



Week commencing 9th January 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING BREAK					
Drinks & Snacks	Fresh fruit Milk, fruit juice or water				
	Vegetable sticks	Egg mayonnaise sandwiches	Pizza palmiers	Cheese & Biscuits	Sausages in Honey
LUNCH					
Main Meal	Roast Beef & Pork	Pasta Shells with Smoked Bacon & Mushrooms	BBQ Chicken with Smoked Bacon & Cheddar	Beef Casserole with Cheesy Muffin Top	Breaded Fish & Tartare Sauce
Vegetarian Meal	Stuffed Butternut Squash	Roast Mediterranean vegetables with lemon and mint couscous	Filo Wrapped Asparagus	Mushroom Rarebits	Vegetarian lasagne
Vegetables	Mixed Winter Greens	Baked Beans	Cabbage sautéed with smoked bacon and new potatoes	Mustard mash Buttered green beans	Chipped potatoes with cumin and coriander Roasted broccoli
Light Lunch	Spicy Tomato Pasta	Sausage & Mash with Onion Gravy	Steak Bagettes	Spicy Chicken Enchiladas	Roast tomato risotto with basil and parmesan
Salad Bar	A selection of cold cuts, quiche and fresh cut garden salads, presented plain with a range of dressing to choose from				
Desserts	Apple Crumble & Custard	Strawberry Ice Cream Fruit salad pots	Chocolate sponge and chocolate sauce Stuffed baked apples	Sticky toffee pudding with toffee sauce Fruit brulee	Raspberry Jelly & Cream Shortbread dipped biscuits
Fruit & Yogurt	Fresh fruit and homemade yogurt pots				

	Monday	Tuesday	Wednesday	Thursday	Friday
AFTERNOON SNACK					
Drinks & Snacks	Fresh fruit and squash				
	Sultana and candied fruit flapjack	Cookies	Fruit smoothie	Brownie	Banana cake
SUPPER					
Soup	Hot and hearty delicious homemade soups with toppings and a selection of freshly baked breads				
Main Meal	Beef Lasagne	Roast Sirloin of Beef with Yorkshire Pudding	Tandoori Lamb	Pork Chops with Sage Butter	Toad in the Hole with Onion Gravy
Vegetarian Meal	Falafel in pitta with minty yogurt	Vegetable and cranberry pasty	Brie, watercress and cranberry tart	Stuffed field mushrooms	Tempura vegetables and dipping sauces
Vegetables	Garlic Bread & Mangetout	Roast Potatoes Steamed Autumn Vegetables	Cumin scented couscous Coriander roasted cauliflower	Roast potatoes Baton Carrots Kale	Mashed Potatoes & Peas
Salad Bar	A selection of cold cuts, quiche and fresh cut garden salads, presented plain with a range of dressing to choose from				
Desserts	Banoffee Pie	Winter Berry and apple crumble	Fruit trifle	Steamed jam sponge and custard	Pots of chocolate
Fruit & Yogurt	Fresh fruit and homemade yogurt pots				
EVENING SNACK					
Drinks & Snacks	Hot milk drinks available to include: Horlicks, chocolate, honey or malt				
	Melon wedges	Toast, butter and preserves	Fruit cake	Banana muffins	



Week commencing 16th January 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING BREAK					
Drinks & Snacks	Fresh fruit Milk, fruit juice or water				
	Cheese and biscuits	Tuna mayonnaise sandwiches	Sausage with honey	Cheese and tomato parmiers	Cheese and pineapple
LUNCH					
Main Meal	Roast loin of pork with bramley apple sauce	Moo Pie	Garlic & Lemon Scented chicken	Lasagne	Tandoori Chicken
Vegetarian Meal	Cheesy Leek & Potato Pie	Vegetable korma	Root Vegetable & bean wraps	Wild Mushroom Tartlets	Rice & Cheese Cake with Red Onion Jam
Vegetables	New potatoes cauliflower gratin	Creamy Cheesy Mash Cumin scented carrots	Roast Potatoes Green beans and snow peas	Herb Bread Caesar Salad	Coriander Scented Rice, Cauliflower & Broccoli
Light Lunch	Beef Meatballs with Spicy Tomato Sauce	Bolognese Bake	Pumpkin Soup	Sausage Apple & Leek Pie	Cheesy Chicken Nachos
Salad Bar	A selection of cold cuts, quiche and fresh cut garden salads, presented plain with a range of dressing to choose from				
Desserts	Apple Pie with custard Fruit salad pots	Yule Log Crème brulee	Spiced fruit crumble and cream Strawberry and chocolate cookies	Raspberry fool Jelly pots	Ice cream and chocolate sauce Chocolate dipped cookies
Fruit & Yogurt	Fresh fruit and homemade yogurt pots				

