

# Week One Menu...

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Pot Roasted Lamb with red onion, garlic, fennel & rosemary	Chicken Korma, cubes of Chicken in a creamy, fruity curry sauce	Succulent roast chicken served with sage & onion stuffing and rich gravy	Lasagne al Forno, layered pasta, white sauce and minced lamb in a classic Italian sauce	Deep Fried Fish in Batter served with tartare sauce
<b>Vegetarian</b>	Spaghetti with, red onions, sun-dried tomatoes Asparagus, basil & balsamic	Mediterranean Bean Casserole, full of the flavours of the Mediterranean	Vegetable cobbler, a rich sauce topped with a cheese and herb cobbles	Green Thai Vegetable Curry, fragrant flavours with a hint of lemon grass	Quorn Bolognese, all the traditional flavours with healthy Quorn
<b>Hot 'Lite Bites'</b> <b>All served with salad</b>	Cheese & Pepper Pizza Jacket Potatoes Assorted Filled Panini's Hot Chicken Wrap	Chicken & Mushroom Pizza Jacket Potatoes Assorted Filled Panini's Barbeque Chicken Wrap	Cheese and Onion Pizza Jacket Potatoes Assorted Filled Panini's Southern Baked Chicken Burger	Roasted Vegetable Pizza Jacket Potatoes Assorted Filled Panini's Chicken Wrap	Porcini Pizza Jacket Potatoes Assorted Filled Panini's
<b>Cold 'Lite Bites'</b>	Assorted, sandwiches, baguettes and deli rolls				
<b>Starchy Choice</b>	Jacket Wedges Garlic Bread	Fluffy Brown Rice Parsley Potatoes	Roast Potatoes Creamed potatoes	Savoury Rice Champ	Chips Spaghetti
<b>Vegetables / Salad</b>	Garden Peas Mixed salad	Green Beans Mixed Salad	Sauté Courgettes carrot & Swede Mixed Salad	Vichy Carrots Mixed Salad	Peas & Sweetcorn Mixed Salad
<b>Traditional Puddings</b>	Pear & Chocolate Sponge with Custard	Cornflake Tart with Custard	Macaroon Tart	Chocolate Orange Sponge with Chocolate Sauce	Berry Yoghurt Sponge with Custard
<b>Additional desserts and drinks</b>	Fresh Fruit Pots, Fresh Fruit, Fruit Yoghurt, Milk Drink, Aqua Juice, Fruit Juice				
<b>Simply Grab and GO....</b>	Pasta Buzz, Theo Chicken, Simple Snax				

# Week Two Menu...

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Tandoori Chicken Rogan Josh, cubes of Chicken in a rich tomato based sauce flavoured with cilantro	Spaghetti Bolognese, a traditional northern Italian dish With a twist	Roast Lamb served with a Yorkshire pudding and rich gravy	Penne Con Pollo, A creamy chicken, asparagus and mushroom pasta flavoured with basil	Battered Fish with Tartare Sauce
<b>Vegetarian</b>	Stir-fried greens with fennel ginger, oyster and soy	Chick Pea Aloo Gobi, a really flavoursome Indian dish	Sweet potato Burritos, a beautiful combination of Mexican flavours	Mozzarella Pasta, a rich Napoli sauce topped with torn buffalo mozzarella	Stuffed peppers filled with a vegetable Risotto
<b>Hot 'Lite Bites' All served with salad</b>	Chicken Feast Pizza Jacket Potatoes Assorted Filled Panini's Chicken Wrap	Three Cheese Pizza Jacket Potatoes Assorted Filled Panini's Chicken Souvlaki	Chicken and Mushroom Pizza Jacket Potatoes Assorted Filled Panini's Fish Wrap	Mixed Vegetable Pizza Jacket Potatoes Assorted Filled Panini's Jumbo fish finger barm	Spinach and Sweetcorn Pizza Jacket Potatoes Assorted Filled Panini's Chicken Burger
<b>Cold 'Lite Bites'</b>	Assorted, sandwiches, baguettes and deli rolls				
<b>Starchy Choice</b>	Fluffy Brown Rice Saute Potatoes	Cheesy Garlic Bread Bombay Potatoes	Roast Potatoes Sauté cabbage Parsnips	Roast Potatoes Garlic Bread	Chips
<b>Vegetables / Salad</b>	Roasted Vegetables Mixed Salad	Country Vegetables Mixed Salad	Glazed Carrots Mixed Salad	Broccoli Mixed Salad	Mushy Peas Mixed Salad
<b>Traditional Puddings</b>	Marble sponge with Custard	Apricot Bakewell with Custard	Ginger Pear Upside-down Pudding with Custard	Carrot Cake	Chocolate & Beetroot Muffin
<b>Additional desserts and drinks</b>	Fresh Fruit Pots, Fresh Fruit, Fruit Yoghurt, Milk Drink, Water, Aqua Juice, Fruit Juice				
<b>Simply Grab and GO....</b>	Pasta Buzz, Theo Chicken, Simple Snax				

