

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup station	Homemade soup served with fresh homemade breads served daily				
Warm and Hearty and something veggie.....	Cumberland sausages with roasted vegetables and sweet potatoes mash -oOo- Broccoli, brie & sweet potato parcel (V)	Chicken Chasseur with fresh tarragon -oOo- Mushroom & Spinach Lasagne with Garlic Bread (V)	Roast Of the Day -oOo- Shepherdess Pie (V)	Chilli Con Carne -oOo- Root Vegetable Goulash (V)	Fish Shop Catch of the Day -oOo- Cherry Tomato & vintage Cheddar Tart (V)
On the side.....	Wholegrain mustard mash Sauté cabbage Balsamic red onion gravy	Crushed Baby new potatoes Sauté courgettes	Roast potatoes with rosemary Cauliflower cheese	Fragrant rice Tortilla bites	Chipped potatoes Baked Beans
Jackets	Various fillings on offer daily such as Cheddar Cheese, Tuna with Low Calorie Mayo and Baked Beans				
Hot Baguette bar	Chicken tikka	Roast gammon & cranberry sauce	Roasted vegetables & Feta	Sausages with fried onions	Loaded Meatball
Pasta Bar	Arrabiata(V)	Sweet n Sour Chicken	Mediterranean(V)	Tuna & Sweetcorn	3 Cheese Macaroni(V)
Fruit bar/Yoghurt bar	A selection of seasonal fruit & yoghurts with various toppings				
Deal of the day	½ jacket potato with beans & cheese	Sweet Chilli Wrap	½ brie & bacon Panini with salad	Hoi Sin Noodles	Spicy chicken thigh & rice
Something sweet.....	Traditional Bread & Butter pudding	Pineapple upside Cake Served with Custard	Apple & Berry Crumble	Chocolate sponge & sauce	Banoffee pie

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup station	Homemade soup served with fresh Homemade breads served daily				
Warm and Hearty or something veggie....	Italian meatballs in a tomato sauce -oOo- Veggie Mince Bolognaise infused with basil leaves(V)	Chicken & bell pepper wrap with sour cream & guacamole -oOo- Vegetarian wraps(V)	Roast of the Day served with all The Trimmings -oOo- Cauliflower & Broccoli Bake (V)	Chicken madras with mango chutney -oOo- Lentil & spinach Dhal (V)	Fish Shop Day Catch of the Day -oOo- Bubble & squeak cake served with roasted onions(V)
On the side.....	Herby spaghetti Ratatouille Mixed Salad	Mexican style potatoes with cherry tomatoes Sweetcorn	Apricot & sultana cous cous Roast Vegetables	Bombay potatoes Cauliflower haloo	Chipped potatoes Grilled Tomatoes Garden Peas
Jackets	Various fillings on offer such as Cheddar Cheese, Reduced Salt Baked Beans and Tuna with Low Calorie Mayonnaise.				
Hot baguette bar	Brie & bacon	Roast beef & horseradish	Sweet n Sour Chicken	Spicy mushroom	Chicken New Yorker
Pasta Bar	Basilico(V)	Milano Mushrooms(V)	Chicken Torino	Sweet Chilli Chicken	Mediterranean(V)
Fruit Bar/Yoghurt bar	A selection of seasonal fruit and Yoghurts with various toppings				
Deal of the day	Noodles & stir fried Vegetables	Hotdog with caramelized onion relish	Southern fried chicken drumsticks with a dipping sauce	Loaded potato skin with cream cheese & chives	Quesadilla
Something sweet....	Toffee Crunch Muffin	Lemon Meringue Pie	Winter Berry Crumble with Custard	Raspberry & blackberry cake	Dutch Apple Pie with pouring cream

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Soup Station	Homemade soup served with fresh Homemade breads served daily				
Warm and Hearty or something Veggie.....	Black bean Chicken with tricolour peppers -oOo- Macaroni cheese with garlic bread (V)	Lamb Moussaka -oOo- Bean & Vegetable Chilli With Rice, Sweet corn & Mixed Salad (V)	Roast of the Day served with all The Trimmings -oOo- Spinach & mushroom filo parcel (V)	Sticky and sweet spare ribs oOo- Red Onion & Cheddar Tart (V)	Fish Shop Catch of The Day -oOo- Red Onion & Cheddar Tart (V)
On the side.....	Egg noodles Vegetable Stir Fry Prawn crackers	Green Beans Sweetcorn Mixed Salad	Roast Potatoes Cabbage Carrots	Homemade coleslaw Oven baked Sea salt & cracked black pepper wedges	Chipped potatoes Garden Peas Mixed Salad
Jackets	Various fillings on offer such as Cheddar Cheese, Reduced Salt Baked Beans and Tuna with Low Calorie Mayonnaise.				
Hot Baguette bar	Roast gammon with English mustard	Mexican Chicken	Mozzarella & Tomato	Roast pork with apple sauce	Chargrilled vegetables
Pasta Bar	Spicy tomato(V)	Ham & cheese	Mediterranean(V)	Tuna & Sweet corn	3 Cheese Macaroni(V)
Fruit bar/ Yoghurt bar	A selection of seasonal fruit and Yoghurts with various toppings				
Deal of the day	BBQ Nachos	Pepperoni Pizza	Spicy chicken wings	½ Panini with salad	Bacon & cheese turnover
Something Sweet.....	Rice Pudding & hot Jam source	Treacle tart with Chantilly cream	Apple & Cinnamon Crumble	Cherry Cheesecake	Queen of Pudding

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Soup Station	Homemade soup served with fresh Homemade breads served daily				
Warm and Hearty or Something veggie....	Spaghetti Bolognese with parmesan shavings -oOo- Veggie Mince & Vegetable Lasagne With Courgettes & Mixed Salad (V)	Chicken Paella -oOo- Sweet Potato & Lentil Curry with Bombay Potatoes (V)	Roast of The Day Served with all The trimmings -oOo- Glamorgan Vegetarian Sausages(V)	Italian lasagne -oOo- Spanish omelette	Fish Shop Catch of The Day oOo- Spicy Bean Burger In Bun topped with roasted onions(V)
On the side....	Courgettes Roast Peppers Mixed Salad	Salad of Julienne vegetable's Garlic bread	Mash potato Green Beans Onion gravy	Garlic bread Roast Vegetables Mixed Salad	Chipped potatoes Garden Peas Mixed Salad
Jackets	Various fillings on offer such as Cheddar Cheese, Reduced Salt Baked Beans and Tuna with Low Calorie Mayonnaise.				
Hot Baguette bar	BBQ Chicken	Cumberland sausage's	Caesar BLT	Vegetable & Brie	Roast chicken with salsa sauce
Pasta Bar	Cheddar sauce(V)	Mushroom stroganoff(V)	Italian Meatball	Carbonnara	Mediterranean(V)
Fruit Bar/Yoghurt bar	A selection of seasonal fruit and Yoghurts with various toppings				
Deal of day	Chicken chow Mein	Cheese & baked bean toasty	Homemade beef burger in a bun	½ Panini with brie & pepper with salad	Chefs special
Something sweet....	Ginger cake served with Vanilla Sauce	Homemade trifle	Triple Chocolate Muffin	Bakewell Tart	Syrup sponge & custard