	Monday	Tuesday	Wednesday	Thursday	Friday
AFTERNOON SNACK					
Drinks & Snacks	Fresh fruit and squash				
	Cookies	Brownie	James's carrot cake	Flapjack	Fruit Smoothie with Whole Grain
SUPPER					
Soup	Hot and hearty delicious homemade soups with toppings and a selection of freshly baked breads				
Main Meal	Breaded Turkey Escalope	Sticky BBQ ribs	Deli Bar Made to order baguettes: choose your own fillings!	Flying Toad in the Hole	Mixed Pizzas
Vegetarian Meal	Mushroom and cheese pancakes	Vegetable and cheese pasty		Roast tomato tart with thyme pastry	Open vegetable lasagne
Vegetables	Roast potatoes Mashed swede and carrot	Jacket potato Sugar snap peas Baby corn	Chipped potatoes Caesar salad Roasted tomatoes	Creamed potatoes Steamed Cavolo Nero	Herb diced potatoes Mixed leaf salad Garlic bread
Salad Bar	A selection of cold cuts, quiche and fresh cut garden salads, presented plain with a range of dressing to choose from				
Desserts	Chocolate Pannacotta	Blackberry crumble	Lemon Sponge with Ice-Cream	Steamed syrup sponge and cream	Raspberry trifle
Fruit & Yogurt	Fresh fruit and homemade yogurt pots				
EVENING SNACK					
Drinks & Snacks	Hot milk drinks available to include: Horlicks, chocolate, honey or malt				
	Chocolate cake	Cookies	Fruit cake	Butter shortbread	



Week commencing 23rd January 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING BREAK					
Drinks & Snacks	Fresh fruit Milk, fruit juice or water				
	Carrot & Cucumber	Tuna mayonnaise sandwiches	Cheese & biscuits	Cheese and tomato palmiers	Cheese and pineapple
LUNCH					
Main Meal	Pasta Carbonara	Chilli con carne with sour cream	Chicken & Root Vegetable Pie	Chinese New Year Lunch	Burger Day
Vegetarian Meal	Crisp Greek Style Pie	Vegetable korma	Curry Filo Parcels	Vegetable Stir Fry	Pancake cannelloni
Vegetables	Mixed Salad and Garlic Bread	Steamed rice Cumin scented carrots	Creamed Potatoes, Fine Green Beans, Sliced Carrots	Chow Mein, Green Vegetable Stir Fry	Chipped potatoes Caesar Salad
Light Lunch	Corned beef Hash with Poached Egg	Sausage & Bean Hotpot	Haggis, Tatties & Neeps	Sticky Pork Ribs	Cheese, Onion & Chutney Tostados
Salad Bar	A selection of cold cuts, quiche and fresh cut garden salads, presented plain with a range of dressing to choose from				
Desserts	Syrup Sponge & Custard Or Cookies	Chocolate Mousse Crème brulee	Rhubarb & Pear crumble and cream Pineapple Fritters	Raspberry fool with Meringue Jelly pots	Ice Cream Chocolate dipped cookies
Fruit & Yogurt	Fresh fruit and homemade yogurt pots				

	Monday	Tuesday	Wednesday	Thursday	Friday
AFTERNOON SNACK					
Drinks & Snacks	Fresh fruit and squash				
	Fridge Cake	Brownie	James's carrot cake	Flapjack	Ginger Cake
SUPPER					
Soup	Hot and hearty delicious homemade soups with toppings and a selection of freshly baked breads				
Main Meal	Roast Chicken and Cranberry sauce	Braised Whole Shoulder of Lamb	Deli Bar Made to order baguettes: choose your own fillings!	Honey Roast Gammon	Pasta al forno
Vegetarian Meal	Mushroom and cheese panCakes	Vegetable and cheese pasty		Roast tomato tart with thyme pastry	Open vegetable lasagne
Vegetables	Roast potatoes Mashed swede and carrot	Jacket potato Sugar snap peas Baby corn	Chipped potatoes Caesar salad Roasted tomatoes	Creamed potatoes Kale in cheesy sauce	Herb diced potatoes Mixed leaf salad Garlic bread
Salad Bar	A selection of cold cuts, quiche and fresh cut garden salads, presented plain with a range of dressing to choose from				
Desserts	Pannacotta	Spiced Apple & Pear crumble	Pear Tart Tatin	Steamed syrup sponge and Cream	Raspberry trifle
Fruit & Yogurt	Fresh fruit and homemade yogurt pots				
EVENING SNACK					
Drinks & Snacks	Hot milk drinks available to include: Horlicks, chocolate, honey or malt				



Week commencing 30th January 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING BREAK					
Drinks & Snacks	Fresh fruit Milk, fruit juice or water				
	Cheese & Biscuits	Egg mayonnaise on wholemeal bread	Mini sausages	Vegetable Crudités	Parmesan palmiers
LUNCH					
Main Meal	BBQ chicken	Bacon & Chilli Pasta with Roasted Peppers	Cottage pie	Sticky Ginger Stir Fry	Beef & Vegetable Pie
Vegetarian Meal	Bean and vegetable cakes with onion marmalade	Brie & broccoli Tart	Greek Salad Omelette	Marinated Tofu Stir Fry	Root Vegetable Pie
Vegetables	Buttered parsley potatoes Buttered Carrot &	Buttered Pasta & Steamed Broccoli	Mixed green Autumn vegetables	Egg Noodles, Prawn Crackers Stir Fried Vegetables	Herby New potatoes Cauliflower cheese
Light Lunch	Homemade Fishfinger Sandwiches	Apple & Sage gammon Steaks	Coconut & Lime Crusted Chicken	Chinese Spare Ribs	Sausage & Broccoli Pasta
Salad Bar	A selection of cold cuts, quiche and fresh cut garden salads, presented plain with a range of dressing to choose from				
Desserts	Chocolate Puddle Pudding	Pear Crumble & Custard	Apple pie and thick cream	Mandarin Orange Trifles	Lemon Meringue Pie
	Welsh cakes	Treacle tart	Mango mousse	Banana Fritter with Ice Cream	Spiced apple muffins
Fruit & Yogurt	Fresh fruit and homemade yogurt pots				

	Monday	Tuesday	Wednesday	Thursday	Friday
AFTERNOON SNACK					
Drinks & Snacks	Fresh fruit and squash				
	Brownie	Flapjack	Cookies	Fridge cake	Apple & Cinnamon Cake
SUPPER					
Soup	Hot and hearty delicious homemade soups with toppings and a selection of freshly baked breads				
Main Meal	Roast Leg of Thyme Lamb	Mixed grill	Jacket potato bar: Choose your own fillings!	Toad in the Hole	Homemade Pizza
Vegetarian Meal	Homity Pie	Vegetarian Mixed Grill		Breaded mushrooms and baby corn	Pasta Puttanesca
Vegetables	Rosemary Roast Potatoes Glazed Carrots and Green Beans	Baked Beans, Mushrooms & Sauté Potatoes		Parsley Mash & Honey Roasted Parsnips	Caesar Salad Potato Wedges
Salad Bar	A selection of cold cuts, quiche and fresh cut garden salads, presented plain with a range of dressing to choose from				
Desserts	Truffle cake and cream	Treacle tart and custard	Fresh fruit salad and ice cream	Fruit Crumble	Banoffee Pie
Fruit & Yogurt	Fresh fruit and homemade yogurt pots				
EVENING SNACK					
Drinks & Snacks	Hot milk drinks available to include: Horlicks, chocolate, honey or malt				
	Grapes	Ham salad bridge rolls	Melon wedges	Toast night	



Week commencing 6th February 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING BREAK					
Drinks & Snacks	Fresh fruit Milk, fruit juice or water				
	Cucumber and carrot sticks	Cumberland Sausages	Cheese and biscuits	Egg and Cress sandwiches	Cheese Palmiers
LUNCH					
Main Meal	Roast chicken with tomato jam	Sweet & Sour Pork	Gammon, Celeriac & Potato Pie	Beef Lasagne	Homemade fish fingers and Tartare sauce
Vegetarian Meal	Stuffed peppers	Roast Mediterranean vegetables with lemon and mint couscous	Stuffed Mushroom Bruchetta	Mixed Bean Chilli with Potato Wedges	Pasta with roast tomato and pepper sauce
Vegetables	Roast potatoes in garlic and rosemary Sugar snap peas	Egg Noodles, Vegetable Stir Fry	Creamed potatoes Steamed broccoli	Caesar Salad Garlic Bread	Chipped potatoes Roast Carrots
Light Lunch	Toad in the hole	Maple & Orange Glazed Chicken	Smoked Salmon & Pea Frittata	Sizzled Sausage Pasta	Leek & Bacon Risotto
Salad Bar	A selection of cold cuts, quiche and fresh cut garden salads, presented plain with a range of dressing to choose from				
Desserts	Self saucing chocolate pudding	Vanilla Ice Cream	Sticky toffee pudding	Fruit jelly and cream	Jam sponge and custard
	Fruit pots		Strawberry muffins	Pineapple fritters	Fruit Gallettes
Fruit & Yogurt	Fresh fruit and homemade yogurt pots				

