



Week commencing 28th May 2009

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING BREAK					
Drinks & Snacks	Fresh fruit Milk, fruit juice or water				
				Cheese and tomato palmiers	Cheese and pineapple
LUNCH					
Main Meal				Lasagne	Turkey and vegetable pie
Vegetarian Meal				Scone based pizza	PanCake Cannelloni
Vegetables				Herb Bread Caesar Salad	Chipped potatoes Roasted root vegetables
Light Lunch				Ham and tomato toastie	Hot Dogs
Salad Bar					
Desserts				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				
				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				Sausage & Tomato Plait	Pasta al forno
Vegetarian Meal				Roast tomato tart with thyme pastry	Open vegetable lasagne
Vegetables				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				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				
				Butter shortbread	



Week commencing 1st June 2009

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING BREAK					
Drinks & Snacks	Fresh fruit Milk, fruit juice or water				
	Vegetable and fruit crudités	Egg mayonnaise on wholemeal bread	Cheese and pineapple	Mini sausages	Parmesan palmiers
LUNCH					
Main Meal	Pasta with bacon and mushrooms	BBQ chicken	Gammon Chops with Pineapple	Beef & Vegetable Pie	Burger Day!!
Vegetarian Meal	Roast Tomato, Asparagus & Tart	Bean and vegetable cakes with onion marmalade	Pasta with Roast Cherry Tomatoes & Diced Courgettes	Tempura vegetable batons	Stuffed Pancakes
Vegetables	Garlic French Bread Buttered broccoli	Buttered parsley potatoes Buttered garden peas Sweetcorn	New Potatoes Mixed Steamed Green Vegetables	Buttery Mash Chunky carrots Roasted parsnips	Chipped potatoes Cauliflower cheese Minted peas
Light Lunch	Pizza	Savoury pinwheels	Leek rarebits	Tomato, basil and mozzarella crostini	Braised sausages
Salad Bar	A selection of cold cuts, quiche and fresh cut garden salads, presented plain with a range of dressing to choose from				
Desserts	Plum crumble and custard	Strawberry ice cream and vanilla sauce	Apple pie and thick cream	Chocolate Sponge & Chocolate Sauce	Raspberry Jelly with Raspberry Cream
	Welsh cakes	Treacle tart	Mango mousse	Cheese and biscuits	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	Fruit cake
SUPPER					
Soup	Hot and hearty delicious homemade soups with toppings and a selection of freshly baked breads				
Main Meal	Roast turkey with bacon rolls	Mixed grill	Jacket potato bar: Choose your own fillings!	Hungarian pork goulash	BBQ rib chop
Vegetarian Meal	Homity Pie	Vegetarian Mixed Grill		Breaded mushrooms and baby corn	Pasta puttanesca
Vegetables	Roast Potatoes Glazed Carrots and Green Beans	Baked Beans, Mushrooms & Sauté Potatoes	Parsley Mash & Honey Roasted Parsnips	Steamed Cumin Rice & Roast Broccoli	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	Rich Pots of Chocolate	Orange tart
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 8th June 2009

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING BREAK					
Drinks & Snacks	Fresh fruit Milk, fruit juice or water				
	Warm cumberland sausages	Cucumber and carrot sticks	Cheese and biscuits	Egg and cress sandwiches	Cheese palmiers
LUNCH					
Main Meal	Roast chicken with tomato jam	Shepherds Pie	Beef lasagne	Roast pork loin with thyme and red onion gravy	Homemade fish fingers and tartare sauce
Vegetarian Meal	Stuffed peppers	Cheesy Vegetable wraps	Stir fried hoi sin vegetables	Vegetable cannelloni in tomato and basil sauce	Pasta with roast tomato and pepper sauce
Vegetables	Roast potatoes in garlic and rosemary Sugar snap peas	Baked Beans	Caesar salad and garlic bread	Fondant potatoes Green beans	Chipped potatoes Roast carrots
Light Lunch	Sausage and red onion baps	Minestrone soup	Sun blush and goats cheese frittata	Summer Pizzas	Beef Meatballs in Tomato Sauce
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	Strawberry fool	Sticky toffee pudding	Chocolate Brownie Cheesecake	Jam sponge and custard
	Fruit pots	Crème brulee	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	Ginger Cake	Fruit cake
SUPPER					
Soup	Hot and hearty delicious homemade soups with toppings and a selection of freshly baked breads				
Main Meal	Lamb dopiaza	Roast beef and yorkshire pudding	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	Yellow raisin rice Fried cauliflower palak	Roast potatoes Broccoli	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 marmalade sponge and custard	Ice cream and Chocolate sauce	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 15th June 2009

