

Spring Breakfast

Amy Roberts

Director of Nutrition & Food
Development, Endorses this menu



<i>Week 1</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Daily Breakfast Items</i>				Porridge station Fruit juice Yoghurt station Toast & preserves	Porridge station Fruit juice Yoghurt station Toast & preserves	Porridge station Fruit juice Yoghurt station Toast & preserves	Porridge station Fruit juice Yoghurt station Toast & preserves
<i>Choose from the daily specials</i>				Streaky bacon Sauté potatoes Eggy bread Mushrooms	Sausage Fried bread Poached eggs Plum tomatoes	Bacon Potato waffles Scrambled eggs Baked beans	Continental breakfast Healthy smoothies
<i>Fruit</i>				A selection of fresh fruit	A selection of fresh fruit	A selection of fresh fruit	A selection of fresh fruit
<i>Morning break</i>				Ham sandwich Water & Fresh Fruit	Pesto swirls Water & Fresh Fruit	Cheese & biscuit Water & Fresh Fruit	Toast & preserves Water & Fresh Fruit



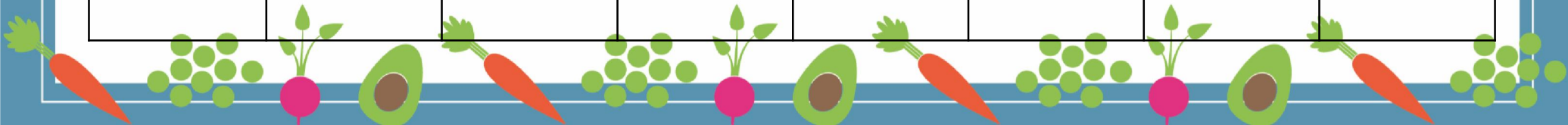
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<i>Week 2</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Daily Breakfast Items</i>	Porridge station Fruit juice Yoghurt station Toast & preserves	Porridge station Fruit juice Yoghurt station Toast & preserves	Porridge station Fruit juice Yoghurt station Toast & preserves	Porridge station Fruit juice Yoghurt station Toast & preserves	Porridge station Fruit juice Yoghurt station Toast & preserves	Porridge station Fruit juice Yoghurt station Toast & preserves	Porridge station Fruit juice Yoghurt station Toast & preserves
<i>Choose from the daily specials</i>	Chipolata sausage Sauté potatoes Eggy bread Spaghetti hoops	Pain au chocolate	Grilled bacon Scrambled eggs Black pudding Hash browns	Pork sausages Boiled eggs English muffins Baked beans	Streaky bacon Fried eggs Fried bread Grilled tomatoes	Chipolata sausage Poached eggs Plum tomatoes Field mushrooms	Continental breakfast Healthy smoothies
<i>Fruit</i>	A selection of fresh fruit	A selection of fresh fruit	A selection of fresh fruit	A selection of fresh fruit	A selection of fresh fruit	A selection of fresh fruit	A selection of fresh fruit
<i>Morning break</i>	Cheese scones Water and fresh fruit	Hot soup & petit pain Water and fresh fruit	Cheese and biscuits Water and fresh fruit	Jam sandwiches Water and fresh fruit	Tomato & cheese pizza bread Water and fresh fruit	Chocolate filled croissants Water and fresh fruit	Toast and preserves Water and fresh fruit



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<i>Daily Breakfast Items</i>	Porridge station Fruit juice Yoghurt station Toast & preserves	Porridge station Fruit juice Yoghurt station Toast & preserves	Porridge station Fruit juice Yoghurt station Toast & preserves	Porridge station Fruit juice Yoghurt station Toast & preserves	Porridge station Fruit juice Yoghurt station Toast & preserves	Porridge station Fruit juice Yoghurt station Toast & preserves	
<i>Choose from the daily specials</i>	Grilled back bacon Poached egg Black pudding Baked beans	Grilled sausages Fried eggs Baked hash browns Spaghetti hoops	Streaky bacon Scrambled egg Grilled tomatoes English muffins	Pancakes with Maple syrup	Chipolata sausages Boiled eggs Potato waffles Mushrooms		
<i>Fruit</i>	A selection of fresh fruit	A selection of fresh fruit	A selection of fresh fruit	A selection of fresh fruit	A selection of fresh fruit		
<i>Morning Break</i>	Granola bar Water and fresh fruit	Jim jam sandwich Water and fresh fruit	Pepperoni parmiers Water and fresh fruit	Hot soup & petit pain Water and fresh fruit	Wait & See Water and fresh fruit		

