



Week commencing 8<sup>th</sup> February 2010

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING BREAK</b>					
<b>Drinks &amp; Snacks</b>	Fresh fruit Milk, fruit juice or water				
	Vegetable sticks	Egg mayonnaise sandwiches	Pizza palmiers	Sausage in honey	Cheese and pineapple
<b>LUNCH</b>					
<b>Main Meal</b>	Pasta Carbonara	Chicken in garlic, lemon and rosemary	Shepherds pie	Trio of sausages with onion gravy	Beef and Mushroom pie
<b>Vegetarian Meal</b>	Spicy Tomato Spaghetti	Roast Mediterranean vegetables with lemon and mint couscous	Vegetable and bean cakes with onion marmalade	Asparagus & Parmesan Filo Wraps	Vegetarian lasagne
<b>Vegetables</b>	Garlic Buttered Broccoli & Herb Bread	Cabbage sautéed with smoked bacon and new potatoes	Baked beans	Mustard mash Buttered green beans	Chipped potatoes with cumin and coriander Roasted broccoli
<b>Light Lunch</b>	Meaty Pizza	Sausage & Mash with Onion Gravy	Tomato Soup with Marmite Twists	Corned Beef Hash	Roast tomato risotto with basil and parmesan
<b>Salad Bar</b>	A selection of cold cuts, quiche and fresh cut garden salads, presented plain with a range of dressing to choose from				
<b>Desserts</b>	Apple & Chocolate Crumble & Custard	Strawberry and meringue fool	Chocolate sponge and chocolate sauce	Sticky toffee pudding with toffee sauce	Raspberry oat Crunch Pudd
		Fruit salad pots	Stuffed baked apples	Fruit brulee	Shortbread dipped biscuits
<b>Fruit &amp; Yogurt</b>	Fresh fruit and homemade yogurt pots				

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



Week commencing 22<sup>nd</sup> February 2010

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING BREAK</b>					
<b>Drinks &amp; Snacks</b>	Fresh fruit Milk, fruit juice or water				
	Cheese and biscuits	Tuna mayonnaise sandwiches	Sausage with honey	Cheese and tomato palmiers	Cheese and pineapple
<b>LUNCH</b>					
<b>Main Meal</b>	Roast loin of pork with bramley apple sauce	Chilli con carne with sour cream	Herby roast chicken	Lasagne	Turkey and vegetable pie
<b>Vegetarian Meal</b>	Pea, Asparagus & Lemon Risotto	Vegetable korma	Mexican bean wraps	Scone based pizza	PanCake Cannelloni
<b>Vegetables</b>	New potatoes Broccoli and cauliflower gratin	Steamed rice Cumin scented carrots	Roast Potatoes Green beans and snow peas	Herb Bread Caesar Salad	Chipped potatoes Roasted root vegetables
<b>Light Lunch</b>	Beef MeatBalls with Spicy Tomato Sauce	Cauliflower Cheese & Spinach Pasta Bakes	Thai chicken cakes	Ham and tomato toastie	Hot Dogs
<b>Salad Bar</b>	A selection of cold cuts, quiche and fresh cut garden salads, presented plain with a range of dressing to choose from				
<b>Desserts</b>	Apple Pie with custard Fruit salad pots	Strawberry Jelly with Strawberries Crème brulee	Spiced fruit crumble and cream Strawberry and chocolate cookies	Raspberry fool Jelly pots	Ice cream and chocolate sauce Chocolate dipped cookies
<b>Fruit &amp; Yogurt</b>	Fresh fruit and homemade yogurt pots				

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AFTERNOON SNACK</b>					
<b>Drinks &amp; Snacks</b>	Fresh fruit and squash				
	Cookies	Brownie	James's carrot cake	Flapjack	Fruit Smoothie with Whole Grain
<b>SUPPER</b>					
<b>Soup</b>	Hot and hearty delicious homemade soups with toppings and a selection of freshly baked breads				
<b>Main Meal</b>	Roast lamb and mint sauce	Sticky BBQ ribs	<b>Deli Bar</b> Made to order baguettes: choose your own fillings!	Sausage & Tomato Plait	Mixed Pizzas
<b>Vegetarian Meal</b>	Mushroom and cheese panCakes	Vegetable and cheese pasty		Roast tomato tart with thyme pastry	Open vegetable lasagne
<b>Vegetables</b>	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
<b>Salad Bar</b>	A selection of cold cuts, quiche and fresh cut garden salads, presented plain with a range of dressing to choose from				
<b>Desserts</b>	Pannacotta	Blackberry crumble	Lemon cheesecake	Steamed syrup sponge and cream	Raspberry trifle
<b>Fruit &amp; Yogurt</b>	Fresh fruit and homemade yogurt pots				
<b>EVENING SNACK</b>					
<b>Drinks &amp; Snacks</b>	Hot milk drinks available to include: Horlicks, chocolate, honey or malt				
	Chocolate cake	Cookies	Fruit cake	Butter shortbread	





