

# BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT ITEMS	Grilled bacon, poached eggs and beans Grilled mushrooms, and beans	Homemade pancakes with blueberries, maple syrup and Greek yoghurt  Vegan blueberry pancakes	Sausage, egg and cheese muffins And hash browns  Spinach, egg and cheese muffins	A selection of pastries with continental meats and cheese  Toasted bagels with cream cheese	French toast and bacon  French toast
DAILY SPECIAL	Banana and apple smoothie	Mixed fruit pot	Autumn berry smoothie	Yoghurt and granola bowl	Tropical fruit smoothie
DAILY BREAKFAST ITEMS	A selection of cereals Toast with spread and preserves Freshly cut fruit and yoghurt	A selection of cereals Toast with spread and preserves Freshly cut fruit and yoghurt	A selection of cereals Toast with spread and preserves Freshly cut fruit and yoghurt	A selection of cereals Toast with spread and preserves Freshly cut fruit and yoghurt	A selection of cereals Toast with spread and preserves Freshly cut fruit and yoghurt
PORRIDGE	Porridge available upon request	Porridge available upon request	Porridge available upon request	Porridge available upon request	Porridge available upon request

# BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT ITEMS	Grilled bacon, poached eggs and beans Grilled mushrooms, and beans	Homemade pancakes with blueberries, maple syrup and Greek yoghurt  Vegan blueberry pancakes	Sausage, egg and cheese muffins And hash browns  Spinach, egg and cheese muffins	A selection of pastries with continental meats and cheese  Toasted bagels with cream cheese	French toast and bacon  French toast
DAILY SPECIAL	Banana and apple smoothie	Mixed fruit pot	Autumn berry smoothie	Yoghurt and granola bowl	Tropical fruit smoothie
DAILY BREAKFAST ITEMS	A selection of cereals Toast with spread and preserves Freshly cut fruit and yoghurt	A selection of cereals Toast with spread and preserves Freshly cut fruit and yoghurt	A selection of cereals Toast with spread and preserves Freshly cut fruit and yoghurt	A selection of cereals Toast with spread and preserves Freshly cut fruit and yoghurt	A selection of cereals Toast with spread and preserves Freshly cut fruit and yoghurt
PORRIDGE	Porridge available upon request	Porridge available upon request	Porridge available upon request	Porridge available upon request	Porridge available upon request

# BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT ITEMS	Grilled bacon, poached eggs and beans Grilled mushrooms, and beans	Homemade pancakes with blueberries, maple syrup and Greek yoghurt  Vegan blueberry pancakes	Sausage, egg and cheese muffins And hash browns  Spinach, egg and cheese muffins	A selection of pastries with continental meats and cheese  Toasted bagels with cream cheese	French toast and bacon  French toast
DAILY SPECIAL	Banana and apple smoothie	Mixed fruit pot	Autumn berry smoothie	Yoghurt and granola bowl	Tropical fruit smoothie
DAILY BREAKFAST ITEMS	A selection of cereals Toast with spread and preserves Freshly cut fruit and yoghurt	A selection of cereals Toast with spread and preserves Freshly cut fruit and yoghurt	A selection of cereals Toast with spread and preserves Freshly cut fruit and yoghurt	A selection of cereals Toast with spread and preserves Freshly cut fruit and yoghurt	A selection of cereals Toast with spread and preserves Freshly cut fruit and yoghurt
PORRIDGE	Porridge available upon request	Porridge available upon request	Porridge available upon request	Porridge available upon request	Porridge available upon request

# LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Rich Beef Pasta Bolognese	Roast Turkey	Homemade sausage rolls	Breaded Fish Goujons	Chilli con carne Nachos Sour cream Sweet corn
MEAT FREE	Quorn Pasta Bolognese	Tomato, Spinach Gnocchi	Chick pea and squash lattice	Sweet potato and sweet corn fritters	Mixed bean chilli
ON THE SIDE	Garden Peas Garlic bread Baked Carrots	Rosemary Potatoes Broccoli Cauliflower Cheese	Mash potato Spring Greens Carrots	Chunky Chips Baked Beans Garden Peas	Rice Sour cream Sweet corn
OTHER OPTIONS	Jacket Potato, Beans Pasta, Sauce	Jacket Potato, Beans Pasta, Sauce	Jacket Potato, Beans Pasta, Sauce	Jacket Potato, Beans Pasta, Sauce	Jacket Potato, Beans Pasta, Sauce
DESSERT	Vanilla cheesecake	Chocolate cookie cake	Lemon Drizzle	Fruity Flapjack	Jam Sponge & Custard

# LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Chicken Curry	Classic Beef Lasagne	Breaded Fish Goujons		Chicken Fajitas
MEAT FREE	Slow cooked chick pea and lentil dahl	Vegetable Lasagne	Sweet potato falafel bites		Halloumi Wraps
ON THE SIDE	Braised Rice Mixed Greens Naan Bread	Garlic focaccia Herby Carrots Roast courgette	Chip Shop Chips Baked Beans Mushy Peas		Green beans Salsa and Guacamole
OTHER OPTIONS	Jacket Potato, Beans Pasta, Sauce	Jacket Potato, Beans Pasta, Sauce	Jacket Potato, Beans Pasta, Sauce		Jacket Potato, Beans Pasta, Sauce
DESSERT	Apple Crumble and custard	Chocolate Marble Cake and chocolate sauce	Rice pudding with jam		Treacle Sponge

# LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Classic Cumberland sausage	Hunters Chicken Buttered new potatoes Green beans	Bacon and spinach cheesy pasta bake Garlic bread Broccoli	Slow Cooked Rich Beef Cottage Pie Garden Peas	Breaded Fish Goujons
MEAT FREE	Juicy Vegetarian Sausages	Cheesy vegetable stack	Roasted Red Pepper & Tomato, Penne	Mushroom and lentil cottage pie	Sweet potato falafel bites
ON THE SIDE	Creamed Mash Rich Gravy Carrots & Peas	Buttered new potatoes Green beans	Garlic bread Broccoli	Roast potatoes Roast Root Vegetables	Chunky Chips, Baked Beans Garden Peas
OTHER OPTIONS	Jacket Potato, Beans Pasta, Sauce	Jacket Potato, Beans Pasta, Sauce	Jacket Potato, Beans Pasta, Sauce	Jacket Potato, Beans Pasta, Sauce	Jacket Potato, Beans Pasta, Sauce
DESSERT	Blueberry and Lemon Slice	Sprinkle Sponge	Banoffee pie	Home Made Chocolate Chip Cookies	Vanilla Shortbread

# SUPPER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE ONE</b>	BBQ Pulled Pork Rolls	Beef Chow Mein	Chicken Kiev	Spaghetti Carbonara	Dinner at St Martins!
<b>MEAT FREE</b>	BBQ Halloumi Rolls	Crispy Tofu Noodles	Cheesy Stuffed Peppers	Tomato & Red Pepper Pasta Bake	
<b>ON THE SIDE</b>	Baked Sweet Potato Mexican Corn	Prawn Crackers Stir Fried Vegetables	Skin-on Potatoes Green Beans	Homemade Focaccia Pesto Peas	
<b>DAILY EXTRAS</b>	A selection of tasty salads	A selection of tasty salads	A selection of tasty salads	A selection of tasty salads	
<b>DESSERT TIME</b>	Salted Caramel Cookies	Berry Crumble Bar	Boost it Brownie	Ice Cream Bar	
<b>SELECTION OF FRESHLY CUT &amp; WHOLE FRUITS</b>					

# SUPPER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Loaded Hot Dogs	Slow Cooked Chicken Noodle Bowl	Philli Cheesesteak Baguette	Chicken Caesar Salad	Dinner at St Martins!
MEAT FREE	Loaded Veggie Dog	Crispy Tofu Noodle Bowl	Halloumi and Roast Vegetable Baguette	Feta & Courgette Caesar Salad	
ON THE SIDE	Baked Sweet Potato BBQ Beans	Spring Rolls Wok Fried Greens	Crunchy Crudites Crispy Diced Potatoes	Herby Focaccia Peas & Corn	
DAILY EXTRAS	A selection of tasty salads	A selection of tasty salads	A selection of tasty salads	A selection of tasty salads	
DESSERT TIME	Chocolate Chip Cookies	Lemon & Blueberry Slice	Pineapple Upside Down Cake	Lemon Possets	
SELECTION OF FRESHLY CUT & WHOLE FRUITS					



# SUPPER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE ONE</b>	Spaghetti & Meatballs	Pepperoni Pizza	Crispy Fish Tacos	Turkey Parmo	Dinner at St Martins!
<b>MEAT FREE</b>	Baked Mac & Cheese	Margherita Pizza	Cheesy Vegetable Tacos	Aubergine Parmigiana	
<b>ON THE SIDE</b>	Garlic Bread Sweet Corn	Baked Potato Wedges Baked Beans	Roasted Med Veg Salsa and Sour Cream	Parsley New Potatoes Green Beans	
<b>DAILY EXTRAS</b>	A selection of tasty salads	A selection of tasty salads	A selection of tasty salads	A selection of tasty salads	
<b>DESSERT TIME</b>	Chocolate Marble Cake	Boost it Berry Muffins	Lemon Slice	Chocolate Mousse Pots	
<b>SELECTION OF FRESHLY CUT &amp; WHOLE FRUITS</b>					