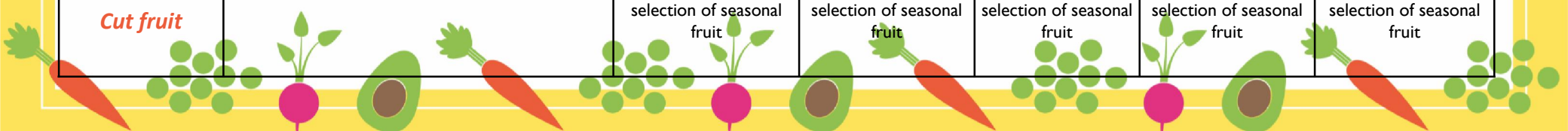


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<i>Soup</i>			Leek & potato Served with homemade breads	Carrot & coriander Served with homemade breads	Broccoli & cheddar Served with homemade breads	Chicken noodle Served with homemade breads	Sunday Roast
<i>Favourites</i>			Whole wheat pasta & pork meatballs with arrabbiata sauce	Lamb tagine with apricots & roasted peppers	Baked fish with tartare sauce & lemon wedges	Creamy pesto chicken with whole wheat pasta or Oat crusted mackerel & horseradish fish cake	Roast Pork with crackling & apple sauce
<i>Vegetarian</i>			Quorn bolognese with olive bread	Spicy chickpea stuffed roasted squash	Quorn aubergine parmigiana	Pea parmesan & thyme risotto	Feta & spinach filo parcel
<i>In addition</i>			Garlic doughballs rainbow salad	Lemon & herb cous cous sauté carrots & courgettes	Chipped potatoes mushy peas & garden peas	Served with homemade garlic bread & broccoli	Roast potatoes & seasonal vegetable selection
<i>Hot Dessert</i>			Warm gingerbread with with vanilla custard	Raspberry cheesecake	Syrup sultana sponge & custard	Apple pie with fresh cream	Lemon posset
<i>Cold Dessert</i>			Yoghurt Pots Jellies	Yoghurt Pots Jellies	Yoghurt Pots Jellies	Yoghurt Pots Jellies	Yoghurt Pots Jellies
<i>Cut fruit</i>			Fruit salad pots selection of seasonal fruit	Fruit salad pots selection of seasonal fruit	Fruit salad pots selection of seasonal fruit	Fruit salad pots selection of seasonal fruit	Fruit salad pots selection of seasonal fruit



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<i>Soup</i>	French onion Served with homemade bread	Tomato & basil Served with homemade bread	Carrot & coriander Served with homemade bread	Broccoli & stilton Served with homemade bread	Chicken & sweetcorn Served with homemade bread	Spicy bean & red pepper Served with homemade bread	Sunday Roast
<i>Favourites</i>	Chilli con carne with tortilla chips, guacamole and salsa	Toad in the hole Cumberland sausage in Yorkshire batter with onion gravy	Turkey & parmesan carbonara or Salmon and red pesto penne	Chicken Balti with naan bread and tomato & onion salsa	Baked haddock fillet with homemade tartare sauce	Creamy tomato and chicken pasta bake with whole wheat penne	Roast beef with Yorkshire puddings and horseradish sauce
<i>Vegetarian</i>	Mediterranean vegetable and halloumi pitta pocket	Butternut squash and thyme risotto	Spicy quorn and mixed bean lasagne	Stuffed aubergine with butter bean ratatouille	Falafel wrap with tzatziki coleslaw	Pesto pasta with cherry tomatoes olives and rocket	Selection of roasted potatoes and seasonal vegetables
<i>In addition</i>	Steamed wholegrain rice and chopped taco salad	Mashed potatoes carrots and broccoli florets	Garden salad and wholemeal garlic focaccia	Steamed wholegrain rice & fine green beans	Chipped potatoes, garden peas or mushy peas	Garlic dough balls Caesar salad	Stuffed field mushrooms with blue cheese and fresh herbs
<i>Hot Dessert</i>	Apple crumble and custard	Berry sponge pudding with fresh cream	Coconut macaroon tart with vanilla custard	Fruit turn overs with Chantilly cream	Sticky toffee pudding with hot fudge sauce	Strawberry cheesecake	Steamed lemon sponge with custard
<i>Cold Dessert</i>	Yoghurt pots jellies	Yoghurt pots jellies	Yogurt pots jellies	Yogurt pots jellies	Yogurt pots jellies	Yogurt pots jellies	Yogurt pots jellies
<i>Cut fruit</i>	Fruit salad pots and a selection of seasonal fruit	Fruit salad pots and a selection of seasonal fruit	Fruit salad pots and a selection of seasonal fruit	Fruit salad pots and a selection of seasonal fruit	Fruit salad pots and a selection of seasonal fruit	Fruit salad pots and a selection of seasonal fruit	Fruit salad pots and a selection of seasonal fruit

