

Week 1 Breakfast Menu

MONDAY

Pancakes with bacon & maple syrup
Porridge
Cereals, toast & jams
Fresh fruit
Greek yogurt & honey
Fresh fruit juice

TUESDAY

Croissants with continental meats & cheeses
Porridge
Cereals, toast & jams
Fresh fruit
Greek yogurt & honey
Fresh fruit juice

WEDNESDAY

Bacon, grilled tomato, eggs, beans & mushrooms
Porridge
Cereals, toast & jams
Fresh fruit
Greek yogurt & honey
Fresh fruit juice

THURSDAY

Smoked Salmon, scrambled eggs & toast
Porridge
Cereals, toast & jams
Fresh fruit
Greek yogurt & honey
Fresh fruit juice

FRIDAY

Pain au Chocolate
Porridge
Cereals, toast & jams
Fresh fruit
Greek yogurt & honey
Fresh fruit juice



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Week 1 Lunch Menu

MONDAY

V - Mexican Quorn Burrito
Sweet and Sour Chicken
Tuna pasta bake
Basmati rice
Sweetcorn & Green beans

Choice of salads

Baked potato with baked beans

Apple crumble & custard
Fresh fruit pots & yoghurt

TUESDAY

V - Broccoli & cream cheese bake
Grand Pandoe & parsley crumbed fish
Roast Pork, Roast potatoes, carrots &
green beans

Choice of salads

Pasta with tomato and basil sauce

Jam sponge & custard
Fresh fruit pots & yoghurt

WEDNESDAY

V - Quorn Lasagne
Spaghetti Bolognese
King prawn & sweet chilli noodles
Garden peas & garlic bread

Jacket potato & baked beans

Choice of salad

Fresh fruit pots & yoghurt
Syrup sponge & custard

THURSDAY

V - Cheese and onion turnover
Chicken and sweetcorn pie
Salmon fishcakes
Herb roasted baby potatoes, Broccoli
and carrots

Choice of salads

Pasta with Quorn bolognese

Hot chocolate fudge cake
Fresh fruit pots & yoghurt

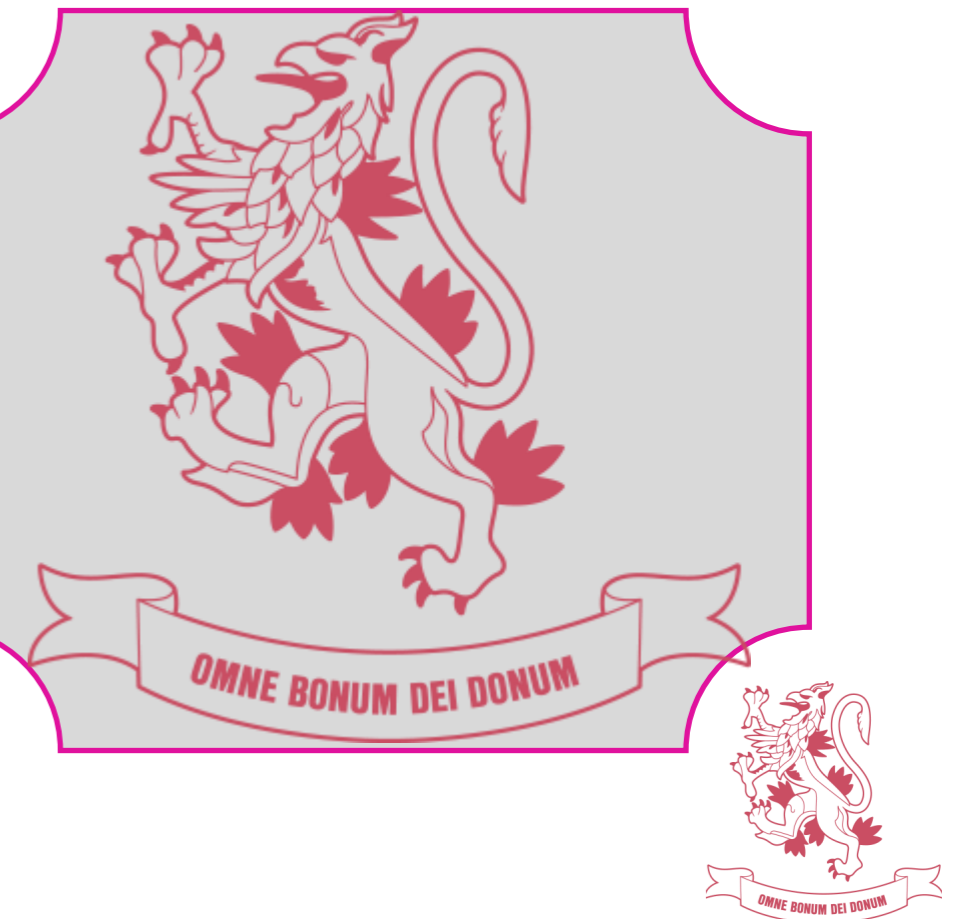
FRIDAY

V - Crispy vegetable burger in a bun,
shredded lettuce & mayo

Battered fish, sausages or fish fingers
Chips, garden peas, mushy peas &
baked beans

Baked potato with baked beans
Choice of salads

Fresh fruit pots & yogurt
Selection of cold desserts



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Week 1 Supper Menu

MONDAY

V - Macaroni cheese
Beef lasagne
Garlic bread and salad
Selection of cold desserts

TUESDAY

V - Mushroom chow mien
Chicken chow mien
Prawn crackers
Steamed broccoli and edamame
beans
Chocolate brownie & ice cream

WEDNESDAY

V - Quorn fajitas
Chicken fajitas
Salad, guacamole and sour cream
Fruit platter

THURSDAY

V - vegetarian cottage pie
Lamb hotpot
Roasted cauliflower and green
beans
Apple pie & ice cream



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