	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Brunch
Main	Peri Peri Chicken Breast	Persian Lamb & Pomegranate Casserole	Honey Roast Gammon	Shawarma Chicken Served in a Wrap	Battered Fish Of The Week	Classic Bolognese Pasta Bake	Bacon & Pork Sausages
Vegetarian	Halloumi Red Onion & Roast Pepper Wrap	, Butternut Squash & Spinach Tagine	Plant Based Roast Served in a Herb Gravy	Quorn & Vegetable Stuffed Capsicum	Gruyere Cheese & Sweet Chilli Jam Tart	Quorn Meatballs Pasta Bake	Baked Beans
Pasta Bar	Pasta Bar:Penne Puttanesca	Pasta Bar: Fusilli Bolognese	Gnocchi with Red Peppers Pesto	Street Food: Croque Monsieur served with French Fries	Tortiglioni with Roasted Pepper & Tomato Sauce		Hash Browns
Jacket Potato	Jacket Potato & Sweet Potato with toppings in the Salad Bar	Jacket Potato & Sweet Potato with toppings in the Salad Bar	Jacket Potato & Sweet Potato with toppings in the Salad Bar	Jacket Potato & Sweet Potato with toppings in the Salad Bar	Jacket Potato & Sweet Potato with toppings in the Salad Bar	Jacket Potato & Sweet Potato with toppings in the Salad Bar	Fried Egg
Soup	Daily Homemade Soup with Fresh Artisan Bread	Daily Homemade Soup with Fresh Artisan Bread	Daily Homemade Soup with Fresh Artisan Bread	Daily Homemade Soup with Fresh Artisan Bread	Daily Homemade Soup with Fresh Artisan Bread		
Side 1	Sweet Potato Fries	Minted Couscous	Herbed Potatoes	French Fries	Chipped Potatoes	Broccoli	<b>.tt.</b>
Side 2	Sauté Courgettes	Tomatoes, Sugarsnaps & Red Onion	Cauliflower Cheese	Sweetcorn	Garden Peas	Focaccia Bread	
Dessert 1	Iced Finger Bun	Apple & Ginger Fruit Crumble	Syrup Sponge with Custard	Chocolate Mocha Brownie	Quinoa Sultana & Protein Flapjack	Selection of cakes	
Dessert 2	Ice Cream	Mango Cheesecake	Summer Fruit Meringue	Strawberry Mousse & Marshmallows	Lemon & Lime Poppy Seed Posset		Felsted
	Jelly	Jelly	Jelly	Jelly	Jelly	Jelly	
	Fresh Fruits						
	Supper	Supper	Supper	Supper	Supper	Supper	Supper
Main	Broad Oak Farm Beef Burger in a Bap	Tuna steak served with Tomato Salsa	Sweet & Sour Crispy Chicken	Tagliatelle Served with Chicken & Bacon Sauce	BBQ Pulled Pork in a Brioche Bun	Chef's Selection	Caribbean Crispy Chicken Wrap
Vegetarian	Falafel & Spinach Burger	Aubergine & Pumpkin Parmegiana	Baked Tofu in Hoisin Vegetables	Tagliatelle With a Mushroom & Chive Sauce	BBQ Pulled Peas Protein Bites		Halloumi & Vegetable Wrap
Pasta	Orecchiette with Tomato & Basil Sauce	Pasta Bar: Penne all'Amatriciana	Spaghetti Pomodoro		Fusilli with Basil & Spinach Pesto		
Side 1	French Fries	New Potatoes	Vegetable Fried Rice	Ciabatta	Jacket Wedges		Curly Fries
Side 2	Parmesan Roasted Tomatoes	Mediterranean Roasted Vegetables		Panzanella Salad	Fried Courgettes		Green Salad
	Salad Bar	Salad Bar					
	Selection of Desserts	Selection of Desserts					
	Jelly	Jelly	Jelly	Jelly	Jelly	Jelly	Jelly
	Fresh Fruits	Fresh Fruits					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 2	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Brunch
Main	Kung Pao Chicken	Classic Beef Lasagne	Maple & Mustard Pork Loin	Grilled Steak with Parmesan Shavings & Rocket	Grilled Salmon	Chicken & Chorizo Pasta Bake	Bacon & Pork Sausages
Vegetarian	Vegetable Gyoza with a Ginger, Garlic & Chilli Sauce	Vegetable Lasagne	Baked Asparagus & Rocket Risotto	Crumbed Greek Feta Sun Blushed Tomato & Olive Tart	Creamy Leek & Wild Mushroom Croissant	Spinach & Ricotta Cannelloni	Baked Beans
Pasta Bar	Pasta Bar: Penne Pasta served with Tomato & Basil Sauce	Jacket Potato Bar	Bagel Bar Selection of Fillings & Crisps	Street Food: Duck Pad Thai Noodles	Pasta Bar:Conchiglie Pasta served with Tomato & Mascarpone Sauce		Hash Browns