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING BREAK					
Drinks & Snacks	Fresh fruit Milk, fruit juice or water				
	Vegetable sticks	Egg mayonnaise sandwiches	Sausage with honey	Cheese and tomato palmiers	Cheese and pineapple
LUNCH					
Main Meal	Spaghetti Bolognese	Roast Pork & Apple Sauce	Paprika coated chicken	Turkey, sweetcorn and mushroom pie	Pizza Bar
Vegetarian Meal	Vegetable & Bean Bolognese	Fried vegetables in Sweet Chilli sauce	Vegetable and bean quesadillas	Baby vegetable tempura	Pancake cannelloni
Vegetables	Herb & Garlic Bread with Caesar Salad	Risolee Potatoes	Couscous Red courgettes Broccoli	Garlic risolee potatoes Green beans Snow peas	Potato Wedges & Mixed Salad
Light Lunch	French Onion Soup	Mushroom stroganoff in a puff pastry shell	Ham, and brie toastie	Ham & Pineapple French Bread Pizza	Vegetable Cakes with Red Onion Relish
Salad Bar	A selection of cold cuts, quiche and fresh cut garden salads, presented plain with a range of dressing to choose from				
Desserts	Strawberry Mousse	Chocolate ice cream with chocolate sauce	Raspberry Trifle	Brownie cheese cake	Toffee and date pudding with toffee sauce
		Crème brulee	Strawberry and chocolate cookies	Fruit salad pots	Lime biscuits
Fruit & Yogurt	Fresh fruit and homemade yogurt pots				

	Monday	Tuesday	Wednesday	Thursday	Friday
AFTERNOON SNACK					
Drinks & Snacks	Fresh fruit and squash				
	Strawberry smoothie	Oatmeal and raisin cookies	Courgette cake	Fruity flap jack	Chocolate shortbread
SUPPER					
Soup	Hot and hearty delicious homemade soups with toppings and a selection of freshly baked breads				
Main Meal	Hoi sin beef with shredded spring onion	Chicken braised in caramelized onions	Fried fish with lemon and tartare sauce	Braised beef in ale	Roast leg of pork with grilled apples
Vegetarian Meal	Falafel in pitta with minty yogurt	Vegetable and cranberry pasta	Brie watercress and cranberry tart	Bean hash with coriander mojo	Roast cherry tomato slice
Vegetables	Coriander couscous Steamed broccoli Baby corn	Garlic mash Savoy Cabbage with Smoked Bacon	Chipped potatoes Minted peas	Roast potatoes Kale in cheesy sauce	Steamed fennel rice Slow roasted cumin carrots
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 brownie and vanilla ice cream	Blackberry and apple crumble	Lemon cheesecake	Steamed jam sponge and custard	Chocolate puddle pudding
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 22nd June 2009

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING BREAK					
Drinks & Snacks	Fresh fruit Milk, fruit juice or water				
	Fruit Wedges	Egg mayonnaise sandwiches	Vegetable Sticks	Cheese and pineapple	Sausages in honey
LUNCH					
Main Meal	Pasta bolognaise	Chicken in garlic, lemon and rosemary	Shepherds pie	Trio of sausages with onion gravy	Beef and ale pie
Vegetarian Meal	Fried vegetable stir fry	Roast Mediterranean vegetables with lemon and mint couscous	Vegetable and bean cakes with onion marmalade	Root vegetable cobbler	Vegetarian lasagne
Vegetables	Garlic bread and Caesar salad	Cabbage sautéed with smoked bacon and new potatoes	Baked beans	Mustard mash Buttered green beans	Chipped potatoes with cumin and coriander Roasted broccoli
Light Lunch	Potato onion and stilton tart	Pork Chops with Sage	Steak baguette	Bacon & Egg Baps	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 and sultana crumble	Strawberry and meringue fool	Chocolate Crispy Cake	Chocolate Sponge & Chocolate Sauce	Peach mousse
	Corn flake cake	Fruit salad pots	Stuffed baked apples	Fruit brulee	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	Sweet chilli pork with shredded spring onion	Beef lasagne	Tandoori chicken	Roast rib of beef and Yorkshire pudding	Fried fish and tartare sauce
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	Egg fried rice Steamed broccoli	New potatoes Mangout	Cumin scented couscous Coriander roasted cauliflower	Roast potatoes Baton carrots Purple sprouting broccoli	Spiced 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	Lemon baked cheesecake	Blackberry 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 29th June 2009

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING BREAK					
Drinks & Snacks	Fresh fruit Milk, fruit juice or water				
	Honey Sausages	Tuna mayonnaise sandwiches	Cheese & biscuits	Cheese and tomato palmiers	Cheese and pineapple
LUNCH					
Main Meal	Roast loin of pork with bramley apple sauce	Chilli con carne with sour cream	Herby roast chicken	Cumberland Pie	Last Day Burger Day
Vegetarian Meal	Root vegetable frittata	Vegetable korma	Mexican bean wraps	Scone based pizza	Pancake Cannelloni
Vegetables	New potatoes Broccoli and cauliflower gratin	Steamed rice Cumin scented Carrots	Roast Potatoes Green beans and snow peas	Jacket wedges Honey glazed carrots Roasted peppers	Chipped potatoes Caesar Salad
Light Lunch	Gammon and pineapple	Mushroom stroganoff	Sticky Pork Ribs	Ham and tomato toastie	Goats cheese & Asparagus Tart
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 tart with custard Fruit salad pots	Chocolate Mousse Crème brulee	Spiced fruit crumble and cream Strawberry and chocolate cookies	Raspberry fool with Meringue Jelly pots	Ice Creams 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 lamb and mint sauce	Sticky BBQ Chops	Deli Bar Made to order baguettes: choose your own fillings!	Braised beef in ale	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	Peach & Pear crumble	Lemon cheesecake	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	