WEEK 1 LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LENTIL CARROT & BACON SOUP	TOMATO SOUP	CHICKEN & RICE SOUP	CREAMY BROCCOLI SOUP	POTATO HAM & SPRING ONION SOUP	CHEFS SOUP CHOICE	CHEFS SOUP CHOICE
CHICKEN & MUISHROOM SLICE	BACON MAC & CHEESE	SAUSAGE ROLL	GAMMON STEAKS WITH CURRIED PINEAPPLE RINGS	PEPPERONI PIZZA	CHICKEN NUGGETS	LORNE SAUSAGE IN A ROLL
TUNA & BROCCOLI RICE	CHICKEN SAMOSAS	BEEF BOLOGNAISE	MEATBALLS IN A CREAMY TOMATO SAUCE	HONEY SOY SAUCE & 5 SPICE CHICKEN BREAST	CHEFS EXTRA CHOICE	CHEFS EXTRA CHOICE
VEGETABLE PATTY	PINEAPPLE FRIED RICE	MEDITERANEAN VEG RAVIOLI	THAI SPRING ROLLS	CHEESE PIZZA	TOMATO & CHEESE OMELETTES	CREAMY WILD MUSHROOM RICE
OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO				
CAULIFLOWER	CARROTS	BEANS	CARROTS	SPAGHETTI HOOPS	BEANS	SPAGHETTI HOOPS
BROCCOLI SOUP	CORN COBS	BRUSSEL SPROUTS	GREEN BEANS	SWEETCORN	PEAS	BROCCOLI
CHIPS	STEAMED POTATOES	ROAST POTATOES	STEAMED POTATOES	CRISS CUTS	CHIPS	ROAST POTATOES
SALAD BAR & DRESSINGS						
BREAD ROLLS, WRAPS, WHOLEMEAL BREAD & WHITE BREAD						
FRESH FRUIT						
ASSORTED YOGHURTS FULL FAT & LOW FAT	ASSORTED YOGHURTS FULL FAT & LOW FAT					

WEEK 2 LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MUSHROOM SOUP	CHICKEN NOODLE SOUP	CARROT & CORIANDER SOUP	VEGETABLE SOUP	HAM & BROCCOLI SOUP	CHEFS SOUP CHOICE	CHEFS SOUP CHOICE
HAWAIIAN FRIED RICE	BEEF BURGER IN A BUN	BBQ PULLED PORK	FIRE CRACKER CHICKEN BREAST	PEPPERONI PIZZA	COD GOUJONS WITH LEMON	CHICKEN BALTI PIES
OVEN BAKED LAMB SAMOSAS	LEMON & GARLIC SKINLESS COD	BAKED CUBAN MOJO CHICKEN BREAST	MINCE & ONION PIES	KING RIB TOMATO PASTA	CHEFS EXTRA CHOICE	CHEFS EXTRA CHOICE
MEDITERANEAN PASTA	SOUTHERN FRIED QUORN ESCALOPES	CAMEMBERT BITES	SUNDRIED MUSHROOM & TOMATO PASTA	CHEESE PIZZA	TOMATO & FRESH BASIL PASTA	CHEESE QUORN & BROCCOLI WRAPS
OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO					
GREEN BEANS	BEANS	ONION RINGS	BEANS	BEANS & MINI SAUSAGES	PEAS	CARROTS
CORN COBS	PEAS	BROCCOLI	ROASTED LEEKS	CAULIFLOWER	ROAST VEG	BEANS
STEAMED POTATOES	CRISS CUTS	ROAST POTATOES	STEAMED POTATOES	WEDGES	STEAMED POTATOES	ROAST POTATOES
SALAD BAR & DRESSINGS						
BREAD ROLLS, WRAPS, WHOLEMEAL BREAD & WHITE BREAD						
FRESH FRUIT						
ASSORTED YOGHURTS FULL FAT & LOW FAT						

