



Fairtrade Fortnight February 22nd – March 7th

BREAKFAST	Monday 1 st March St David's Day	Tuesday 2 nd March	Wednesday 3 rd March	Thursday 4 th March	Friday 5 th March	Saturday 6 th March	Sunday 7 th March
	Apple juice Orange juice	Pineapple juice Apple juice	Apple juice Orange juice	Pineapple juice Apple juice	Apple juice Orange juice	Pineapple juice Apple juice	Apple juice Orange juice
	Rice Krispies, Weetabix, Special K, Shreddies, Porridge oats Greek Yoghurt, Demerara sugar, Selection of dried fruits						
	A selection of seasonal fruit is available at breakfast time and throughout the day						
	Porridge Cumberland Sausages Omelettes Baked beans Hash Browns Grilled mushrooms Grilled tomatoes	Boiled eggs Sliced Brie Sliced Emmental Croissants Pain au Chocolat Brioche	Porridge Oxford chipolatas Grilled bacon Poached eggs Potato smiles Baked beans Grilled tomatoes Grilled mushrooms	American pancakes Maple syrup Wiltshire-cured bacon Baked beans	Porridge Oxford chipolatas Scrambled eggs with cherry tomatoes Baked beans Grilled mushrooms Grilled tomatoes	Oxford chipolatas Grilled bacon Omelettes Baked beans Potato smiles Grilled tomatoes Grilled mushrooms	Porridge Boiled eggs Sliced Brie Sliced Emmental Croissants Cinnamon Danish pastry whirls Brioche
	And also						
	Fairtrade Rosie tea & Tikka coffee, Hot chocolate, Chilled filtered water, Chilled milk						
	French bread, Wholemeal petit pain, Wholemeal sliced bread with jams, marmalade, honey, marmite, butter & Flora						



Fairtrade Fortnight February 22nd – March 7th

	Monday 1 st March St David's Day	Tuesday 2 nd March	Wednesday 3 rd March	Thursday 4 th March	Friday 5 th March	Saturday 6 th March	Sunday 7 th March
SALAD BAR	Glazed sausages Salmon pâté & crackers	Roast turkey Egg mayonnaise	Roast beef Seafood cocktail	Sausage rolls Spinach roulade	Baked gammon Pesto salmon	Ardennes pâté Stuffed peppers	Italian salami Prawn quiche
	Potato, egg & spinach salad Winter salad	Roasted vegetable & rice salad Fennel & orange salad	Cucumber & watermelon salad Potato, beetroot & bean salad	Couscous salad Caesar salad	Pasta salad Five bean & mint salad	Original super-food salad Potato & chive salad	Rainbow rice salad Greek salad
	Pick 'n' mix: Mixed leaf salad Cucumber slices Tomato wedges Celery sticks Sweetcorn Grated carrot Beetroot Red, yellow & green pepper sticks Radishes Spring onions French Dressing Mayonnaise Daily 'special' dressing	Pick 'n' mix: Mixed leaf salad Cucumber slices Tomato wedges Celery sticks Sweetcorn Grated carrot Beetroot Red, yellow & green pepper sticks Radishes Spring onions French Dressing Mayonnaise Daily 'special' dressing	Pick 'n' mix: Mixed leaf salad Cucumber slices Tomato wedges Celery sticks Sweetcorn Grated carrot Beetroot Red, yellow & green pepper sticks Radishes Spring onions French Dressing Mayonnaise Daily 'special' dressing	Pick 'n' mix: Mixed leaf salad Cucumber slices Tomato wedges Celery sticks Sweetcorn Grated carrot Beetroot Red, yellow & green pepper sticks Radishes Spring onions French Dressing Mayonnaise Daily 'special' dressing	Pick 'n' mix: Mixed leaf salad Cucumber slices Tomato wedges Celery sticks Sweetcorn Grated carrot Beetroot Red, yellow & green pepper sticks Radishes Spring onions French Dressing Mayonnaise Daily 'special' dressing	Pick 'n' mix: Mixed leaf salad Cucumber slices Tomato wedges Celery sticks Sweetcorn Grated carrot Beetroot Red, yellow & green pepper sticks Radishes Spring onions French Dressing Mayonnaise Daily 'special' dressing	Pick 'n' mix: Mixed leaf salad Cucumber slices Tomato wedges Celery sticks Sweetcorn Grated carrot Beetroot Red, yellow & green pepper sticks Radishes Spring onions French Dressing Mayonnaise Daily 'special' dressing