# Week Three Menu...

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Chicken Tagine, A really flavoursome Moroccan dish	Pasta Polpette, chicken meatballs in a Napoli sauce served with pasta	Succulent Roast chicken served with sage & onion stuffing and rich gravy	Lasagne Al Forno A rich lamb bolognaise layered with pasta and veloute	Deep Fried Fish in Batter served with tartare sauce
<b>Vegetarian</b>	Purple Broccoli and jersey royals sautéed in a sweet dipping sauce	Quorn & vegetable, cobbler, cooked in a rich sauce topped with cheese & chive scones	Vegetable Stroganoff, sautéed vegetables cooked in a tomato and paprika creamy sauce	Quorn Cottage Pie. Quorn mince topped with a really cheese mash	Vegetable Lasagne, layered pasta dish cooked through the oven
<b>Hot 'Lite Bites'</b> <b>All served with salad</b>	Cheese & Pepper Pizza Jacket Potatoes Assorted Filled Panini's Fish Burger	Vegetable Pizza Jacket Potatoes Assorted Filled Panini's Chicken Wrap	Cheese & Tomato Pizza Jacket Potatoes Assorted Filled Panini's Chicken Wrap	Vegetable Pizza Jacket Potatoes Assorted Filled Panini' Chicken Giros	Cheese & Pepper Pizza Jacket Potatoes Assorted Filled Panini's Chicken nugget smiley
<b>Cold 'Lite Bites'</b>	Assorted, sandwiches, baguettes and deli rolls				
<b>Starchy Choice</b>	Cous-Cous Sauté potatoes	Garlic Bread Boiled New Potatoes	Cous Cous Saute potatoes	Mushroom Pilau Rice Boiled New Potatoes	Chips
<b>Vegetables / Salad</b>	Sauté Salsa cabbage Mixed salad	Mixed Vegetables Mixed Salad	Green Beans & Carrots Mixed Salad	Cauliflower & Broccoli Mixed Salad	Peas & Sweetcorn Mixed Salad
<b>Traditional Puddings</b>	Chocolate Crispy Crunch	Butterscotch Tart	Sticky Toffee pudding with Toffee Sauce	Apple Crumble with Custard	Chocolate & Orange Bread & Butter Pudding
<b>Additional desserts and drinks</b>	Fresh Fruit Pots, Fresh Fruit., Fruit Yoghurt, Milk Drink, Water, Aqua Juice, Fruit Juice				
<b>Simply Grab and GO....</b>	Pasta Buzz, Theo Chicken, Simple Snax				

# Week Four Menu...

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Chicken, with ginger, coriander, chilli and coconut milk	Chicken thighs cooked in apple sauce with mushrooms, onions and apple	Roast Pork served with and sage & onion stuffing	Fragrant Thai green Chicken Curry flavoured with lemon grass	Battered Haddock served with a fresh tartare sauce
<b>Vegetarian</b>	Pasta Peperonata, a traditional southern Italian dish	Mushrooms & new potato Au Poivre, A rich creamy peppercorn sauce	Cauliflower, carrot and pea saag flavoured with coriander	Singapore Noodles, this fragrant spicy dish will leave you with a nice warm feeling	Quorn fillet served with courgette, asparagus and rocket
<b>Hot 'Lite Bites' All served with salad</b>	Cheese & Pepper Pizza Jacket Potatoes with Various Fillings Assorted Filled Panini's Chicken Wrap	Vegetable Pizza Jacket Potatoes with Various Fillings Assorted Filled Panini's Southern baked chicken	Cheese & Pepper Pizza Jacket Potatoes with Various Fillings Assorted Filled Panini's Chicken Wrap	Cheese & Tomato Pizza Jacket Potatoes with Various Fillings Assorted Filled Panini's Fillet of Fish	Vegetable Pizza Jacket Potatoes with Various Fillings Assorted Filled Panini's Chicken Wrap
<b>Cold 'Lite Bites'</b>	Assorted, sandwiches, baguettes and deli rolls				
<b>Starchy Choice</b>	Baked Jacket Wedges	Savoury Rice Garlic Bread	Parsley Potatoes	Fluffy Brown Rice Garlic Bread	Chips Stir Fried Egg Noodles
<b>Vegetables / Salad</b>	Peas & Carrots Mixed Salad	Sweetcorn Mixed Salad	Roasted Vegetables Mixed Salad	Gardens Peas Mixed Salad	Mushy Peas Broccoli Mixed Salad
<b>Traditional Puddings</b>	Cornflake Tart with custard sauce	Chocolate Treacle Sponge with Custard Sauce	Apple Cinnamon & Date Crumble	Marshmallow Krispie	Spiced Fruit Sponge & Custard
<b>Additional desserts and drinks</b>	Fresh Fruit Pots, Fresh Fruit., Fruit Yoghurt, Milk Drink, Water, Aqua Juice, Fruit Juice				
<b>Simply Grab and GO....</b>	Pasta Buzz, Love Joes, Simply Snax				