meatballs in tomato sauce	Lentil Moussaka		Margarita pizza Roasted vegetable and vegan feta pizza	Tofu katsu curry with pickled slaw		
SIDES	Garlic bread Spaghetti Roasted vegetables Steamed broccoli	Greek salad Butterbeans with tomato, oregano and parsley Garlic, chilli and mint courgettes		French fries Charred peppers BBQ beans	Sticky rice Stir fried mange tout, pak choi, cabbage and beansprouts Soy roasted broccoli		
JACKETS AND PASTA	Pasta Jacket potato and sweet potatoes Baked beans Cheese Daily specials						
DESSERT	Dessert of the day						
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS						

Week Three



Autumn Term