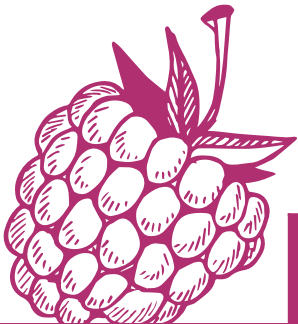


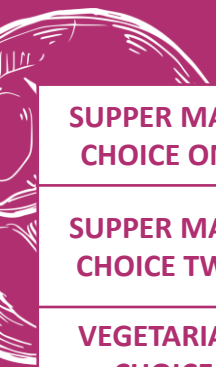
# MENU WEEK ONE LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Grilled bacon, baked beans and hash browns and fried eggs	American pancakes, mixed berries and Greek yoghurt	Breakfast sausage, toasted muffins, poached eggs and mushrooms	Waffles with crispy bacon and maple syrup	Selection of pastries Scrambled egg, grilled tomatoes and Bacon	Pain au chocolat Pancakes with berries and yoghurt French toast with Sausage	
PORRIDGE & CEREAL STATION, TOAST & SPREADS, YOGHURTS, WHOLE AND CUT FRUIT							
STAMFORD CLASSIC	Sweet & sour pork served, stir fried vegetable noodles	Chicken and leek pie, shortcrust topping	Classic slow cooked beef bolognese	Lincolnshire sausage, mash and onion gravy	Stamford Fakeaway Friday! Fish 'n' chips Homemade pizza	It's a wrap!! Build your own Tex Mex Chicken, Chilli Beef, Sour Cream, Guacamole, Grated Cheese	
STAMFORD VEGETARIAN/ PLANT BASED	Spicy vegetable and mixed bean quesadillas	Stuffed peppers topped, vegan cheese and herby cous cous	Cheesy broccoli pasta bake	Quorn sausage and caramelised onion gravy	Homemade margherita pizza	Rainbow veg and melted cheese	
SIDES	Stir fried vegetables Garlic green beans Prawn crackers	Carrot and swede Savoy cabbage Parsley new potatoes	Steamed sweetcorn Wholegrain pasta Garlic bread	Roast root vegetables Kale Crispy onions	Chip shop chips Buttered peas Baked beans	Homemade spicy wedges Caesar salad Pasta salad	
Jackets / Pasta	Freshly baked jackets and pasta with homemade sauce						
SOUP, SALAD & SANDWICHES	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made salads	
HOT & COLD DESSERT	Dessert Pots  Apple and blackberry oat crumble & custard	Dessert Pots  'BOOST IT ' Loaded fruity flapjack	Dessert Pots  Spiced pear sponge and vanilla custard	Dessert Pots  Chocolate and mint muffins	Dessert Pots  Creamy topped carrot cake	Dessert Pots  Millionaires shortbread	



# MENU WEEK ONE SUPPER

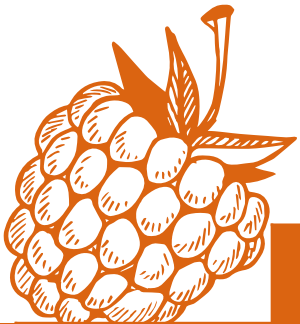
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SUPPER MAIN CHOICE ONE</b>	Slow cooked beef stew with herb dumplings	Loaded kofta pittas	Chicken and chickpea jalfrezi	Slow cooked beef chilli burritos	Korean spiced bang bang pork	<b>Takeaway Night</b> Build your own Big Mac	Roast chicken with sage and onion stuffing
<b>SUPPER MAIN CHOICE TWO</b>	Spicy pork nasi goreng with fried egg & prawn crackers	Classic French coq au vin	Crispy beef and edamame stir fry	Spicy BBQ pulled pork taco with sliced lettuce, diced tomato, diced red onion		Shredded iceberg, gherkins, sliced tomato, cheese, burger sauce, onions	
<b>VEGETARIAN CHOICE</b>	Winter vegetable and lentil stew with herb dumplings	Italian spinach & roasted tomato pizza	Lentil and spinach dahl	Sweetcorn fritter chimichurri taco	Thai green vegetable curry	Build your own halloumi burger	Mushroom & spinach wellington
<b>SIDES</b>	Buttered crushed potatoes Green beans Roast parsnips	Baked potato wedges Garden peas Chargrilled med veg	Pilau rice Homemade onion bhaji spiced greens with naan bread strips, mango chutney , raita	Mexican corn and pepper salad Tortilla chips sour cream, salsa, homemade guacamole	Egg noodles Prawn crackers Sauteed Chinese cabbage	Skinny fries Sweetcorn Slaw	Garlic roast potatoes Cauliflower cheese Cabbage Roast carrots
<b>SALAD</b>	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings
<b>SOUP AND PASTA</b>	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce
<b>DESSERT</b>	Blueberry & lemon muffins	Self-saucing chocolate pudding with custard	Lemon Shortbread	Churros and chocolate sauce	Sticky ginger sponge and custard	Ice cream milkshakes	Steamed syrup sponge with cream