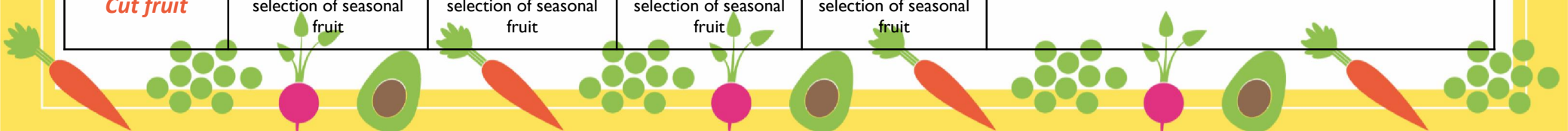


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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Cream of tomato Served with homemade breads	Curried red lentil Served with homemade breads	Chicken & mushroom Served with homemade breads	Noodle Soup Served with homemade breads			
Favourites	Meat free Monday lunch Mac 'n' Cheese topped with sundried tomatoes & crispy leeks or Sweet potato and pea frittata	Stir fry Chinese chicken in hoi sin sauce	Beef lasagne with garlic focaccia or Salmon fish cake	Chargrilled Spanish chicken			
Vegetarian		Giant sweet chilli tofu spring rolls	Creamy parmesan butternut squash & fresh herb whole wheat pasta	Roasted pepper, red onion & courgette tart			
In addition	Broccoli florets & Pesto garlic bread	Stir fry egg noodles with Chinese vegetables	Ranch salad Roasted carrots with fennel	Paprika roasted potatoes Mediterranean vegetables & olives			
Hot Dessert	Orange marmalade pudding with chocolate sauce	Winter berry crumble with vanilla custard	Steamed apricot pudding with ginger sauce	Pear and plum wholewheat cobbler with fresh cream			
Cold Dessert	Yoghurt Pots Jellies	Yoghurt Pots Jellies	Yoghurt Pots Jellies	Yoghurt Pots Jellies			
Cut fruit	Fruit salad pots selection of seasonal fruit	Fruit salad pots selection of seasonal fruit	Fruit salad pots selection of seasonal fruit	Fruit salad pots selection of seasonal fruit			



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<i>Little Tea</i>				Super seed flapjack Tea, milk, water and fresh fruit	Lemon and lime drizzle cake Tea, milk, water and fresh fruit	Tunnock's wafer Tea, milk, water, and fresh fruit	Wait and see Tea, milk, water, and fresh fruit
<i>Supper Main course</i>				Cottage pie topped with creamy mashed potatoes	Hunters chicken	Saturday night take away	Griddled gammon steak with fried eggs
<i>Supper Vegetarian course</i>				Quorn chilli tacos with avocado salsa and sour cream	Mediterranean vegetable & bean cakes		Broad bean and pesto frittata
<i>On the side</i>				Roasted carrots and honey glazed parsnips	Sauté potatoes and a medley of vegetables		Hash browns and ranch salad
<i>In addition</i>				Selection of breads & preserves	Selection of breads & preserves		Selection of breads & preserves
<i>Cold dessert</i>				Coconut cake with vanilla frosting	Chocolate and cranberry fridge cake	Honeycomb and raspberry fool	Apple tarte tatin
<i>Fruit</i>				Whole fruit	Whole fruit	Whole fruit	Whole fruit

