

BREAK FAST



All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Fresh Apple & orange Juice Tea & coffee Oat & Soya milk				
DAILY BREAKFAST ITEMS	Selection of breakfast cereals Yoghurt with fresh fruit, puree's & toppings Toasting station – with deli bread, spreads & preserves Hash browns Grilled Tomatoes	Selection of breakfast cereals Yoghurt with fresh fruit, puree's & toppings Toasting station – with deli bread, spreads & preserves Smashed Avocado Poached egg	Selection of breakfast cereals Yoghurt with fresh fruit, puree's & toppings Toasting station – with deli bread, spreads & preserves Pastries of the day with toppings	Selection of breakfast cereals Yoghurt with fresh fruit, puree's & toppings Toasting station – with deli bread, spreads & preserves Sausage Scrambled Eggs	Selection of breakfast cereals Yoghurt with fresh fruit, puree's & toppings Toasting station – with deli bread, spreads & preserves Bacon Mushrooms







Boarders Spring Menu 2024

Jan 1 / Jan 22 / Feb 19 / Mar 11

SUPPER

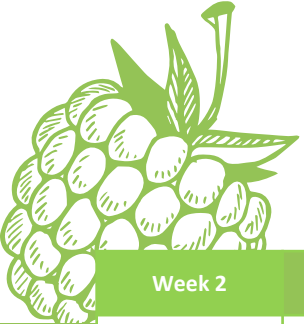


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Week1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE ONE	Bolognaise	Smokey pork sausage with oregano, paprika		Soup of the day with homemade bread	Chunky beef & black bean chilli with coriander		Squash, Cauliflower Crumble
MAIN COURSE TWO	Tomato, bean & roasted vegetable	Grilled cauliflower steak	Milano salami Pesto grilled chicken	Make your own baguette station	Panko tofu with egg noodles	Balti Box Makhana breaded chicken thighs	Pork shoulder with spiced pear chutney
ON THE SIDE	Rosemary & sea salt garlic bread Steam spring green vegetables 50/50 pasta	Chimichurri sauce Baked potato's with sea salt Honey roast carrots Baked broccoli with chili	Mozzarella, pepper & spinach fritters Marinated olives Roasted red pepper & courgettes Sun dried tomatoes, rocket & parmesan Rosemary & sea salt focaccia Olive oil & balsamic salsa Verde	Seasoned jacket wedges Rainbow coleslaw Corn on the cob Seasonal salads	Egg fried rice Pan fried seasonal greens Baked roots with garlic & thyme	Onion seed naan, Steamed basmati rice Roasted spiced chickpeas with spinach, Mung bean sprouts, chilli & coriander, Butternut squash with black lentils	Yorkshire puddings Oregano & black pepper potatoes Buttered savoy cabbage Baked carrots, apples & herbs

SELECTION OF DAILY CHANGING SALADS & SEASONAL VEGETABLES, CUT FRUITS OR HOT & COLD DESSERTS







Boarders Spring Menu 2024

Jan 8 / Jan 29 / Feb 26 / Mar 18

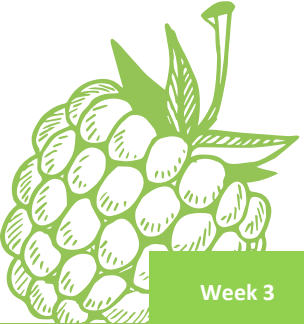
SUPPER



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Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE ONE	Beef Lasagna	Slow cooked beef & root vegetable stew with rosemary dumplings		Beef meatballs in a rich tomato sauce	Chinese chicken with mushrooms & spring onions		Roast beef topside Yorkshire puddings
			Roast gammon Feta cheese				
MAIN COURSE TWO	Quorn & vegetable lasagne	Spiced carrot & sweet potato wellington	Chickpea & spinach falafels	Potato gnocchi with tomato, pepper	Crispy falafels with chilli sauce & pita	Peri peri chicken thighs & wings Grilled mushroom & halloumi pita Peri salted chips Rainbow slaw Chopped salad	Cauliflower gratin
			Stuffed vine leaves marinated olives Baked green peppers & red onions				
ON THE SIDE	Sumac baked potato Garlic bread Baked root vegetables	Leek & cheddar mash potato Baked roots Steamed beans	Olive oil tomatoes, dill cucumber	Potato wedges Honey & sesame roast carrots Fried greens with garlic	Garlic & spring onion fried rice Baked broccoli with chilli & coriander Sticky chilli pickled vegetable slaw Prawn crackers	Rolled corn cobs with smoky onion crust	Parmesan & garlic roast potatoes Kale & peas Swede & carrot puree
			Cumin flatbreads Tzatziki Humus				

SELECTION OF DAILY CHANGING SALADS & SEASONAL VEGETABLES, CUT FRUITS OR HOT & COLD DESSERTS





Boarders Spring Menu 2024
Jan 15 / Feb 5 / Mar 4

SUPPER



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Week 3	MONDAY	TUESDAY	WEDNESDY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE ONE	Classic carbonara sauce	Chipolata sausage Bacon	 Pork & sage sausage rolls	Lamb shepherds pie with lentil, carrot & creamy mash topping	Stir fry pork with ginger & honey	 Coconut crusted chicken	Roast Chicken with Yorkshire puddings
MAIN COURSE TWO	Quorn carbonara	Vegan sausage	Honey & wholegrain mustard roast ham Cheddar cheese wedges	Cauliflower mac & cheese	Spicy mushroom & broccoli stir fry	Sesame crusted tofu with coriander & mint	Leek & goat cheese tartlets
ON THE SIDE	Garlic slice Spaghetti Garden salad	Eggs Hash brown Baked beans	Pea, spinach & Wensleydale quiche Pickled pink onions Grapes & apple Classic salads Crusty cob loaf Pickle, Piccalilli	Steamed new potatoes Seasonal vegetables	Spring onion & soy noodles Egg fried rice Prawn crackers Asian greens	Sticky Thai jasmine rice Shredded vegetable slaw with lime, chili & ginger Thai watermelon salad with cucumber & mint	Herby roast potatoes Buttered savoy cabbage Roasted root vegetables

SELECTION OF DAILY CHANGING SALADS & SEASONAL VEGETABLES, CUT FRUITS OR HOT & COLD DESSERTS