## Weekly Menu WEEK I

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
SOUP	Sweet Potato & Coconut Soup with Homemade Bread & Topping station	Parsnip & Carrot Soup with Homemade Bread & Topping station	Leek & Potato Soup with Homemade Bread & Topping station	Miso Soup with Homemade Bread & Topping station	Winter Broth with Pearl Barley with Homemade Bread & Topping station		
PRE PREP MAINS	Pork Ragu bake with Penne topped with Cheese Mexican Pulled Beef Nachos		Herb Rubbed Roast Chicken	Macaroni Cheese with all the toppings	Jumbo Fish Fingers		
PRE PREP MAINS (V)	Squash & Spinach Pasta Cheese topping	Chipotle BBQ Jackfruit	Butternut Squash & Feta Parcel	Macaroni Cheese	Sweet potato & Chickpea Falafel Flatbread with Mint Yoghurt		
JACKETS OR PASTA	Jacket Bar with Toppers	Pasta Bar with Sauces	Jacket Bar with Toppers	Pasta Bar with Sauces	Jacket Bar with Toppers		
SIDES	Garlic Bread Sweetcorn Steamed Broccoli	Rice, Roasted Cauliflower, Street corn, Salsa, Sour crème, Guacamole	Roast Potatoes Steamed Carrots, Green Beans	Crispy Bacon, Chargrilled chicken Roasted Med Veg Crispy Onions Tomato & Rocket Salad	Chips, Peas & Mushy Peas, Curry Sauce, Beans, Tartar Sauce		
DESSERT	Coconut & Jam Sponge	Lemon & Poppyseed Shortbread	Chocolate Marble Cake with Chocolate Sauce	Berry Mess	Pancakes, Fruit Compote & whipped cream		
	Cut fruit & Yoghurt pots	Cut fruit & Yoghurt pots	Cut fruit & Yoghurt pots	Cut fruit & Yoghurt pots	Cut fruit & Yoghurt pots		



























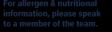






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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
SOUP	Butternut Squash & Chilli Soup with Homemade Bread & Topping station	Pea & Mint Soup with Homemade Bread & Topping station	Carrot & Coriander Soup with Homemade Bread & Topping station	Beetroot & Coconut Soup with Homemade Bread & Topping station	Roasted Parsnip Soup with Homemade Bread & Topping Station	
MAINS	Pork Sausages with Gravy	Slow Cooked Beef Goulash with baby onions and carrots	Roast Pork Loin with Apple sauce & Crackling	Chicken Paella	All American hotdogs with toppings	
MAINS (V)	Vegetable & Bean Cassoulet	Pesto Gnocchi Grattan with courgettes and white beans	Mushroom & Bean Stroganoff Pie	Vegetarian paella with butterbeans and chickpeas	Vegan Hot Dogs with all toppings	
JACKETS OR PASTA	Jacket Bar with Toppers	Pasta bar with Sauces	Jacket Bar with Toppers	Pasta bar with Sauces	Jacket Bar with Toppers	
SIDES	Mash, Gravy, Peas	Rice, Sweetcorn, Roasted Courgettes	Roasted Carrots, Steamed Broccoli, Herby new Potatoes	Roast Cauliflower, Green Beans	Chips, Peas, Curry Sauce, Beans, ketchup and mayo	
DESSERT	Carrot Cake with Cream Cheese Frosting  Dessert pots, Cut fruit & Yoghurt pots	Low Sugar Beetroot Brownie  Dessert pots, Cut fruit & Yoghurt pots	Mango & Coconut Cheesecake  Dessert pots, Cut fruit & Yoghurt pots	Berry & Pear Crumble with Custard  Dessert pots, Cut fruit & Yoghurt pots	St Clements Drizzle Cake with Cream  Dessert pots, Cut fruit & Yoghurt pots	



























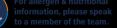






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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
SOUP	Super Greens Soup with Homemade Bread & Topping station	French Onion Soup with Homemade Bread & Topping station	Sweetcorn chowder Soup with Homemade Bread & Topping station	Roast Tomato Soup with Homemade Bread & Topping station	Indian Cauliflower Soup with Homemade Bread & Topping station		
MAINS	Classic Beef & Lentil Bolognese with a Parmesan crumb & Nut free Pesto	Spanish Chicken with Peppers and green beans	Honey & Mustard Roast Gammon	Moroccan Lamb Tagine	Chicken Schnitzel with cheese sauce		
MAINS (V)	Aubergine Parmigiana	Cheese and bean croguettes	Root Vegetable & Lentil Wellington	Courgette & Chickpea Tagine	Aubergine Schnitzel with cheese sauce		
JACKETS OR PASTA	Jacket Bar with Toppers	Pasta Bar With Sauces	Jacket Bar with Toppers	Pasta Bar With Sauces	Jacket Bar with Toppers		
SIDES	Penne Pasta, Roast Carrots, Green Beans	Rice & Peas, Bread Rolls , Corn Cob	Roast Carrot, Pan Fried Cabbage, Roast Potatoes	Pomegranate couscous, Charred Cauliflower, Green Beans	Coconut Rice, Stir Fry Greens, Pickled Cucumber & Peas		
DESSERT	Apple & Berry Crumble with Custard  Dessert pots, Cut fruit & Yoghurt pots	Fruit, Coconut & Seed Flapjack  Dessert pots, Cut fruit & Yoghurt pots	Sticky Toffee Pudding with Custard  Dessert pots, Cut fruit & Yoghurt pots	Build your own Yoghurt Bar with Toppings Dessert pots & Cut fruit	Ice-cream Station  Dessert pots, Cut fruit & Yoghurt pots		



































## **WEEKLY MENU**



WEEK I	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM Break Prep School	Banana & Berry Smoothie	Gluten Free Flapjack	Date & Coconut Protein Balls	Lemon & Oat Cookie	Carrot Hummus & Cucumber stick pot		





























## **WEEKLY MENU**



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM Break Prep School	Apple Cake	Mango & Coconut Smoothie	Toasted Tea cake	Spanish Frittata	Jam Crumpet		





























## **WEEKLY MENU**



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM Break Prep School	Croissant	Courgetti Cake	Banana & Coco Milkshake	Cheese Scone	Doughnut		





























