

# Breakfast

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drinks	Selection of Tea, Coffee, Hot Chocolate, Hydration Station & Fresh Fruit Juice						
Hot items	Vegetarian Sausages, Mushrooms, Tomatoes, Hash Browns, Baked Beans & Fried Eggs	Bacon, Pork Sausage, Chicken Sausage, Mushrooms, Hash Browns, Baked Beans & Scrambled Eggs	Selection of Pastries, Sliced Meats & Cheeses & Boiled Eggs	Chorizo Baked Eggs Or Baked Eggs  Potato & Onion Rosti	<b>Bagel Bar</b> Smoked Salmon & Cream Cheese Cheese & Ham Roasted Tomato & Avocado	Choice of Cheese, Pork, Chicken or Mixed Vegetable Omelette, Hash Browns & Baked Beans	Bacon, Pork Sausage, Chicken Sausage, Mushrooms, Hash Browns, Baked Beans & Fried Eggs
Specials	Bacon & Egg Muffins	Sweet Belgian Waffles with Toppings	Smoked Salmon & Cream Cheese Bagels	Sliced Avocado & Poached Egg Muffin	Mushroom & Spinach Frittata	Freshly Baked Croissant Sliced Cheese Sliced Ham Sliced Turkey	Homemade American Style Pancakes with Toppings  Mixed Melon Platter
Side Offers	Bread Selection with Jams & Butter  Freshly Baked Pastry  Selection of Cereals with Fresh Milk  Fresh Whole Fruit						
Yoghurt	Fresh Natural Yoghurt Served with a Variety of Toppings						

# Breakfast

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Drinks</b>	Selection of Tea, Coffee, Hot Chocolate, Hydration Station & Fresh Fruit Juice						
<b>Hot items</b>	Vegetarian Sausages, Mushrooms, Tomatoes, Hash Browns, Baked Beans & Fried Eggs	Bacon, Pork Sausage, Chicken Sausage, Mushrooms, Hash Browns, Baked Beans & Scrambled Eggs	Selection of Pastries, Sliced Meats & Cheeses & Boiled Eggs	Chorizo Baked Eggs Or Baked Eggs  Potato & Onion Rosti	<b>Bagel Bar</b> Smoked Salmon & Cream Cheese Cheese & Ham Roasted Tomato & Avocado	Choice of Cheese, Pork, Chicken or Mixed Vegetable Omelette, Hash Browns & Baked Beans	<b>Choice of:</b> Eggs Benedict  Eggs Royale  Eggs Florentine
<b>Specials</b>	Bacon & Egg Muffins	Sweet Belgian Waffles with Toppings	Smoked Salmon & Cream Cheese Bagels	Sliced Avocado & Poached Egg Muffin	Mushroom & Spinach Frittata	Freshly Baked Croissant Sliced Cheese Sliced Ham Sliced Turkey	Smashed Sausage & Egg 'McMuffin'  Mixed Berry & Banana Smoothie
<b>Side Offers</b>	Bread Selection with Jams & Butter  Freshly Baked Pastry  Selection of Cereals with Fresh Milk  Fresh Whole Fruit						
<b>Yoghurt</b>	Fresh Natural Yoghurt Served with a Variety of Toppings						



# Breakfast

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Drinks</b>	Selection of Tea, Coffee, Hot Chocolate, Hydration Station & Fresh Fruit Juice						
<b>Hot items</b>	Vegetarian Sausages, Mushrooms, Tomatoes, Hash Browns, Baked Beans & Fried Eggs	Bacon, Pork Sausage, Chicken Sausage, Mushrooms, Hash Browns, Baked Beans & Scrambled Eggs	Selection of Pastries, Sliced Meats & Cheeses & Boiled Eggs	Chorizo Baked Eggs Or Baked Eggs  Potato & Onion Rosti	<b>Bagel Bar</b> Smoked Salmon & Cream Cheese Cheese & Ham Roasted Tomato & Avocado	Choice of Cheese, Pork, Chicken or Mixed Vegetable Omelette, Hash Browns & Baked Beans	American Steak & Eggs  Vegetarian Breakfast Quesadilla
<b>Specials</b>	Bacon & Egg Muffins	Sweet Belgian Waffles with Toppings	Smoked Salmon & Cream Cheese Bagels	Sliced Avocado & Poached Egg Muffin	Mushroom & Spinach Frittata	Freshly Baked Croissant Sliced Cheese Sliced Ham Sliced Turkey	Homemade American Style Pancakes with Toppings  Parmentier Potatoes  Fresh Fruit Salad
<b>Side Offers</b>	Bread Selection with Jams & Butter  Freshly Baked Pastry  Selection of Cereals with Fresh Milk  Fresh Whole Fruit						
<b>Yoghurt</b>	Fresh Natural Yoghurt Served with a Variety of Toppings						



# Lunch

Week One

Saturday

Main Stop

## Panini Bar

Ham & Cheese  
Tuna Mayo  
Mozzarella, Pesto & Tomato  
Sweet Chilli Chicken

On the side

Mixed Leaf Salad,  
Cajun & Chilli Roasted Sweet Potato & Coleslaw

Dessert

Sliced Fruit Platter







# Lunch

Week Two

Saturday

Main Stop

## Pasta Bar

Selection of Pasta  
Served with a choice of the following sauces:

