

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Choice of cereals Fresh grapefruit and yogurts Toast and preserves Fresh apple and orange juice and milk	Grilled sausage & scrambled eggs Choice of cereals Fresh grapefruit and yogurts Toast and preserves Fresh apple and orange juice and milk	Grilled bacon & hash browns& Choice of cereals Fresh grapefruit and yogurts Toast and preserves Fresh apple and orange juice and milk	Traditional full English breakfast Choice of cereals Fresh grapefruit and yogurts Toast and preserves Fresh apple and orange juice and milk	Grilled sausages & baked beans Choice of cereals Fresh grapefruit and yogurts Toast and preserves Fresh apple and orange juice and milk	Hot butter croissants Choice of cereals Fresh grapefruit and yogurts Toast and preserves Fresh apple and orange juice and milk	Traditional full English breakfast Choice of cereals Fresh grapefruit and yogurts Toast and preserves Fresh apple and orange juice and milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken and vegetable risotto Or Grilled gammon with pineapple	Filled Yorkshire puddings with savory beef ,topped with cheese or chicken noodles with black bean sauce	Homemade beef and vegetable pie Or Grilled lamb chops with red current sauce	Sausage and smoked bacon Casserole Or Roast chicken with lemon and thyme crust	Fried fillet of cod with chips and peas Or Fish fingers and chips with baked beans Beef chilli and rice	Spaghetti bolognaise Served with garlic bread Or Tagliatelle with creamy chicken and bacon sauce	Roast beef with Yorkshire pudding fresh vegetables and roast potatoes Gateaux and cream
Salad Bar and Vegetarian choices available	Salad Bar and Vegetarian choices available	Salad Bar and Vegetarian choices available	Salad Bar and Vegetarian choices available	Salad Bar and Vegetarian choices available	Salad Bar and Vegetarian choices available	Vegetarian choices available
Selection of cold deserts, fresh fruit and yogurts	Selection of cold deserts, fresh fruit and yogurts	, Selection of cold deserts, fresh fruit and yogurts	Selection of cold deserts, fresh fruit and yogurts	Selection of cold deserts, fresh fruit and yogurts	Selection of cold deserts, fresh fruits and yogurts	
EVENING MEAL	EVENING MEAL	EVENING MEAL	EVENING MEAL	EVENING MEAL	EVENING MEAL	EVENING MEAL
Hot French bread filled with Ham and cheese Or homemade minestrone Soup and rolls	Tuna pasta bake Or Roasted vegetables with chicken and chorizo beef	<i>Soup and sandwiches Or Hot dish of the day</i>	<i>Beef nachos with salsa and salad Or Prawn curry and rice</i>	Homemade pizza with various toppings Served with potato wedges ,salad and coleslaw	Grilled rump steak with onion rings and jacket potato and peas	Hot dish of the day
Salad bar and Vegetarian choices available	Salad bar and Vegetarian choices available	Salad bar and Vegetarian choices available	Salad bar and Vegetarian choices available	Salad bar and Vegetarian choices available	Salad bar and Vegetarian choices available	Salad bar and Vegetarian choices available
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