

FOOD TO FEEL GOOD

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Week 1 Lunch

SUNDAY BRUNCH

Main Meal

Homemade Soup of the day served with fresh bread. Or try our Jacket potato with baked Beans and a side salad

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Tomato and Bacon Pasta Bake

Jacket potato Bar Beef chilli con carne

Bangers and mash (pork sausages served with creamy mashed potato)

Beef Masala served with fluffy rice

Breaded cod fillet or steamed Hoki in a rich tomato sauce

Pan fried chicken supreme served with a creamy parsley sauce

Sausages, hash-brown, sliced tomato, fried mushrooms, poached eggs, croissants

Side Dish

Garlic and Herb Bread

coronation chicken, bacon and sweetcorn mayonnaise, pasta salad, chicken Caesar salad.

Yorkshire puddings

Naan Bread, mango chutney, sultanas, desiccated coconut and onion flakes

Chunky chips

Jasmine rice

A selection of cereals

Vegetables

Sweetcorn

Ratatouille

Savoy cabbage and roasted carrot

Broccoli

Baked beans and peas

Steamed corn on the cob

Vegetarian Option

Macaroni cheese Bake with a panko crust

Quorn chilli con carne

Quorn sausages

Vegetable tikka masala

Roasted vegetable tartlet

Stuffed aubergine served with a spicy tomato sauce

Salad Bar Special

Cheese and tomato turnovers
Bacon and cheese turnovers

A selection of British and French cheese served with biscuits and chutney

Tomato, mozzarella and basil salad

Wrap Bar
BLT, chicken and avocado, brie and cranberry.

Cheese and onion frittata

Cold Meat platter

Dessert

carrot cake, fresh fruit and yoghurt

flapjack, fresh fruit and yoghurt

Rice pudding, fruit salad and yoghurt

A selection of ice-cream, freshly cut fruit and yoghurt

Raspberry jelly pots, fresh fruit and yoghurt

Strawberry's and cream

Natural yoghurt, granola and fresh fruit

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