# NURSERY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Selection of Whole Seasonal Fruit	Selection of Whole Seasonal Fruit	Selection of Whole Seasonal Fruit	Selection of Whole Seasonal Fruit	Selection of Whole Seasonal Fruit
LUNCH	Beef Bolognese Quorn Bolognese Garlic Bread Peas Baked Carrots	Roast Turkey Tomato, Spinach Gnocchi Rosemary Potatoes Broccoli Cauliflower Cheese	Homemade Sausage Rolls Chick Pea and Squash Lattice Mash potato Sweet corn Peas	Breaded Fish Goujons Sweet Potato and Sweet Corn Fritters Chunky Chips Baked Beans Garden Peas	Chilli Con Carne Mixed bean chilli Rice Sour cream Sweet corn
DESSERT	Apple Doughnuts	Low Sugar Brownie	Fresh Fruit Salad	Low Sugar Flapjack	Banana Pops
AFTERNOON SNACK	Cucumber Sticks with Plain Hummus	Melon Selection	Cheese & Crackers	Apple wedges, Pineapple Chunks Yoghurt	Rice Cakes & Cream Cheese
TEA	Selection of Sandwiches, Fruit, Popcorn & Crudites	Selection of Sandwiches, Fruit, Popcorn & Crudites	Selection of Sandwiches, Fruit, Popcorn & Crudites	Selection of Sandwiches, Fruit, Popcorn & Crudites	Selection of Sandwiches, Fruit, Popcorn & Crudites

# NURSERY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Selection of Whole Seasonal Fruit	Selection of Whole Seasonal Fruit	Selection of Whole Seasonal Fruit	Selection of Whole Seasonal Fruit	Selection of Whole Seasonal Fruit
LUNCH	Chicken Curry Slow cooked chick pea and lentil dahl Braised Rice Mixed Greens	Classic Beef Lasagne Vegetable Lasagne Garlic Focaccia Green Beans	Breaded Fish Goujons Sweet potato falafel bites Chip Shop Chips Baked Beans Mushy Peas	Jacket Potatoes with a Selection of Fillings	Chicken Fajitas Halloumi Wraps Green beans Salsa and Guacamole
DESSERT	Apple Crumble and Cream	Fresh Fruit Salad	Rice pudding with fruit compote	Fruit Sorbet	Sweet Potato Brownie
AFTERNOON SNACK	Nachos, Pepper Sticks and Hummus	Apple wedges, Pineapple Chunks Yoghurt	Cucumber Sticks with Plain Hummus	Cheese & Crackers	Watermelon Pizza
TEA	Selection of Sandwiches, Fruit, Popcorn & Crudites	Selection of Sandwiches, Fruit, Popcorn & Crudites	Selection of Sandwiches, Fruit, Popcorn & Crudites	Selection of Sandwiches, Fruit, Popcorn & Crudites	Selection of Sandwiches, Fruit, Popcorn & Crudites

# NURSERY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Selection of Whole Seasonal Fruit	Selection of Whole Seasonal Fruit	Selection of Whole Seasonal Fruit	Selection of Whole Seasonal Fruit	Selection of Whole Seasonal Fruit
LUNCH	Classic Cumberland sausage Juicy Vegetarian Sausages Creamed Mash Rich Gravy Carrots & Peas	Hunters Chicken Cheesy vegetable stack Buttered new potatoes Green beans	Bacon and spinach cheesy pasta bake Roasted Red Pepper & Tomato, Penne Garlic bread Broccoli	Slow Cooked Rich Beef Cottage Pie Mushroom and lentil cottage pie Roast Roots Green Beans	Breaded Fish Goujons, Sweet potato falafel bites
DESSERT	Low Sugar Flapjack	Apple Doughnut	Boost it Banana Muffin	Banana Pops	Apple and Date Oat Balls
AFTERNOON SNACK	Cheese & Biscuits	Watermelon Pizza	Nachos, Pepper Sticks & Hummus	Rice Cakes and Cream Cheese	Melon Selection
TEA	Selection of Sandwiches, Fruit, Popcorn & Crudites	Selection of Sandwiches, Fruit, Popcorn & Crudites	Selection of Sandwiches, Fruit, Popcorn & Crudites	Selection of Sandwiches, Fruit, Popcorn & Crudites	Selection of Sandwiches, Fruit, Popcorn & Crudites