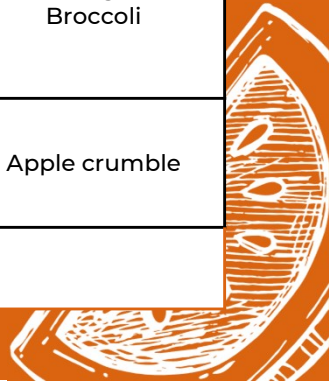
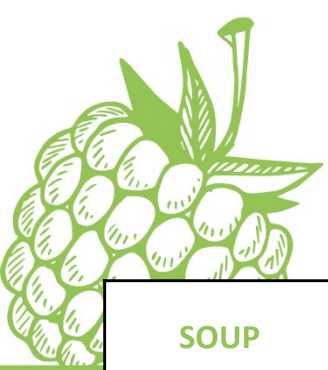


SUPPER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Freshly baked bread & soup	Freshly baked bread & soup	Freshly baked bread & soup	Freshly baked bread & soup	Freshly baked bread & soup	Freshly baked bread & soup	Freshly baked bread & soup
MAIN COURSE ONE	Cajun pulled pork Bap		Lamb kofta	SFC night	Chicken arrabiata	Red pepper, spinach & goats cheese pasta bake	Lasagne
MAIN COURSE TWO	Cod & spring onion fish cake	Vegan bolognese	Lemon garlic chicken		Wild mushroom risotto (V)	Classic fish pie with spinach & boiled egg	Vegetable lasagne
MAIN COURSE THREE	Pulled BBQ jackfruit	Spaghetti bolognese	Falafel Lebanese		Pasta carbonara		
SOMETHING SIMPLE	Pasta dish	Pasta dish	Pasta dish	Pasta dish	Pasta dish		
ON THE SIDE	Potato wedges Carrots Minted peas	Broccoli sweetcorn	Parmentier Roast butternut Khobez Sugar snaps	French fries Corn on the cob Beans Milk gravy Coleslaw	Steamed long grain Pasta Sweetcorn Broccoli	Roast broccoli toasted seeds Smashed pumpkin with chilli	Wedges Broccoli
DESSERT	Jam Doughnuts	Jelly pots	Iced buns	Chocolate brownies	Syrup sponge custard sauce	Ice cream pots	Apple crumble

SELECTION OF WHOLE FRUITS

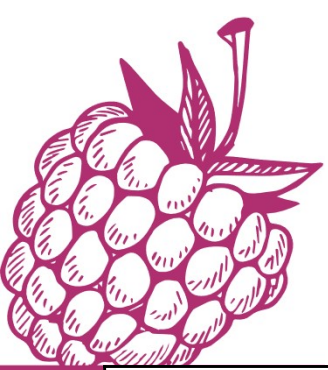




SUPPER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Freshly baked bread & soup	Freshly baked bread & soup	Freshly baked bread & soup	Freshly baked bread & soup	Freshly baked bread & soup	Freshly baked bread & soup	Freshly baked bread & soup
MAIN COURSE ONE	Turkey & leek pie	Pasta Bar Smoked salmon & tuna Tomato & basil Chorizo & chicken pasta bake	Cajun turkey hard shell taco	Curry Bar Thai red beef Thai green Chicken Vegetable Massaman	Steak pasty	Red lentil dhal, with crispy sweet potato & cauliflower rice	Beef burger
MAIN COURSE TWO	Tandorri roasted chicken thighs		Cajun beef & five bean soft shell tacos		Vegetable pasty	Sticky sweet chilli chicken drumstick with coconut & lime	Plant based burger
MAIN COURSE THREE	3 cheese tortellini		Cajun plant based mince		Carbonara		
SOMETHING SIMPLE	Pasta dish		Pasta dish		Pasta dish	Pasta dish	
ON THE SIDE	New potatoes Broccoli	Various toppings	Sugar snaps Sweetcorn Wedges	Fragrant rice Naan breads Poppadom's Sambals Mint yoghurt Mango chutney	Sage & onion Parmentier potatoes Maple roasted parsnips Green beans Gravy	Salt & pepper potato wedges Baked beets with honey & mustard Stir fry greens with soy	Wedges Broccoli
DESSERT	Jam Doughnuts	Jelly pots	Iced buns	Chocolate brownies	Syrup sponge custard sauce	Ice cream pots	Rhubarb crumble

SELECTION OF WHOLE FRUITS



SUPPER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE ONE	Hoi sin chicken	Chicken Tikka	Chicken Piri Piri wraps	Pizza bar	Gammon steaks	Potato tartlet with blue cheese & watercress	Macaroni & cheese
MAIN COURSE TWO	Sticky beef with oyster sauce	Chicken korma	Cajun Pork stroganoff		Cajun chicken thighs	Spiced lamb mince with pomegranate & pickled red cabbage	
MAIN COURSE THREE	Sweet chilli & lime stir fry	Paneer & vegetable Madras	Pico de gallo		Spinach & ricotta cannelloni		
SOMETHING SIMPLE	Pasta dish	Pasta dish	Pasta dish		Pasta dish		
ON THE SIDE	Noodles Broccoli	Fragrant rice Peas Cauliflower	Sweetcorn Tortilla chips	French fries Salad bar	New potatoes Cumin Carrots Creamy leeks	Toasted wholemeal pitta Creamed corn with chives Seasonal greens with roasted garlic oil	Wedges Broccoli
DESSERT	Jam Doughnuts	Jelly pots	Iced buns	Chocolate brownies	Syrup sponge custard sauce	Ice cream pots	Apple crumble

SELECTION OF WHOLE FRUITS