WEEK 3 LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TOMATO & BASIL SOUP	LENTIL & PAPRIKA SOUP	MUSHROOM & BACON SOUP	CHICKEN & SWEETCORN SOUP	SPICY VEGAN NOODLE SOUP	CHEFS SOUP CHOICE	CHEFS SOUP CHOICE
HOT DOG IN A BRIOCHE ROLL	CHILLI & LIME DRUMSTICKS	CUMBERLAND RINGS WITH GRAVY	CHEESE & HAM QUICHE	PEPPERONI PIZZA	CHICKEN GOUJONS	SCOTCH PIES
CHICKEN KIEV	ORANGE & HONEY GAMMON STEAKS	SMOKED HAM & PEA PASTA CARBONARA	THAI FISH CAKES	LAMB BOLOGNAISE	CHEFS EXTRA CHOICE	CHEFS EXTRA CHOICE
VEGETABLE PATTY	THAI SPRING ROLLS	MINI VEGI QUICHE	VEGETABLE FRIED RICE	CHEESE PIZZA	TOMATO MUSHROOM MINI NAAN BREADS	VEG STIR FRY & NOODLES
OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO
SWEETCORN	TURNIP	BROCCOLI	PEAS	CARROTS	BEANS	PEAS
BRUSSEL SPROUTS	PEAS	CARROTS	ROAST VEG	BEANS	SWEETCORN	BEANS
POTATO SLICES	STEAMED POTATOES	CHIPS	STEAMED POTATOES	CRISS CUTS	ROAST POTATOES	STEAMED POTATOES
SALAD BAR & DRESSINGS						
BREAD ROLLS, WRAPS, WHOLEMEAL BREAD & WHITE BREAD						
FRESH FRUIT						
ASSORTED YOGHURTS FULL FAT & LOW FAT	ASSORTED YOGHURTS FULL FAT & LOW FAT					

WEEK 4 LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GINGER TURMERIC & CARROT SOUP	LENTIL & TOMATO SOUP	POTATO & BACON SOUP	MINESTRONE SOUP	VEGETABLE & RICE SOUP	CHEFS SOUP CHOICE	CHEFS SOUP CHOICE
CHEESE, BACON, BROCCOLI CHICKEN BREAST	MANGO & CORIANDER SKINLESS COD	KING RIBS	CURRIED CHICKEN SAUSAGES	PEPPERONI PIZZA	STEAK & KIDNEY PIES	SCAMPI & LEMON
BEEF & VEGETABLE SPRING ROLLS	PLAIN PULLED PORK	ORANGE & SESAME CHICKEN BREAST	BACON & EGG FRIED RICE	CHICKEN STRIPS IN GRAVY	CHEFS EXTRA CHOICE	CHEFS EXTRA CHOICE
QUORN KORMA & RICE	CAMAMBERT BITES	VEGETABLE SAMOSAS	VEGI PAKORA	CHEESE PIZZA	SOUTHERN FRIED QUORN ESCALOPES	TURMERIC & QUORN COCONUT RICE
OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO
CORN COBS	PEAS	BEANS	SWEETCORN	CARROTS	BROCCOLI	PEAS
BRUSSEL SPROUTS	CARROTS	BROCCOLI	CAULIFLOWER	ROAST PEPPERS	GARLIC MUSHROOMS	CARROTS
STEAMED POTATOES	ROAST POTATOES	STEAMED POTATOES	CRISS CUTS	CHIPS	STEAMED POTATOES	CHIPS
SALAD BAR & DRESSINGS						
BREAD ROLLS, WRAPS, WHOLEMEAL BREAD & WHITE BREAD						
FRESH FRUIT						
ASSORTED YOGHURTS FULL FAT & LOW FAT	ASSORTED YOGHURTS FULL FAT & LOW FAT					