	Monday	Tuesday	Wednesday	Thursday	Friday
AFTERNOON SNACK					
Drinks & Snacks	Fresh fruit and squash				
	Fruit smoothie	Sultana flapjack	Apple cake	Brownie	Rocky Road
SUPPER					
Soup	Hot and hearty delicious homemade soups with toppings and a selection of freshly baked breads				
Main Meal	Roast Beef & Yorkshire Pudding	Lamb, Coconut & Mango Pilau	Pizza bar: Assorted Homemade Pizzas	Turkey stir fry in sweet chilli sauce	Citrus chicken
Vegetarian Meal	Red onion and cheddar tart	Roast tomato risotto		Fried crunchy mushrooms with garlic mayonnaise	Vegetable goulash
Vegetables	Roast Potatoes & Spring Greens	Steamed Rice, Poppadums	Jacket wedges Mixed salad	Buttered noodles Fried green vegetables	Cumin couscous Buttered green beans
Salad Bar	A selection of cold cuts, quiche and fresh cut garden salads, presented plain with a range of dressing to choose from				
Desserts	Steamed Syrup sponge and custard	Raspberry Sundae	Sharp lemon roulade	Apple pie and custard	Banoffee pie
Fruit & Yogurt	Fresh fruit and homemade yogurt pots				
EVENING SNACK					
Drinks & Snacks	Hot milk drinks available to include: Horlicks, chocolate, honey or malt				
	Fruit platter	Cookies	Melon wedges	Butter shortbread	



Week commencing 20th February 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING BREAK					
Drinks & Snacks	Fresh fruit Milk, fruit juice or water				
	Vegetable sticks	Egg mayonnaise sandwiches	Pizza palmiers	Cheese & Biscuits	Sausages in Honey
LUNCH					
Main Meal	Pasta Shells with Smoked Bacon & Mushrooms	Beef Stew	Chicken in garlic, lemon and rosemary	Sausage Casserole	Breaded Fish & Tartare Sauce
Vegetarian Meal	Spicy Tomato Spaghetti with Basil Oil	Roast Mediterranean vegetables with lemon and mint couscous	Squash & Coconut Curry	Leek & Goat Cheese Tarts	Vegetarian lasagne
Vegetables	Garlic Buttered Caesar Salad	Baked Beans New Potatoes	Cabbage sautéed with smoked bacon and Couscous	Mustard mash Buttered green beans	Chipped potatoes with cumin and coriander Roasted broccoli
Light Lunch	French Bread Pizza	Sausage & Mash with Onion Gravy	Steak Bagettes	Corned Beef Hash	Chicken, Potato & Green Bean Curry
Salad Bar	A selection of cold cuts, quiche and fresh cut garden salads, presented plain with a range of dressing to choose from				
Desserts	Chocolate Mousse with Heart biscuits	Chocolate Orange Crumble Fruit salad pots	Chocolate Crispy Cake Stuffed baked apples	Chocolate Cheesecake Fruit brulee	Vanilla Ice Cream with Chocolate Sauce Shortbread dipped biscuits
Fruit & Yoghurt	Fresh fruit and homemade yogurt pots				

	Monday	Tuesday	Wednesday	Thursday	Friday
AFTERNOON SNACK					
Drinks & Snacks	Fresh fruit and squash				
	Sultana and candied fruit flapjack	Cookies	Fruit smoothie	Brownie	Banana cake
SUPPER					
Soup	Hot and hearty delicious homemade soups with toppings and a selection of freshly baked breads				
Main Meal	Roast Sirloin of Beef with Yorkshire Pudding	Beef lasagne	Tandoori Lamb	Pork Chops with Sage Butter	Chicken & Mushroom Pie
Vegetarian Meal	Falafel in pitta with minty yogurt	Vegetable and cranberry pasty	Brie, watercress and cranberry tart	Stuffed field mushrooms	Tempura vegetables and dipping sauces
Vegetables	Roast Potatoes Steamed Autumn Vegetables	Herb Ciabatta Mangetout	Cumin scented couscous Spiced Spinach & Cauliflower	Roast potatoes Baton Carrots Kale	Minted Peas & Honey Roasted Parsnips Dauphinoise Potatoes
Salad Bar	A selection of cold cuts, quiche and fresh cut garden salads, presented plain with a range of dressing to choose from				
Desserts	Banoffee Pie	Blackberry and apple crumble	Fruit trifle	Steamed jam sponge and custard	Pots of chocolate
Fruit & Yoghurt	Fresh fruit and homemade yogurt pots				
EVENING SNACK					
Drinks & Snacks	Hot milk drinks available to include: Horlicks, chocolate, honey or malt				
	Melon wedges	Toast, butter and preserves	Fruit cake	Banana muffins	