# MENU WEEK TWO LUNCH

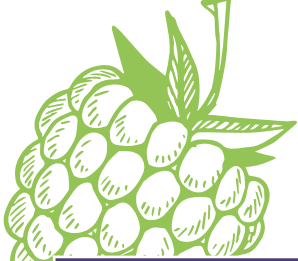
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Grilled sausages, baked beans and hash browns and fried eggs	Waffles with crispy bacon and maple syrup and fried eggs	Streaky bacon, toasted muffins, poached eggs and mushrooms	Ham and cheese croissants Cream cheese bagels	Selection of pastries Scrambled egg, grilled tomatoes and sausages	Pain au chocolat Pancakes with berries and yoghurt French toast with bacon	Brunch
PORRIDGE & CEREAL STATION, TOAST & SPREADS, YOGHURTS, WHOLE AND CUT FRUIT							<div> </div>
STAMFORD CLASSIC	Loaded beef nachos or Build your own mac and cheese bar	Stamford roast of the day	Pork, sage & lentil meatballs in a spicy arrabiata sauce	Traditional cottage pie and rich gravy	Stamford Fakeaway Friday! Fish 'n' chips Nando's style chicken burger	Chicken and sweetcorn noodle soup  Hot Toasties Cajun turkey & mozzarella Cheese & ham	
STAMFORD VEGETARIAN/ PLANT BASED	Mac cheese with crispy onion and chive	Homemade cheddar cheese, onion and potato pie	Greek olive and feta cheese frittata, homemade rocket pesto	Moroccan spiced falafel pitta with salsa and Slaw	Homemade chickpea and harissa burgers with chili & garlic mayo	Mozzarella , tomato and basil toastie	
SIDES	Sea salt & garlic butter focaccia Mixed greens Mediterranean vegetables	Parsley new potatoes Garden peas Thyme roast squash	Wholemeal pasta Pesto courgettes Sweet corn	Onion gravy Roast carrots and parsnips Savoy cabbage	Skinny fries Buttered peas Baked Beans	Smokey jacket wedges Greek salad Bacon Caesar	
JACKET OR PASTA	Freshly baked jackets and pasta with homemade sauce						
SOUP, SALAD & SANDWICHES	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made salads and soup	
HOT & COLD DESSERT	Dessert pots  Filo apple pie with vanilla cream	Dessert pots  Chocolate sponge with chocolate sauce	Dessert pots  Jam and coconut tart and cream	Dessert pots  'BOOST IT' Fruit & pumpkin seed shortbread	Dessert pots  Apple & blackberry crumble Bar	Dessert pots  Homemade rocky road	



# MENU WEEK TWO SUPPER

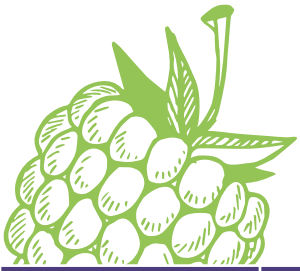
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SUPPER MAIN CHOICE ONE	Aromatic spiced beef chow mein	Rich beef and vegetable casserole topped with cheese and herb cobbler	Traditional Lasagna with Mixed Salad & Homemade Garlic Bread	Classic hunter's chicken with roast new potatoes	Classic toad in the hole	<b>Greek Night</b> Moussaka with green leaves with lemon thyme dressing	Classic roast beef and Yorkshire pudding with rich gravy and horseradish sauce
SUPPER MAIN CHOICE TWO	Sticky hoi sin chicken drumsticks	Breaded turkey parmo served with green salad & avocado	Pesto chicken pasta bake	French bread pizza selection		Chicken souvlaki served with warm flat bread , salad and tzatziki	
VEGETARIAN CHOICE	Korean style BBQ popcorn cauliflower	Quorn and red pepper lasagne	Homemade Cheese and Broccoli Quiche	Chargrilled halloumi with garlic mushrooms focaccia with rocket pesto	Quorn sausage toad in the hole	Winter greens spanakpita	Mixed bean & lentil pie, vegan pastry
SIDES	Egg fried rice Wok fried vegetables kale	Herby diced potatoes with sauté onion Roast swede, carrot and parsnips	Mixed Salad Chargrilled Vegetables	Garden peas Baked beans Caesar salad	Herby mash Garden peas Thyme roast roots Onion gravy	Sauté potatoes Greek salad Sliced tomato & red onion with Vinaigrette	Roast potatoes Cauliflower cheese Steamed cabbage
SALAD	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings
SOUP AND PASTA	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce
DESSERT	Chocolate orange mousse	Coconut and lime cupcake	Ginger Flapjack	Lemon and raspberry cookies	Pineapple fritters and ice cream	Portokalopita Greek orange phyllo cake	Traditional apple pie and custard