WEEK 1 DINNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CAJUN BUTTER BEEF	THAI COCONUT BAKED CHICKEN BREAST	SALMON FISH CAKES	CILANTRO & LIME CHICKEN BREAST	GARLIC & DIJON MUSTARD CHICKEN DRUMSTICKS	SMOKED BACON & BROCCOLI RICE	ROAST CHICKEN & YORKIES
BRUCHETTA CHICKEN BREAST	SCOTCH PIES	CHORIZO TOMATO PASTA	CORNED BEEF HASH WITH BOILED EGGS	MINI SAUSAGE TOMATO PASTA	CHEFS EXTRA CHOICE	CHEFS EXTRA CHOICE
VEGI MINI QUICHE	QUORN SAUSAGE CASSEROLE	BROCCOLI & MUSHROOM STIR FRY	CHEESE & ONION PASTY	ROAST VEG LASAGNE	POTATO WAFFLES	VEG & CHEESE QUESADILLAS
OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO				
SWEETCORN	BROCCOLI	PEAS	BROCCOLI	GREEN BEANS	BEANS	CARROTS
CARROTS BEANS	BEANS	CAULIFLOWER	TURNIP	CARROTS	SWEETCORN	BUTTERED SPINACH
ROAST POTATOES	HERB & MUSTARD STEAMED POTATOES	ROAST POTATOES	STEAMED POTATOES	ROAST POTATOES	STEAMED POTATOES	ROAST POTATOES
STEAMED POTATOES	ROAST POTATOES	STEAMED POTATOES	ROAST POTATOES	SPRING ONION STEAMED POTATOES	ROAST POTATOES	STEAMED POTATOES
SALAD BAR & DRESSINGS						
BREAD ROLLS, WRAPS, WHOLEMEAL BREAD & WHITE BREAD						
FRESH FRUIT						
CREAMY RICE PUDDING	RASPBERRY JELLY	STRAWBERRY CRUMBLE & CUSTARD	GINGER CAKE & CREAM	CHOCOLATE PASTRY STICKS	FRUIT COCKTAIL	CHEFS DESSERT CHOICE

WEEK 2 DINNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TURKEY FRICASSEE PASTA	BREADED CHICKEN	KUNG POA CHICKEN BREAST	HAGGIS	CAJUN BACON CHOPS	FAJITA CHICKEN PASTA	MUSTARD & THYME LAMB CHOPS
CORNISH PASTY	CREAMY CHEESE HAM & BROCCOLI PASTA	IRISH STEW	BEEF CHILLI	CREAMY GARLIC & RED ONION CHICKEN BREAST	CHEFS EXTRA CHOICE	CHEFS EXTRA CHOICE
VEG PAKORA	QUORN & VEG PIE	VEGI BOLOGNAISE PASTA	MOROCCAN SPICED VEG COUS COUS	QUORN CHOW MEIN	HOMEMADE VEGI TOMATO SAUSAGE ROLL	RAINBOW VEGI MINCE PASTA
OVEN BAKED JACKET POTATO						
CAULIFLOWER	BEANS	GREEN BEANS	TURNIP	CARROTS	SWEETCORN	GARLIC ROAST CHERRY TOMATOES
BUTTERED CABBAGE	CARROTS	MIXED VEG	BROCCOLI	GREEN BEANS	BRUSSEL SPROUTS	BROCCOLI
STEAMED POTATOES	MASHED POTATOES	CROUQUETTES	MASHED POTATOES	ROAST POTATOES	STEAMED POTATOES	ROAST POTATOES
ROAST POTATOES	STEAMED POTATOES	STEAMED POTATOES	ROAST POTATOES	STEAMED POTATOES	GARLIC ROAST POTATOES	STEAMED POTATOES
SALAD BAR & DRESSINGS						
BREAD ROLLS, WRAPS, WHOLEMEAL BREAD & WHITE BREAD						
FRESH FRUIT						
JAM DOUGHNUTS	PASTEL DEL NATA	MIXED CUPCAKES	STRAWBERRY ANGEL DELIGHT	BLUEBERRY MUFFINS	LEMON DRIZZLE SLICE	CHEFS DESSERT CHOICE

