

BREAKFAST

W3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HYDRATION	Selection of juice	Selection of juice	Selection of juice	Selection of juice	Selection of juice	Selection of juice	Selection of juice
HOT ITEMS	Grilled Pork Sausage Baked Beans Panfried or Boiled Free Range Eggs, Grilled Button Mushroom	Grilled English Back Bacon, Roasted Tomato Hash Browns Poached or Boiled Free Range Eggs	Grilled West Country Sausage, Free Range Scrambled or Boiled Eggs, Grilled Button Mushrooms, Baked Beans	Grilled English Back Bacon BBQ Baked Beans Free Range Pan fried or Boiled Eggs	Grilled Pork Sausage, Plum Tomato Free Range Poached or boiled Eggs	Grilled English Back Bacon Baked Beans Hash Brown Free Range Pan fried or Boiled Eggs	Grilled Sausage Baked Beans Grilled Whole Mushroom Free Range Pan fried or Boiled Eggs
DAILY SPECIAL	Freshly Baked Croissant, sliced Cheddar Cheese, Sliced Wiltshire Ham	American style Pancakes, Forest Berry Compote, Honey & Yogurt	Pepperoni, Tomato, Cheese Pizza Toast	Freshly Baked Chocolate Twist	Grilled Cheddar Cheese, Toast Bloomer Bread	Freshly Selection of Danish	Chefs special
DAILY BREAKFAST ITEMS	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt
FRUIT	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit

SALAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SALAD ITEMS	Carrots Cucumber Beetroot Tomatoes Sweetcorn Peppers Mixed leaf							
COMPOSITES	Coleslaw Curried chickpea & roasted peppers Moroccan couscous Chefs special	Potato salad Noodles & roasted vegetables Mixed beans salad Chefs special	Coleslaw Tomato & butter bean Indian couscous Chefs special	Potato salad Sausage pesto pasta Feta, mint & watermelon salad Chefs special	Coleslaw Roasted pork loin mixed salad Curried potato & chickpea Chefs special	Potato salad Chicken pasta Chefs special	Coleslaw Couscous Chefs special	Coleslaw Couscous Chefs special
PROTEINS	Grated mature cheddar Cheese Free range Boiled eggs MSC Tuna Chefs special	Grated mature cheddar Cheese Free range Boiled eggs MSC Tuna Chefs special	Grated mature cheddar Cheese Free range Boiled eggs MSC Tuna Chefs special	Grated mature cheddar Cheese Free range Boiled eggs MSC Tuna Chefs special	Grated mature cheddar Cheese Free range Boiled eggs MSC Tuna Chefs special	Grated mature cheddar Cheese Free range Boiled eggs MSC Tuna Chefs special	Grated mature cheddar Cheese Free range Boiled eggs MSC Tuna Chefs special	Grated mature cheddar Cheese Free range Boiled eggs MSC Tuna Chefs special
Sauces and Extras	Mayonnaise Sweet chilli French dressing Selection of flavoured oils Crispy onions Croutons Pumpkin seeds Sunflower seeds	Mayonnaise Sweet chilli French dressing Selection of flavoured oils Crispy onions Croutons Pumpkin seeds Sunflower seeds	Mayonnaise Sweet chilli French dressing Selection of flavoured oils Crispy onions Croutons Pumpkin seeds Sunflower seeds	Mayonnaise Sweet chilli French dressing Selection of flavoured oils Crispy onions Croutons Pumpkin seeds Sunflower seeds	Mayonnaise Sweet chilli French dressing Selection of flavoured oils Crispy onions Croutons Pumpkin seeds Sunflower seeds	Mayonnaise Sweet chilli French dressing Selection of flavoured oils Crispy onions Croutons Pumpkin seeds Sunflower seeds	Mayonnaise Sweet chilli French dressing Selection of flavoured oils Crispy onions Croutons Pumpkin seeds Sunflower seeds	Mayonnaise Sweet chilli French dressing Selection of flavoured oils Crispy onions Croutons Pumpkin seeds Sunflower seeds

LUNCH

W3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Home made Soup of the day, selection of wild farmed bread	Home made Soup of the day, selection of wild farmed bread	Home made Soup of the day, selection of wild farmed bread	Home made Soup of the day, selection of wild farmed bread	Home made Soup of the day, selection of wild farmed bread	Home made Soup of the day, selection of wild farmed bread	Home made Soup of the day, selection of wild farmed bread
MAIN MEAL 1	Herb Chicken	Sausage & mash	Traditional English Beef Bolognese	Roasted Loin Pork	Breaded pollock Chicken Burgers	English Beef Mince topped with Macaroni Cheese	Baguettes Bacon Lettuce and Tomato
MAIN MEAL 2	Pork Tomato Ragu	Beef & Vegetable Stew		Crackling Gravy			
MAIN MEAL 3	Oriental Vegetable Chow Mein	Roasted Butternut Squash & Sweet Potato Casserole	Roasted Tomato & Basil sauce	Falafel Crumble & Roasted Vegetables	Mediterranean Vegetable Fritters	Red Lentil Bake	Halloumi with Roasted Peppers
ON THE SIDE	Noodles, Steamed Cabbage and Leeks Green beans	Mashed potatoes Roasted Vegetable Carrots	Broccoli Trees Sweetcorn Tri coloured Fusilli Garlic bread	Roasted Potatoes Cauliflower Cheese Carrots Green beans	Chips Beans Peas	Garlic bread Broccoli Trees Steamed Sweetcorn	Homemade Nachos Chef's salad
DESSERT	Cherry short bread	Sticky toffee pudding	Rice pudding with mango/ passion fruit compote	Apple crumble custard	Orange sponge	Chef's delights	Homemade biscuits
EVERY DAY	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and Jelly	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and Jelly	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt

SUPPER

W3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE ONE	Grilled gammon steaks	Sweet & sour chicken	Katsu chicken curry	Mac & cheese	Grilled Mango & Lemon Chicken Thighs	Homemade Garlic and Parsley Chicken Kiev	Roasted Beef
MAIN COURSE TWO	Grilled portabella steaks	Tofu in black beans sauce	Katsu Quorn	Grilled Cherry Tomatoes in a Herby Sauce	Moroccan Minted Aubergine Tagine	Garlic Crumbed Quorn Fillet Kiev	Roasted Pumpkin Tarts
ON THE SIDE	Fried eggs, pineapple Chips Garden peas	Noodles Roasted vegetables Spring rolls	Rice Roasted vegetables Garlic & coriander naans	Wholemeal Pasta Garlic Bread Broccoli Green Beans	Rice Green Beans Roasted Courgettes	French Fries Homemade Coleslaw Tender Stem Broccoli	Roasted Potato Cabbage Minted Carrots
DESSERT ONE	Biscoff Cheesecake	fried pineapple / banana with syrup	Chef's delights	Lemon crunch	Triple chocolate brownie	Chef's Delights	Fruit crumble
EVERY DAY	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt

SELECTION OF FRESHLY CUT & WHOLE FRUITS