Jacket Potato	Jacket Potato & Sweet Potato with toppings in the Salad Bar	Jacket Potato & Sweet Potato with toppings in the Salad Bar	Jacket Potato & Sweet Potato with toppings in the Salad Bar	Jacket Potato & Sweet Potato with toppings in the Salad Bar	Jacket Potato & Sweet Potato with toppings in the Salad Bar	Jacket Potato & Sweet Potato with toppings in the Salad Bar	Fried Egg
Soup	Daily Homemade Soup with Fresh Artisan Bread	Daily Homemade Soup with Fresh Artisan Bread	Daily Homemade Soup with Fresh Artisan Bread	Daily Homemade Soup with Fresh Artisan Bread	Daily Homemade Soup with Fresh Artisan Bread		
Side 1	Steamed Rice	Broccoli	Diced Herb Potatoes	French Fries	Minted Potatoes	Roasted Cherry Tomatoes & Courgettes	<b>₩</b> ₩
Side 2	Oriental & Sugar Snaps	Garlic Bread	Medley of Vegetables	Sauté Mushrooms	Pak Choi & Leeks	Garlic Bread	
Dessert 1	American Doughnuts	Sticky Toffee Pudding Caramel Sce	Rhubarb & Custard Eton Mess	Dorset Apple Cake served with Vanilla Chantilly	Spiced Rice Pudding	Selection of cakes	Felsted
Dessert 2	Apricot Crumble & Custard	Passionfruit Mango Pannacotta	Malteser Cake	Double Chocolate Mousse	Strawberries & Cream		
	Supper	Supper	Supper	Supper	Supper	Supper	Supper
Main	Jamaican Salt Fish Patty	Chicken Korma	Beef Chilli Con Carne	Crispy Chicken Katsu Burger	Classic Beef Bolognese	Chef's Selection	Bacon,Red Onion & Cheese Quiche
Vegetarian	Fishless Fish Fingers	Sri Lankan Lentil Dahl	BBQ Quorn Fillet Roast Pepper Strips	Spicy Bean Burger Burger	Sweet Potato Falafels served in a Pomodoro Sauce		Homemade Vegan Sausage Roll
Pasta	Rigatoni pomodoro	Fusilli with a Basilico Sauce	Farfalle served with a Creamy Mushroom Sauce	Penne with a Roasted Pepper Sauce			
Side 1	Chipped Potatoes	Basmati Rice	Steamed Rice	Curly Fries	Spaghetti		Chipped Potatoes
Side 2	Roasted Okra	Chapati Bread	Fried Tortilla Chips With Salsa & Soured Cream	Pickled Red Cabbage	Focaccia Bread		Garden Peas
	Salad Bar	Salad Bar	Salad Bar				
	Selection of Desserts	Selection of Desserts	Selection of Desserts				
	Fresh Fruits	Fresh Fruits	Fresh Fruits				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
WEEK 3	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Brunch
Main	Broad Oak Farm Pork Sausages	Panko Crumbed Garlic & Herb Chicken	Topside of Beef with Yorkshire Pudding	Singapore Chilli Chicken	Wholetail Scampi	Beef Lasagne	Bacon & Pork Sausages
Vegetarian	Vegetables Sausages	Shitake Mushroom Burger	Rigatoni Pesto	Teriyaki Mock Lamb with Green Peppers	Porcini Ravioli in Pomodoro Sauce	Orzo With Mediterranean Vegetables	Baked Beans
Pasta Bar	Pasta Bar: Linguine served with Beef Ragu	Potato Gnocchi Pomodoro	Jacket Potato Bar	Street Food: Chilli Mac & Cheese	Bagels: Selection of Fillings served with Potato Crisps		Hash Browns
Jacket Potato	Jacket Potato & Sweet Potato with toppings in the Salad Bar	Jacket Potato & Sweet Potato with toppings in the Salad Bar	Jacket Potato & Sweet Potato with toppings in the Salad Bar	Jacket Potato & Sweet Potato with toppings in the Salad Bar	Jacket Potato & Sweet Potato with toppings in the Salad Bar	Jacket Potato & Sweet Potato with toppings in the Salad Bar	Fried Egg
Soup	Daily Homemade Soup with Fresh Artisan Bread	Daily Homemade Soup with Fresh Artisan Bread	Daily Homemade Soup with Fresh Artisan Bread	Daily Homemade Soup with Fresh Artisan Bread	Daily Homemade Soup with Fresh Artisan Bread		
Side 1	Chipped Potatoes	Seasoned Jacket Wedges	Roasted Potatoes	Steamed Rice	Chipped Potatoes	Broccoli	