Week commencing 1<sup>st</sup> March 2010

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING BREAK</b>					
<b>Drinks &amp; Snacks</b>	Fresh fruit Milk, fruit juice or water				
	Vegetable and fruit crudités	Egg mayonnaise on wholemeal bread	Cheese and pineapple	Parmesan Pastries	Sausages in Honey
<b>LUNCH</b>					
<b>Main Meal</b>	Pasta with bacon and mushrooms	BBQ chicken	Gammon Chops with Pineapple	Bangers !!!	Burger Day!!
<b>Vegetarian Meal</b>	Roast Tomato, Asparagus & Tart	Bean and vegetable cakes with onion marmalade	Pasta with Roast Cherry Tomatoes & Diced Courgettes	Tempura vegetable batons	Stuffed Pancakes
<b>Vegetables</b>	Garlic French Bread Buttered broccoli	Buttered parsley potatoes Buttered garden peas Sweetcorn	New Potatoes Mixed Steamed Green Vegetables	Cheesy Mash Winter Roasted Vegetables	Chipped potatoes Cauliflower cheese Minted peas
<b>Light Lunch</b>	Pizza	Savoury pinwheels	Leek rarebits	Tomato, basil and mozzarella crostini	Braised sausages
<b>Salad Bar</b>	A selection of cold cuts, quiche and fresh cut garden salads, presented plain with a range of dressing to choose from				
<b>Desserts</b>	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
<b>Fruit &amp; Yogurt</b>	Fresh fruit and homemade yogurt pots				

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AFTERNOON SNACK</b>					
Drinks & Snacks	Fresh fruit and squash				
	Brownie	Flapjack	Cookies	Fridge cake	Fruit cake
<b>SUPPER</b>					
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!	Chicken Korma	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				
<b>EVENING SNACK</b>					
Drinks & Snacks	Hot milk drinks available to include: Horlicks, chocolate, honey or malt				
	Grapes	Ham salad bridge rolls	Melon wedges	Toast night	



Week commencing 8<sup>th</sup> March 2010

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING BREAK</b>					
<b>Drinks &amp; Snacks</b>	Fresh fruit Milk, fruit juice or water				
	Warm Cumberland sausages	Cucumber and Carrot sticks	Cheese and biscuits	Egg and Cress sandwiches	Cheese palmiers
<b>LUNCH</b>					
<b>Main Meal</b>	Roast chicken with tomato jam	Shepherds Pie	Beef lasagne	Roast pork loin with thyme and red onion gravy	Homemade fish fingers and tartare sauce
<b>Vegetarian Meal</b>	Stuffed peppers	Cheesy Vegetable wraps	Stir fried hoi sin vegetables	Vegetable Cannelloni in tomato and basil sauce	Pasta with roast tomato and pepper sauce
<b>Vegetables</b>	Roast potatoes in garlic and rosemary Sugar snap peas	Baked Beans	Caesar salad and garlic bread	Fondant potatoes Green beans	Chipped potatoes Roast Carrots
<b>Light Lunch</b>	Sausage and red onion baps	Minestrone soup	Sun blush and goats cheese frittata	Cheese & Tomato Pizzas	Cajun Chicken Burgers
<b>Salad Bar</b>	A selection of cold cuts, quiche and fresh cut garden salads, presented plain with a range of dressing to choose from				
<b>Desserts</b>	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
<b>Fruit &amp; Yogurt</b>	Fresh fruit and homemade yogurt pots				

