

| <i>Monday</i>  | <i>Tuesday</i>  | <i>Wednesday</i>  | <i>Thursday</i>   | <i>Friday</i>   | <i>Saturday</i>  | <i>Sunday</i>   |
|--|---|---|---|---|--|---|
| <b>BREAKFAST</b>   | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>   | <b>BREAKFAST</b>  |
| Choice of cereals<br>Fresh grapefruit and yogurts<br>Toast and preserves<br>Fresh apple and orange juice<br>and milk | Grilled sausage & scrambled<br>eggs<br>Choice of cereals<br>Fresh grapefruit and yogurts<br>Toast and preserves<br>Fresh apple and orange juice<br>and milk | Grilled bacon & hash<br>browns&<br>Choice of cereals<br>Fresh grapefruit and yogurts<br>Toast and preserves<br>Fresh apple and orange juice<br>and milk | Traditional full English<br>breakfast<br>Choice of cereals<br>Fresh grapefruit and yogurts<br>Toast and preserves<br>Fresh apple and orange juice<br>and milk | Grilled sausages & baked<br>beans<br>Choice of cereals<br>Fresh grapefruit and yogurts<br>Toast and preserves<br>Fresh apple and orange juice<br>and milk | Hot buttered croissant<br>Choice of cereals<br>Fresh grapefruit and yogurts<br>Toast and preserves<br>Fresh apple and orange juice<br>and milk | Traditional full English<br>breakfast<br>Choice of cereals<br>Fresh grapefruit and yogurts<br>Toast and preserves<br>Fresh apple and orange juice<br>and milk |
| <b>LUNCH</b>   | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>   | <b>LUNCH</b>  |
| Chicken with a cream<br>sauce<br>Or<br>Grilled sausage and mash  | Homemade Meatballs with<br>tomato and red pepper<br>sauce<br>Or<br>Mild beef curry and rice<br>Pizza with salad and<br>wedges                               | Homemade cottage pie<br>Or<br>Breaded pork escalope's   | Roast chicken with sage<br>stuffing<br>Or<br>Roast beef with Yorkshire<br>pudding   | Fried fillet of cod with<br>tartare sauce, chips and<br>peas<br>Or<br>Grilled lamb chops  |  |   |
| <b>Salad Bar and Vegetarian<br/>choices available</b>  | <b>Salad Bar and Vegetarian<br/>choices available</b>   | <b>Salad Bar and Vegetarian<br/>choices available</b>   | <b>Salad Bar and Vegetarian<br/>choices available</b>   | <b>Salad Bar and Vegetarian<br/>choices available</b>   | <b>Salad Bar and Vegetarian<br/>choices available</b>  | <b>Vegetarian choices available</b>   |
| Selection of cold deserts,<br>fresh fruit and yogurts  | Selection of cold deserts,<br>fresh fruit and yogurts   | , Selection of cold deserts,<br>fresh fruit and yogurts   | Selection of cold deserts,<br>fresh fruit and yogurts   | Selection of cold deserts,<br>fresh fruit and yogurts   | Selection of cold deserts,<br>fresh fruits and yogurts   |   |
| <b>EVENING MEAL</b>  | <b>EVENING MEAL</b>   | <b>EVENING MEAL</b>   | <b>EVENING MEAL</b>   | <b>EVENING MEAL</b>   | <b>EVENING MEAL</b>  | <b>EVENING MEAL</b>   |
| Bacon baps or chicken<br>wraps<br>Served with fries and  | Hot and spicy pork<br>Or<br>Meat and spring onion<br>hash   | Soup and sandwich<br>selection<br>Or<br>Hot dish of the day   | Duck chow main<br>Or<br>Sweet and sour chicken  |   |  | Chefs choice  |
| <b>Salad bar and Vegetarian<br/>choices available</b>  | <b>Salad bar and Vegetarian<br/>choices available</b>   | <b>Salad bar and Vegetarian<br/>choices available</b>   | <b>Salad bar and Vegetarian<br/>choices available</b>   | <b>Salad bar and Vegetarian<br/>choices available</b>   | <b>Salad bar and Vegetarian<br/>choices available</b>  | <b>Salad bar and Vegetarian<br/>choices available</b>   |
| Fresh fruit and yogurts  | Fresh fruit and yogurts   | Fresh fruit and yogurts   | Fresh fruit and yogurts   | Fresh fruit and yogurts   | Fresh fruit and yogurts  | Fresh fruit and yogurts   |