Fairtrade Fortnight February 22nd – March 7th

	Monday 1 st March St David's Day	Tuesday 2 nd March	Wednesday 3 rd March	Thursday 4 th March	Friday 5 th March	Saturday 6 th March	Sunday 7 th March
M A I N S	Stir-fry chicken pesto Chota Naan	Roast beef, Yorkshire puddings, horseradish sauce, gravy	Sweet & sour pork ribs on vegetable noodles	Beef & potato pie with gravy	Breaded turkey escalopes with lemon wedges	Pasta Carbonara with Parmesan cheese	Roast chicken, stuffing, gravy
	Poached haddock on mustard mash topped with poached egg	Cajun salmon tortilla wrap with sweetcorn salsa	Cod fillet fish fingers with tomato ketchup & tartare sauce	Salmon kedgeree	Spicy prawn-topped rice and corn cakes	Fish pie with roasted root vegetables	Italian-style roasted cod
	Perfect Welsh rarebit	Vegetable moussaka	Cheesy bread pudding	Butternut and goats cheese lasagne	Cauliflower cheese potato pies	Tomato tart tatin with roquette and parmesan	Devilled mushrooms
V E G	Speckled rice Sweetcorn Broccoli Leek Mornay	Roast potatoes Peas Savoy cabbage Carrots	Jacket wedges Mushy peas Sweetcorn Sauteed peppers & mushrooms	Glazed parsnips Green beans Carrots Tomato salad	Tartiflette Broccoli Ratatouille Sugar snap peas	Broccoli Mixed leaf salad Cucumber & mint salad	Roast potatoes Sweetcorn Carrots Cabbage
P U D	Monmouth pudding Chocolate mousse Fresh fruit salad	Sunshine rice pudding Cheese & biscuits Yoghurt bar	Rhubarb suet pudding Swiss roll & custard Cranberry jelly	Banana butterscotch pudding with cream Raspberry cheesecake Fresh fruit salad	Cinnamon baked apples Syrup sponge & custard Greek yoghurt & fruit compote	Pear & blackberry crumble with cream Mandarin jelly Fruit salad	Mango & pineapple pavlova Yoghurt bar Cheese & biscuits



Fairtrade Fortnight February 22nd – March 7th

	Monday 1 st March St David's Day	Tuesday 2 nd March	Wednesday 3 rd March	Thursday 4 th March	Friday 5 th March	Saturday 6 th March	Sunday 7 th March
HOMEMADE SOUP	Leek & potato soup	Carrot & coriander soup	Tomato soup	Thai vegetable soup	Leek & potato soup	Pea soup	Vegetable soup
ROLLS or SANDWICHES	Welsh cheese and cucumber sandwiches	Tuna mayonnaise sandwiches	Egg & cress sandwiches	Cream cheese & cucumber sandwiches	Salmon and lettuce leaves sandwiches	Egg & cress sandwiches	Cheese sandwiches
PASTA or JACKETS	Penne pasta in tomato sauce with grated Parmesan cheese French bread	Jacket potato with baked beans & grated cheese	Four cheese tortelloni with tomato sauce	Jacket potato with baked beans & tuna & sweetcorn mayonnaise	Seafood spaghetti	Baked jacket potato filled with baked beans or vegetable chilli	Ravioli & garlic bread Mushroom & leek risotto
'SPECIAL'	Suffolk hotpot with green beans	Chicken burgers in floured baps with mayonnaise, tomato ketchup Coleslaw	Minced lamb curry with Chota naan bread Greek yoghurt with mint Mango chutney	Warmed cheese baguettes Italian salami Tortilla chips & salsa	Chicken Paella French bread	Pepperoni pizza slice Cheese & tomato pizza slice Prawn & mozzarella pizza slice	