Side 2	Baked Beans	Fine Beans	Mixed Seasonal Vegetables	Chinese Vegetables	Mushy Peas	Garlic Ciabatta	
Dessert 1	Yum Yum	Baked Egg Custard with Nutmeg	Warm Dried Fruit Compote	Strawberry Cobbler	Lemon Meringue Tart	Selection of cakes	Felsted
Dessert 2	Ice Cream	Biscoff Cake	Lemon Drizzle Cake	Fresh Fruit Salad	Banana & Oreo Mousse		
	Jelly	Jelly	Jelly	Jelly	Jelly	Jelly	
	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits	

	Supper	Supper	Supper	Supper	Supper	Supper	Supper
Main	Italian Meatballs	Stripped Beef Fajita	Meat Pizza	Breaded Chicken Tenders	Street Food:Filled Bao Buns	Chef's Selection	Chinese Chicken in a Plum Sauce
Vegetarian	Mozzarella & Tomato Arancini Balls	Roasted Veg & Halloumi Fajita	Pizza Margherita	Miami Vegan Burger	Thai Quorn Strips on a Pitta Bread		Vegetable Bean Tagine
Pasta		Farfalle served with a Creamy Quorn Sauce	Penne all'Amatriciana	Linguine Pomodoro	Fusilli with a Tomato Herb Sauce		
Side 1	Spaghetti	Sweet Potato Fries	Criss Cut Potatoes	Rosti Potato	Vegetable Fried Rice		Jasmine Rice
Side 2	Garlic Bread	Sour Cream & Salsa	Italian Sweetcorn Salad	Chilli Roasted Peppers			Stir Fry Veg
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	Selection of Desserts	Selection of Desserts	Selection of Desserts	Selection of Desserts	Selection of Desserts	Selection of Desserts	Selection of Desserts
	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Brunch
Grilled Bacon	Chipolatas	Croissants	Bacon	Sausages	Bacon	Bacon & Pork Sausages
Baked Beans	Baked Beans	Pain au Chocolat	Baked Beans	Baked Beans/Mushrooms	Baked Beans	Baked Beans
Potato Smiles	Potato Waffles	Continental Bread Selection, Boiled Egg	Scrambled Egg	Fried Eggs	Eggy Bread	Hash Browns, Fried Eggs
Homemade Pancakes		Homemade Pancakes		Homemade Pancakes		Homemade Pancakes
Porridge Bar	Porridge Bar	Porridge Bar	Porridge Bar	Porridge Bar	Porridge Bar	Porridge Bar
Milk Porridge	Milk Porridge	Milk Porridge	Milk Porridge	Milk Porridge	Milk Porridge	Milk Porridge
Dried Mango & Dried Banana	Dried Apricot & Dried Goji Berries	Dried Mango & Dried Banana	Dried Apricot & Dried Goji Berries	Dried Mango & Dried Banana	Dried Apricot & Dried Goji Berries	Dried Mango & Dried Banana
Homemade Bircher Muesli	Homemade Bircher Muesli	Homemade Bircher Muesli	Homemade Bircher Muesli	Homemade Bircher Muesli	Homemade Bircher Muesli	Homemade Bircher Muesli
Salami slices	Pastrami slices	Ham slices	Chorizo slices	Ham slices	Pastrami slices	Ham
Gouda Cheese Slices	Brie Slices	Emmental Slices	Smoked Cheddar Slices	Gruyere Slices	Red Leicester Cheese Slices	Cheddar Cheese Slices
Greek Yoghurt	Greek Yoghurt	Greek Yoghurt	Greek Yoghurt	Greek Yoghurt	Greek Yoghurt	Greek Yoghurt
Low Fat Yoghurt	Low Fat Yoghurt	Low Fat Yoghurt	Low Fat Yoghurt	Low Fat Yoghurt	Low Fat Yoghurt	Low Fat Yoghurt
Dried Dates & Dried Banana	Dried Apricot & Dried Prunes	Dried Dates & Dried Banana	Dried Apricot & Dried Prunes	Dried Dates & Dried Banana	Dried Apricot & Dried Prunes	Dried Dates & Dried Banana
Mixed Fruit Topping	Mixed Fruit Topping	Mixed Fruit Topping	Mixed Fruit Topping	Mixed Fruit Topping	Mixed Fruit Topping	Mixed Fruit Topping
Fresh Fruits Selection	Fresh Fruits Selection	Fresh Fruits Selection	Fresh Fruits Selection	Fresh Fruits Selection	Fresh Fruits Selection	Fresh Fruits Selection
Petit Pains	Petit Pains	Petit Pains	Petit Pains	Petit Pains	Petit Pains	Petit Pains
Toast	Toast	Toast	Toast	Toast	Toast	Toast
Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee
Fresh Juice & Smoothie	Fresh Juice & Smoothie	Fresh Juice & Smoothie	Fresh Juice & Smoothie	Fresh Juice & Smoothie	Fresh Juice & Smoothie	Fresh Juice & Smoothie