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AFTERNOON SNACK</b>					
<b>Drinks &amp; Snacks</b>	Fresh fruit and squash				
	Fruit smoothie	Sultana flapjack	Apple cake	Ginger Cake	Fruit cake
<b>SUPPER</b>					
<b>Soup</b>	Hot and hearty delicious homemade soups with toppings and a selection of freshly baked breads				
<b>Main Meal</b>	Lamb Korma	Sticky Slow Roast Belly of Pork with Crackling	<b>Pizza bar:</b> Assorted Homemade Pizzas	Turkey stir fry in sweet chilli sauce	Chicken with Garlic Honey & Herbs
<b>Vegetarian Meal</b>	Red onion and cheddar tart	Roast tomato risotto		Fried crunchy mushrooms with garlic mayonnaise	Vegetable goulash
<b>Vegetables</b>	Yellow raisin rice Roast Spiced Carrots	Roast potatoes Broccoli	Jacket wedges Mixed salad	Buttered noodles Fried green vegetables	Cumin couscous Buttered green beans
<b>Salad Bar</b>	A selection of cold cuts, quiche and fresh cut garden salads, presented plain with a range of dressing to choose from				
<b>Desserts</b>	Steamed marmalade sponge and custard	Ice cream and Chocolate sauce	Sharp lemon roulade	Apple pie and custard	Banoffee pie
<b>Fruit &amp; Yogurt</b>	Fresh fruit and homemade yogurt pots				
<b>EVENING SNACK</b>					
<b>Drinks &amp; Snacks</b>	Hot milk drinks available to include: Horlicks, chocolate, honey or malt				
	Fruit platter	Cookies	Melon wedges	Butter shortbread	



Week commencing 15<sup>th</sup> March 2010

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING BREAK</b>					
<b>Drinks &amp; Snacks</b>	Fresh fruit Milk, fruit juice or water				
	Vegetable sticks	Egg mayonnaise sandwiches	Sausage with honey	Cheese and tomato palmiers	Cheese and pineapple
<b>LUNCH</b>					
<b>Main Meal</b>	Spaghetti Bolognese	Chicken Chasseur	Roast Pork & Apple Sauce	Turkey, sweetcorn and mushroom pie	Pizza Bar
<b>Vegetarian Meal</b>	Vegetable & Bean Bolognese	Pumpkin & Parmesan Risotto	Vegetable and bean quesadillas	Roast Pumpkin & Spinach Lasagne	Cannelloni
<b>Vegetables</b>	Herb & Garlic Bread with Caesar Salad	Roast Potatoes, Thyme Roasted Root Vegetables	Garlic Rissolee Red courgettes Broccoli	Mash, Green beans Snow peas	Potato Wedges & Mixed Salad
<b>Light Lunch</b>	French Onion Soup	Jambon & Brie Monseir	Leek and Mackerel Penne Bake	Ham & Pineapple French Bread Pizza	Vegetable Cakes with Red Onion Relish
<b>Salad Bar</b>	A selection of cold cuts, quiche and fresh cut garden salads, presented plain with a range of dressing to choose from				
<b>Desserts</b>	Strawberry Mousse	Chocolate ice cream with chocolate sauce  Crème brulee	Raspberry Trifle  Strawberry and chocolate cookies	Brownie cheese cake  Fruit salad pots	Toffee and date pudding with toffee sauce  Lime biscuits
<b>Fruit &amp; Yogurt</b>	Fresh fruit and homemade yogurt pots				

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AFTERNOON SNACK</b>					
<b>Drinks &amp; Snacks</b>	Fresh fruit and squash				
	Strawberry smoothie	Oatmeal and raisin cookies	Courgette cake	Fruity flap jack	Chocolate shortbread
<b>SUPPER</b>					
<b>Soup</b>	Hot and hearty delicious homemade soups with toppings and a selection of freshly baked breads				
<b>Main Meal</b>	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
<b>Vegetarian Meal</b>	Falafel in pitta with minty yogurt	Vegetable and cranberry pasty	Brie watercress and cranberry tart	Bean hash with coriander mojo	Roast cherry tomato slice
<b>Vegetables</b>	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
<b>Salad Bar</b>	A selection of cold cuts, quiche and fresh cut garden salads, presented plain with a range of dressing to choose from				
<b>Desserts</b>	Chocolate brownie and vanilla ice cream	Blackberry and apple crumble	Lemon cheesecake	Steamed jam sponge and custard	Chocolate puddle pudding
<b>Fruit &amp; Yogurt</b>	Fresh fruit and homemade yogurt pots				
<b>EVENING SNACK</b>					
<b>Drinks &amp; Snacks</b>	Hot milk drinks available to include: Horlicks, chocolate, honey or malt				
	Chocolate cake	Cookies	Fruit cake	Butter shortbread	