# MENU WEEK THREE LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Grilled sausages, baked beans and hash browns and fried eggs	Streaky bacon, toasted muffins, poached eggs and mushrooms	Waffles with crispy bacon and maple syrup and fried eggs	Homemade Museli Bar Ham and cheese croissants Cream cheese bagels	Selection of pastries Scrambled egg, grilled tomatoes and sausages	Pain au chocolat Pancakes with berries and yoghurt French toast with bacon	
<b>PORRIDGE &amp; CEREAL STATION, TOAST &amp; SPREADS, YOGHURTS, WHOLE AND CUT FRUIT</b>							
<b>STAMFORD CLASSIC</b>	Chicken curry your way	Beef stew and dumplings	Mexican chicken fajitas served with sour cream & homemade salsa	Classic beef lasagne	Stamford Fakeaway Friday! Fish 'n' chips Loaded hot dogs	Pepperoni pizza slice	
<b>STAMFORD VEGETARIAN/ PLANT BASED</b>	Sweet potato, spinach and chick pea dahl	Carrot, butter bean and broccoli cassoulet with herb dumplings	Cauliflower tacos with Crispy red onion	Red pepper and lentil lasagne	Sweet potato falafel wrap with mint yogurt and cucumber	Margherita pizza slice	
<b>SIDES</b>	Coconut rice Naan bread, mango chutney and raita Turmeric greens	Skin on roast potatoes Smashed swede Wilted savoy	Mexican red rice Texan style sweetcorn Peppers and onions	Garlic and thyme foccacia Pesto peas Tuscan beans	Chip shop chips Mushy peas Cowboy beans	Hasselback potatoes Baked beans Roast med veg	
<b>JACKET OR PASTA</b>	Freshly baked jackets and pasta with homemade sauce						
<b>SOUP, SALAD &amp; SANDWICHES</b>	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made salads	
<b>HOT &amp; COLD DESSERT</b>	Dessert pots  Pineapple upside down cake and custard	Dessert pots  Traditional rice pudding with fruit compote	Dessert pots  Chocolate chip cookies	Dessert pots  'BOOST IT' Date, coconut & sweet potato fudge slice	Dessert pots  Lemon and poppy seed muffin	Dessert pots  Raspberry ripple and white chocolate cake	



# MENU WEEK THREE SUPPER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SUPPER MAIN CHOICE ONE</b>	Sticky Korean BBQ pork belly	Build your own doner kebab served with chilli & garlic sauce and pickled cabbage	Loaded mac and cheese bar	Chargrilled pork chops with pineapple salsa	Chicken Tikka dopiaza served with Rita and Mango Chutney	Buttermilk chicken burger	Roast loin of pork, crispy crackling, Yorkshire puddings
<b>SUPPER MAIN CHOICE TWO</b>	Sticky Crispy sweet chilli chicken	Turkey burger, Sriracha mayo Crisp slaw	Rich tomato and pepperoni pasta	Beef Philo cheese steak baguette			
<b>VEGETARIAN CHOICE</b>	Pulled Korean spiced aubergine	Beetroot, mushroom and lentil wellington	Classic cheese & tomato quiche	Black bean and avocado quesadillas	Sweet Potato, chickpea and spinach korma	Squash and lentil smash burger	Classic cheese & potato pie
<b>SIDES</b>	Egg noodles Rainbow stir fried vegetables with beansprouts Prawn crackers	French fries Roasted vegetables Salad selection	Thyme focaccia Garlic green beans Roasted cauliflower	Paprika wedges Spicy noodle salad Glazed carrots	Coconut Rice Kerala Spiced Peas Lentil Dhal Popperdoms	Loaded fries Cajun slaw Corn ribs	Roasted carrot Savoy cabbage Garlic roast potatoes
<b>SALAD</b>	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings
<b>SOUP AND PASTA</b>	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce
<b>DESSERT</b>	Lime and coconut cheesecake	Red velvet slice	Multi seed flapjack	Apple and blackberry turnover filled with whipped cream	Winter fruit crumble and custard	Mississippi mud pie	Jam & coconut slice and custard sauce

