



Week commencing 19th April 2010

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING BREAK					
Drinks & Snacks	Fresh fruit Milk, fruit juice or water				
	Fruit & Vegetable Wedges	Egg mayonnaise sandwiches	Cheese & Pineapple	Parmiers	Honey Glazed Sausages
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	Stuffed Mushroom Bruchettas	Roast Mediterranean vegetables with lemon and mint couscous	Butternut Squash & Pepper Curry with Rice	Seared Mediterranean Vegetables with Basil Pesto	Squash & Mushroom lasagne
Vegetables	Garlic bread and Caesar salad	Cabbage sautéed with smoked bacon and new potatoes	Mixed Green Spring Vegetables	Mustard mash Buttered green beans	Chipped potatoes with cumin and coriander Roasted broccoli
Light Lunch	Prawn, Rocket & Feta Frittata	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 pie	Strawberry and meringue fool	Apple Crumble & Custard	Banoffee Pie	Chocolate Sponge & Choc Sauce
	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	Chicken & Mushroom Pie	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	Sliced Potatoes with Onions & Cauliflower Cheese	New potatoes Mangetout	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 28th April 2010

	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	Herby roast chicken	Cumberland Pie	Burger Day
Vegetarian Meal	Pasta Puttanesca	Vegetable korma	Mexican bean wraps	Scone based pizza	PanCake Cannelloni
Vegetables	Mixed Salad and Garlic Bread	Steamed rice Cumin scented carrots	Roast Potatoes Green beans and snow peas	Honey glazed carrots Roasted peppers	Chipped potatoes Caesar Salad
Light Lunch	Corned beef Hash with Poached Egg	Mushroom stroganoff	Sticky Pork Ribs	Ham and tomato toastie	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	Spiced fruit crumble and cream Strawberry and chocolate cookies	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	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	



Week commencing 3rd May 2010

	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	Roast Pork & Apple Sauce	Beef & Vegetable Pie
Vegetarian Meal	Bean and vegetable cakes with onion marmalade	Brie & Asparagus Tart	Spring Vegetable Tagliatelle with Lemon & Chive Sauce	Pepper & Aubergine Pile	Root Vegetable Pie
Vegetables	Buttered parsley potatoes Buttered Carrot &	Buttered Pasta & Steamed Broccoli	Mixed green Spring vegetables	Roast Potatoes, Fine Green Beans with Tomato Sauce	Herby New potatoes Cauliflower cheese
Light Lunch	Sweet Potato & Gammon Jackets	Apple & Sage gammon Steaks	Leek rarebits	Cheese & Potato Bake	Hot Dog 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	Chocolate Puddle Pudding	Pear Crumble & Custard	Apple pie and thick cream	Strawberry ice cream and vanilla sauce	Lemon Meringue Pie
	Welsh cakes	Treacle tart	Mango mousse		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!	Toad in the Hole	Homemade Pizza
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	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 10th May 2010

	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	Lamb, apricot and vegetable pie	Beef Lasagne	Homemade fish fingers and Tartare sauce
Vegetarian Meal	Stuffed peppers	Roast Mediterranean vegetables with lemon and mint couscous	Mexican and bean wraps	Stir Fried Hoi sin Vegetables	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	Honey Chicken Pittas	Minestrone soup	Full English Frittata	Potato, Stilton & Onion 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	Self saucing chocolate pudding	Mint Choc 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	Fruit cake
SUPPER					
Soup	Hot and hearty delicious homemade soups with toppings and a selection of freshly baked breads				
Main Meal	Roast Lamb	Spicy Beef Meat Loaf	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	Jacket Wedged 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 Syrup sponge and custard	Strawberries & Cream strawberry 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 17th May 2010

	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	Gammon chop with fresh pineapple slice	Hoi Sin Chicken with Red Pepper	Paprika coated chicken	Turkey, sweetcorn and mushroom pie	Chilli Con Carni
Vegetarian Meal	Courgette and mint cakes	Fried vegetables in black bean sauce	Vegetable and bean wraps	Baby vegetable tempura	Caramelized Red Onion & Mushroom Tart
Vegetables	Parsley potatoes Garden peas Cauliflower cheese	Egg noodles Stir fried green vegetables with garlic and soy	Couscous Red courgettes Broccoli	Garlic risolee potatoes Green beans Snow peas	Steamed Rice Roasted carrots Cabbage
Light Lunch	Corned beef hash with poached egg	Mushroom stroganoff in a puff pastry shell	Ham, and brie toastie	Sausage, Mushroom & Tomato Pasta	Goat cheese, mint and watercress 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	Chocolate Mousse	Chocolate ice cream with chocolate sauce	Apple & Chocolate Crumble with Custard	Chocolate Brownie cheese cake	Chocolate Puddle Pudding
	Corn flake cake	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	Spare Ribs	Chicken braised in caramelized onions	Pepperoni Pizza	Braised beef in ale	Roast leg of pork with grilled apples
Vegetarian Meal	Falafel in pitta with minty yogurt	Vegetable and Cranberry pasty	Red Onion & Pepper Pizza	Bean hash with coriander mojo	Roast cherry tomato slice
Vegetables	Egg Noodles Steamed broccoli Baby corn	Garlic mash Braised red cabbage	Curly Fries Garden Salad	Roast potatoes Kale in cheesy sauce	Roast New Potatoes 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	Cherry 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	