Fresh Tomato  
Nut-Free Basil Pesto  
Or  
Bacon Carbonara

On the side

Mixed Leaf Salad,  
Chilli Garlic Focaccia & Coleslaw

Dessert

Sliced Fruit Platter





# Lunch

Week Three	Saturday
Main Stop	Chicken & Chorizo Jambalaya
Veggie Stop	Mixed Vegetable & Chickpea Jambalaya
On the side	Mixed Salad Bar
Dessert	Sliced Fruit Platter



# Supper

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Simple But Tasty Main</b>	American Style Hot Dogs	Chicken Enchiladas	Fresh Salmon Fillets with a Dill & Cream Sauce	Teriyaki Chicken	Beef & Mushroom Stroganoff	Roasted Pork Steaks Served with a Sesame & Soy Glaze	Catch of the Day
<b>Meat Free</b>	Vegan Hot Dogs	Mushroom Enchiladas	Gnocchi Served with Winter Roasted Mixed Vegetable & Cream Sauce	Teriyaki Tofu	Mushroom Stroganoff	Sesame Roasted Tofu	Aubergine Parmegiana
<b>On the side</b>	Selection of Toppings, Sauces & Sweet Potato Wedges	Cajun Style Mixed Bean Rice & Corn Cobs	Mash Potato, Leeks & Peas	Egg Noodles, Pak Choi & Edamame Beans	Penne Pasta, Garlic Roasted Broccoli & Braised Red Cabbage	Coconut Rice, Spiced Courgette & Roasted Chickpeas	Sautéed Potatoes, Green Beans & Roasted Cherry Tomatoes
<b>Chef's Special</b>		Chilli Tortilla Chips, Sour Cream, Homemade Tomato Salsa & Guacamole		Sticky Soy Mushrooms		Soup Of The Day With Homemade Bread	
<b>Dessert</b>	Plum Crumble Served with Custard	Churros Dusted with Cinnamon Sugar & Warm Chocolate Sauce	Homemade Cheesecake	Mango Pudding	Apple Pie Served with Custard	Homemade Hot Chocolate	White Chocolate Blondie
<b>Salads</b>	A Daily Selection of Freshly Made Salads						

Selection of Fresh Cut & Whole Fruits

# Supper

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Simple But Tasty Main</b>	Beef & Blue Cheese Risotto	Gammon Steaks	Chicken Thigh Served with a Creamy Mushroom Sauce	<b>Calzone Evening</b>	<b>Kebab Night</b>	Beef Chilli Loaded Fries	Breaded Chicken
<b>Meat Free</b>	Mushroom & Blue Cheese Risotto	Glamorgan Sausage	Quorn Pieces Served with a Creamy Mushroom Sauce			Calzones Pizzas with a Variety of Different Fillings	Herb Roasted Chicken or Herb Halloumi
<b>On the side</b>	Garlic Focaccia & Lemon & Herb Dressed Green Beans	Fried Eggs, Chips, Peas & Pineapple Slices	Rice, Steamed Broccoli & Sweetcorn	Served with a Roasted Medley of Vegetables & Selection of Salads	Served on Flat Bread with Crispy Lettuce, Tomato, Cucumber, Pickled Cabbage, Cajun Fries, Roasted Courgette and Peppers	Sour Cream, Guacamole & Fresh Corn Salsa	Ramen Noodles, Chicken Or Vegetable Broth, Bok Choi, Chinese Leaf
<b>Chef's Special</b>	Spinach & Apple Salad						
<b>Dessert</b>	Mixed Berry & Oat Crumble with Cream	Warm Carrot cake	Pancakes with a Selection of Toppings	Sweet & Salty Popcorn Bags	Apple Strudel Served with Whipped Cream	Tiramisu	Chocolate Cookies
<b>Salads</b>	A Daily Selection of Freshly Made Salads						
Selection of Fresh Cut & Whole Fruits							



# Supper

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Simple But Tasty Main</b>	Slow Cooked Beef Ragu Pasta	Lamb & Winter Vegetable Stew	Breaded Chicken Katsu Curry	Chicken Burger in an American Style Bun	Breaded White Fish with Lemon Wedges	Tuna Pasta Bake	Roast Pork
<b>Meat Free</b>	Courgette & Lentil Ragu	Smoked Potato & Chickpea Stew	Bread Quorn Katsu	Vegan Chicken Style Served with an American Style Bun	Quorn 'Fishless' Fingers	Mushroom Pasta Bake	Butternut & Sweet Potato Wellington
<b>On the side</b>	Homemade Garlic Focaccia & Sweetcorn	Mash Potato, Garlic Peas & Honey Roasted Parsnips	Sticky Rice, White Cabbage, Broccoli & Japanese Slaw	Lightly Salted Sweet Potato wedges, Street Corn & Coleslaw	Chips, Garden Peas, Baked Beans, Homemade Curry Sauce, Bread & Butter	Fresh Garlic Focaccia, Steamed Broccoli & Fresh Garden Salad	Roast Potatoes, Roast Carrots, Broccoli, Cauliflower Cheese & Stuffing Balls
<b>Chef's Special</b>		Homemade Onion & Garlic Scone		Sweetcorn Fritters			
<b>Dessert</b>	Rocky Road	Bread & Butter Pudding	Natural Yogurt with Granola & Mixed Berry Pots	Mixed Fruit Sponge	Warm Chocolate Cake Served with Fresh Cream	Milkshakes	Mixed Berry Cheesecake
<b>Salads</b>	A Daily Selection of Freshly Made Salads						
Selection of Fresh Cut & Whole Fruits							