

# SUPPER

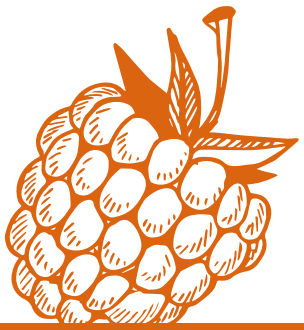


## Sample Menu Week 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Butternut Squash and Peas Risotto Vegan Feta Stuffed Pepper with Roasted Bell Pepper Sauce	BBQ Meat Loaf Or Vegetarian Meat Loaf	Chicken, Mushroom & Tarragon Or Vegetable, Mushroom & Tarragon	Roast Turkey & Cranberry Wellington Or Brie & Cranberry Parcel	<b>Pizza Night</b>  A Choice between  Margherita & Roasted Mediterranean Vegetables Or Margherita Or Pepperoni Pizza
ON THE SIDE	Zucchini Noodles Herb Dressing & Carrots	Roasted Sweet Potato & Broccoli BBQ Gravy	Bulgar Wheat Snow Peas & toasted Sunflower Seeds	Cauliflower Pearl Barley, Romanesco, Cauliflower & Gravy	Mixed Tossed Salad, Semi Dried Tomato, Garlic & Olive Bread Stick
SALAD BAR	Choice of Salad, Dressings, Seeds and Sauces	Choice of Salad, Dressings, Seeds and Sauces	Choice of Salad, Dressings, Seeds and Sauces	Choice of Salad, Dressings, Seeds and Sauces	Choice of Salad, Dressings, Seeds and Sauces
DESSERT	Cornflake Tart with Chocolate Custard	Choice of Yoghurt or Dessert Pot	Blueberry Muffin	Choice of Yoghurt or Dessert Pot	Jam Coconut Sponge
COLD DESSERT	Choice of Yoghurt or Dessert Pot		Choice of Yoghurt or Dessert Pot		Choice of Yoghurt or Dessert Pot
FRUIT	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit





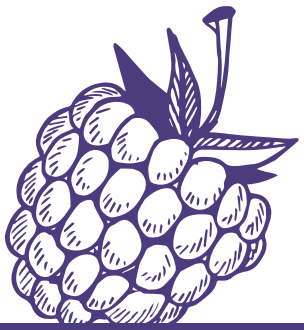
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## Sample Menu Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	Vegan Carbonara Spaghetti Spaghetti Arrabiata, Roasted Cherry Tomato & Rocket	Fish Finger Or Fishless Fingers	Turkey Meatball Sub Or Falafel Sub	Garlic Honey Roast Chicken  Or Garlic Honey Roast Tofu	<b>Pizza Night</b>  A Choice between Margherita Or Vegetarian Hawaiian Or Hawaiian Pizza
<b>ON THE SIDE</b>	Parmesan Roasted Green Bean	Baked Bean, Crushed Garden Peas, Tartare Sauce & Chips	Greek Salad & Kimchi Wedges	Swede, Carrot & Celeriac Mash with Braised Red Cabbage	Mixed Tossed Salad, Semi Dried Tomato, Garlic & Olive Bread Stick
<b>SALAD BAR</b>	Choice of Salad, Dressings, Seeds and Sauces	Choice of salad, dressings, seeds and sauces	Choice of salad, dressings, seeds and sauces	Choice of Salad, Dressings, Seeds and Sauces	Choice of salad, dressings, seeds and sauces
<b>DESSERT</b>	Victoria Sponge	Choice of Yoghurt or Dessert Pot	Cranberry Multi Seeds Flapjack	Choice of Yoghurt or Dessert Pot	Chocolate Chip Cookies
<b>COLD DESSERT</b>	Choice of Yoghurt or Dessert Pot		Choice of Yoghurt or Dessert Pot		Choice of Yoghurt or Dessert Pot
<b>FRUIT</b>	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit





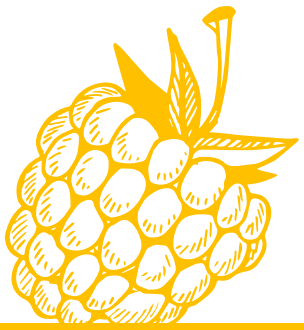
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## Sample Menu Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Vegan Chili Dogs	Chicken Pesto Wholemeal Pasta Or Tomato & Basil Wholemeal Pasta	Fish Finger Or Fishless Fingers	Beef Pasties  Vegetable Pasties	<b>Pizza Night</b>  A Choice between Margherita Roasted Peppers & Onion Margherita Or Meat Feast Pizza
ON THE SIDE	Cheesy Corn Chips, Coleslaw & Baked Beans	Caprese Salad & Garlic Bread Stick	Baked Beans, Crushed Garden Peas, Tartare Sauce & Chips	Roasted Root Vegetables Mixed Greens & Vinaigrette	Mixed Tossed Salad, Semi Dried Tomato, Garlic & Olive Bread Stick
SALAD BAR	A Choice of Salad, Dressings, Seeds and Sauces	A Choice of Salad, Dressings, Seeds and Sauces	A Choice of Salad, Dressings, Seeds and Sauces	A Choice of Salad, Dressings, Seeds and Sauces	A choice of Salad, Dressings, Seeds and Sauces
DESSERT	Coconut & Chocolate Slice	Choice of Yoghurt or Dessert Pot Fruit Meringues	Ginger Cake	Choice of Yoghurt or Dessert Pot	Fruit Pavlova
FRUIT	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit





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## Sample Menu Week 4



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Chickpea Cavolo Nero & Cauliflower Curry or Vegetable Samosas	Lamb Tagine Or Vegetable Tagine	Chicken Enchiladas  Or Vegetable Enchiladas	Turkey Stroganoff  Vegetable Stroganoff	<b>Pizza Night</b> A Choice between Margherita Or Chicken, Sweetcorn & Peppers Pizza
ON THE SIDE	Jasmine Scented Rice Flat bread Cucumber Raita	Lemon & Herb Quinoa & Chickpea Salad Orange & Fennel Salad	Brown Rice with Black Beans Avocado Salsa, Sour Cream	Buttered Minted Ratte Potatoes Glazed Carrot, Cavolo Nero & Parsnip	Mixed Tossed Salad, Semi Dried Tomato, Garlic & Olive Bread Stick
SALAD BAR	A Choice of Salad, Dressings, Seeds and Sauces	A Choice of Salad, Dressings, Seeds and Sauces	A Choice of Salad, Dressings, Seeds and Sauces	A Choice of Salad, Dressings, Seeds and Sauces	A Choice of Salad, Dressings, Seeds and Sauces
DESSERT	Lemon Drizzle Tiramisu	Choice of Yoghurt or Dessert Pot	Cherry & Coconut Cookies	Choice of Yoghurt or Dessert Pot	Cinnamon Apple Cake
FRUIT	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit

