



From: 14.01.19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast & snacks					
	Pastries Fresh fruit Yoghurt pots Cereal Cereal Bars A selection of cakes & cookies	Pastries Fresh fruit Yoghurt pots Cereal Cereal Bars A selection of cakes & doughnuts	Pastries Fresh fruit Yoghurt pots Cereal Cereal Bars A selection of cakes & muffins	Pastries Fresh fruit Yoghurt pots Cereal Cereal Bars A selection of cakes & doughnuts	Pastries Fresh fruit Yoghurt pots Cereal Cereal Bars A selection of cakes & muffins
Lunch					
Fresh soup	Soup of the day Croutons Tortilla chips Seeds	Soup of the day Croutons Tortilla chips Seeds	Soup of the day Croutons Tortilla chips Seeds	Soup of the day Croutons Tortilla chips Seeds	Soup of the day Croutons Tortilla chips Seeds
Main course	Thai green chicken curry with naan bread & a selection of condiments	Roast beef with all the trimming	Chicken Caesar salad, cos lettuce, bagel crisps & bacon lardons	Make your own soup day	Battered haddock, lemon wedges & tartar sauce
Vegetarian course	Butternut & spinach Thai red curry with naan bread & a selection of condiments	Broccoli, spinach & feta wellington served with a blue cheese sauce	Ricotta tortellini with basil & rocket pistou, topped with sundried tomato & mozzarella		Fried onion tart with swiss chard and tomato vinaigrette
Sides	Jasmine rice, baby corn & mange tout	Roast potatoes, cauliflower cheese & parsley carrots	Rocket & red onion salad & homemade slaw	Choose from a selection of fillings & toppings	Chipped potatoes, mushy peas & sweetcorn
Salad Bar	Mixed leaf, tomato cucumber with a selection of dressing & toppers freshly prepared daily				
	Fruity couscous Smoke fish Mixed beans Mixed olives Roasted vegetables	Prawns Avocado & artichoke Boiled eggs & spinach Lentils & soy beans	Tuna mayonnaise Sweet potato Garlic mushrooms Greek salad Rice salad	Butter beans in tomato Bulgur wheat Sweetcorn & olives Spinach Rocket & red onion	Pasta salad Mozzarella Noodle salad Chick pea with basil and mixed peppers
Dessert	A selection of fruit, fruit pots & cakes	A selection of fruit, fruit pots & cakes	A selection of fruit, fruit pots & cakes	A selection of fruit, fruit pots & cakes	A selection of fruit, fruit pots & cakes