WEEK 3 DINNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEEF & VEG MINCE WITH DOUGHBALLS	TOMATO SALMON PASTA	STEAK & SAUSAGE PIE	LEEK & WILD MUSHROOM PORK RICE	CHICKEN SAMOSAS	SMOKED BACON & CHEESE BURGER PASTA	SAUSAGE ROLLS
CREAMY TUNA PASTA	KORMA PORK MEATBALLS WITH RICE	CHICKEN & SWEETCORN PASTA	CHICKEN CACCIATORE	CORNED BEEF & VEG PIE TOPPED WITH SPRING ONION MASH	CHEFS EXTRA CHOICE	CHEFS EXTRA CHOICE
QUORN BIRYANI	ROAST PEPPERS FILLED WITH GARLIC MUSHROOMS	ROAST VEG QUINOA	MEDITERANEAN VEG RAVIOLI	MAC & CHEESE TOPPED WITH EMMENTAL CHEESE	GRILL HOUSE QUORN BALLS	POTATO WAFFLES
OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO				
PEAS	MIXED VEG	SPINACH	CAULIFLOWER	SWEETCORN	BROCCOLI	CARROTS
COURGETTE & CARROTS	CAULIFLOWER	MUSHROOMS & CHERRY TOMATOES	GREEN BEANS	ROAST AUBERGINES	TURNIP	BEANS
ROAST POTATOES	STEAMED POTATOES	ROAST POTATOES	STEAMED POTATOES	ROAST POTATOES	STEAMED POTATOES	HASH BROWNS
STEAMED POTATOES	ROAST POTATOES	MASHED POTATOES	ROAST POTATOES	STEAMED POTATOES	WEDGES	STEAMED POTATOES
SALAD BAR & DRESSINGS	SALAD BAR & DRESSINGS	SALAD BAR & DRESSINGS				
BREAD ROLLS, WRAPS, WHOLEMEAL BREAD & WHITE BREAD	BREAD ROLLS, WRAPS, WHOLEMEAL BREAD & WHITE BREAD	BREAD ROLLS, WRAPS, WHOLEMEAL BREAD & WHITE BREAD				
FRESH FRUIT	FRESH FRUIT	FRESH FRUIT				
CARROT CAKE	APPLE CRUMBLE & CUSTARD	TRIPLE RASPBERRY VICTORIA SPONGE & CREAM	ORANGE JELLY	MILK CHOCOLATE COOKIES	VANILLA ICE CREAM TUBS	CHEFS DESSERT CHOICE

WEEK 4 DINNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPAGHETTI BOLOGNAISE WITH GARLIC BREAD	SHEPHERDS PIE	HAWAIIAN SWEET & SOUR BEEF & RICE	BRAISED BEEF BURGER IN MUSHROOM GRAVY	BREADED COD GOUJONS WITH LEMON	BOMBAY LAMB WRAPS	ROAST TURKEY & GRAVY
BLACK PUDDING PASTRY BITES	THAI GREEN CHICKEN CURRY & RICE	HONEY & MUSTARD PORK CHOPS	GARLIC & LEMON BUTTER CHICKEN BREAST	PULLED PORK LASAGNE	CHEFS EXTRA CHOICE	CHEFS EXTRA CHOICE
VEGI SAUSAGE IN ONION GRAVY	LEMON & QUORN FRESH BASIL SPAGHETTI	MEDITERANEAN PASTA	QUORN BOLOGNAISE	PERI PERI RICE	SPINACH & WILD MUSHROOM QUORN STIR FRY & NOODLES	TOMATO & ONION PASTA
OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO
BROCCOLI SOUP	SWEET POTATO ROAST VEG	ROAST LEEKS & MUSHROOMS	CAULIFLOWER & BROCCOLI	PEAS	SWEETCORN	BRUSSEL SPROUTS
ONION RINGS	SWEETCORN	CARROTS	MIXED VEG	BEANS	SPINACH & WILD MUSHROOM QUORN STIR FRY & NOODLES	SWEETCORN
STEAMED POTATOES	ROAST POTATOES	HASH BROWNS	MASHED POTATOES	ROAST POTATOES	STEAMED POTATOES	CROUQUETTES
STEAMED POTATOES	ROAST POTATOES	STEAMED POTATOES	ROAST POTATOES	STEAMED POTATOES	ROAST POTATOES	MASHED POTATOES
SALAD BAR & DRESSINGS						
BREAD ROLLS, WRAPS, WHOLEMEAL BREAD & WHITE BREAD						
FRESH FRUIT						
PEACH & APRICOT CRUMBLE WITH CREAM	CHOCOLATE MUFFINS	LEMON BRULEE CHEESECAKE	BANANA ANGEL DELIGHT	PASTEL DEL NATA	PROFITEROLES	CHEFS DESSERT CHOICE