

# 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

Selection of breakfast cereals

Selection of breakfast cereals

Selection of breakfast cereals

Selection of breakfast cereals

Yoghurt with fresh fruit, puree's & toppings

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Yoghurt with fresh fruit, puree's & toppings

Toasting station – with deli bread, spreads & preserves

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Bacon  
Omelette of the day

Smashed Avocado  
Scrambled eggs

Pastries of the day with toppings

Sausage  
Poached eggs


Bagels with cream cheese & smoked salmon





Boarders Summer Menu 2024  
WEEK ONE  
Apr 15, May 6, Jun 3, Jun 24

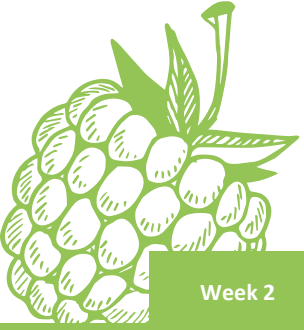
# SUPPER

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

| Week1                  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY  |
|------------------------|---|--|--|---|--|---|---|
| <b>MAIN COURSE ONE</b> | Stir fried chicken or tofu with bean sprouts                  | Macaroni cheese with or without crispy bacon crumb | Spinach & tofu or<br>Hot & sour<br>Chicken soup  | Choice of vegetable or beef lasagna   | Beef or vegetable burgers in a flowered bun                      |   | Squash, Cauliflower Crumble   |
| <b>MAIN COURSE TWO</b> |   |  |  |   |  |   | Roast Pork loin   |
| <b>ON THE SIDE</b>     | Chinese fried rice<br>Prawn crackers<br>Sweet & sour cucumber | Homemade garlic bread<br>Section of salads         | With a choice of noodles<br>Freshly cooked bread | Seasoned jacket wedges<br>Rainbow coleslaw<br>Corn on the cobb<br>Seasonal salads | Skin on chips<br>Selection of salad toppings<br>choice of sauces | Katsu chicken or Quorn curry<br>sticky rice<br>oriental salad | Yorkshire puddings<br>Roast potatoes<br>Buttered savoy cabbage<br>Baked carrots, apples & herbs |

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





# Boarders Summer Menu 2024

WEEK TWO

Apr 22, May 13, Jun 10, Jul 1

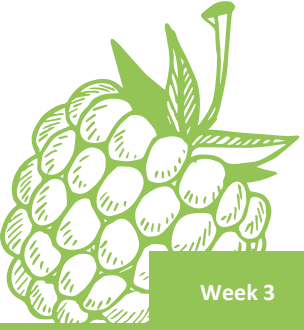
# SUPPER

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| Week 2                 | MONDAY                             | TUESDAY  | WEDNESDY  | THURSDAY  | FRIDAY   | SATURDAY   | SUNDAY  |
|------------------------|------------------------------------|--|---|---|--|--|---|
| <b>MAIN COURSE ONE</b> | Chicken & prawn risotto            | Chicken fajitas  | Classic carbonara with bacon & chestnut mushrooms<br>Home cooked garlic bread | Chili con carnie with or with out meat            | Stir fry pork with ginger & honey                | Chicken or vegetable chow main with egg noodles            | Roast Chicken with Yorkshire puddings                                     |
| <b>MAIN COURSE TWO</b> | Asparagus risotto                  | Quorn fajitas  |   |   | Spicy mushroom & broccoli stir fry               |  |   |
| <b>ON THE SIDE</b>     | Italian salad<br>Sautéed courgette | Warm tortilla wrap<br>Nachos<br>Sautéed Peppers & red onions<br>Sour cream dip<br>Tomato salsa | Caesar salad  | Guacamole<br>Tortilla chips<br>Sour cream<br>Rice | Egg fried rice<br>Prawn crackers<br>Asian greens | Sticky Thai jasmine rice<br>Kimchi salad<br>Cucumber salad | Herby roast potatoes<br>Buttered savoy cabbage<br>Roasted root vegetables |

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




# Boarders Summer Menu 2024

WEEK THREE

Apr 29, May 20, Jun 17, Jul 8

# SUPPER

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

| Week 3                 | MONDAY  | TUESDAY   | WEDNESDY   | THURSDAY  | FRIDAY  | SATURDAY   | SUNDAY  |
|------------------------|---|---|--|---|---|--|---|
| <b>MAIN COURSE ONE</b> | Hickory smoked jumbo sausage  | Shredded Duck leg or tofu with pineapple<br>Egg fried rice with chili<br>Mixed pickled vegetables<br>Oriental salad | Bolognese with or without beef   | Beef meatballs in a rich tomato sauce   | <b>Top your own pizza</b><br><br>Pepperoni<br>Bacon crumb<br>BBQ chicken<br>Tuna flakes<br>Sweetcorn<br>Pineapple<br><br>Skin on fries<br>Classic coleslaw<br>Corn on the cob | Peri peri chicken thighs & wings<br><br>Grilled mushroom & halloumi<br><br>Peri salted chips<br><br>Rainbow slaw<br><br>Chopped salad<br><br>Rolled corn cobs with smoky onion crust | Roast beef topside<br>Yorkshire puddings  |
| <b>MAIN COURSE TWO</b> | Vegan sausages  |   |  | Spaghetti   |   |  | Potato gnocchi with tomato, pepper  |
| <b>ON THE SIDE</b>     | 50/50 sweet potato mash<br><br>Onion gravy<br><br>Baked root vegetables |   | Home cooked garlic bread<br><br>Caprice salad<br><br>Lemon & garlic broccoli | Potato wedges<br><br>Honey & sesame roast carrots<br><br>Fried greens with garlic |   |  | Parmesan & garlic roast potatoes<br><br>Kale & peas<br><br>swede & carrot puree |

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