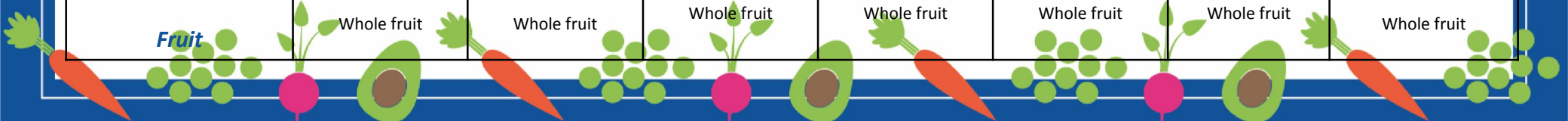


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<i>Little Tea</i>	Chocolate flapjack Tea, milk, water and fresh fruit	Shortbread Tea, milk, water and fresh fruit	Tunnock's wafer Tea, milk, water and fresh fruit	Lemon drizzle cake Tea, milk, water and fresh fruit	Oat cookies Tea, milk, water and fresh fruit	Club biscuit Tea, milk, water and fresh fruit	Wait and see Tea, milk, water and fresh fruit
<i>Supper Main course</i>	Katsu curry with steamed rice	Spicy beef burrito with salsa and sour cream	Cod fish fingers	Lamb and rosemary casserole with herb dumplings	BBQ chicken skewers with crispy fried onions	Saturday night take away	Panini Grill Tuna melt
<i>Supper Vegetarian course</i>	Pesto orzo with sundried tomato & parmesan	Grilled goats cheese crostini with balsamic onion jam	Tikka quorn flat bread with shredded slaw	Cheese & onion pasty	Potato, vegetable & lentil pakora		Tomato & mozzarella Chicken pesto
<i>On the side</i>	Sauté pak choi with soy and garlic	Twice baked paprika vegetable wedges	Skinny fries and garden peas	Mashed potatoes and sauté greens	Potato wedges and corn cobs		Tortilla chips with chunky salsa
<i>In addition</i>	Selection of breads & preserves	Selection of breads & preserves	Selection of breads & preserves	Selection of breads & preserves	Selection of breads & preserve	Selection of breads & preserves	Selection of breads & preserves
<i>Cold dessert</i>	Chocolate raspberry roulade	Ice cream sundae	Rainbow cupcakes	S'mores	Rice pudding with caramelized oranges	Churos with fruit dipping sauce	Chocolate mousse
<i>Fruit</i>	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit



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<i>Little Tea</i>	Iced chocolate sponge Tea, milk, water & fresh fruit	Marshmallow crispy cake Tea, milk, water and fresh fruit	Club biscuit Tea, milk, water and fresh fruit	Super seed flapjack Tea, milk, water and fresh fruit			
<i>Supper Main course</i>	Sticky BBQ pulled pork wrap with red cabbage and apple slaw	Baked fish fingers with ketchup	Inside out garlic chicken kiev	Cottage pie topped with creamy mashed potatoes			
<i>Supper Vegetarian course</i>	Stuffed skins with cottage cheese mixed peppers and chives	Breaded halloumi on a flat bread with a minted garlic dressing	Butternut squash & potato dauphinoise	Quorn chilli tacos with avocado salsa and sour cream			
<i>On the side</i>	Skinny fries & sweetcorn	Crunchy potato wedges, sweet chilli slaw and big bowl salads	Buttered new potatoes and Caesar salad	Roasted carrots and honey glazed parsnips			
<i>In addition</i>	Selection of breads & preserves	Selection of breads & preserves	Selection of breads & preserves	Selection of breads & preserves			
<i>Cold dessert</i>	Cranberry and white chocolate blondie	Passion fruit custard pots	Ice cream with sauce and toppings	Coconut cake with vanilla frosting			
<i>Fruit</i>	Whole fruit	Whole fruit	Whole fruit	Whole fruit			

