

<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 buttered croissant 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 fillets with a cream mushroom sauce Or Pork schnitzel with lemon and black pepper	Spaghetti bolognaise served with garlic bread Or Pasta with tomato and smoked ham sauce	Hunts man chicken casserole Or Braised pork belly with a spiced tomato sauce	Fried fillet of cod served with thick cut chips and peas or Spanish paella	Mild beef curry and rice served with naan bread and chutney Or Sweet and sour chicken	Roast beef with Yorkshire pudding, vegetables and roast potatoes Chocolate fudge cake and ice 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
Pre-season training BBQ	Macaroni cheese Or Jacket potato and fillings	<i>Soup and sandwiches Or Hot dish of the day</i>	<i>Homemade pizza with a selection of toppings Or Stir fry pork with sesame and ginger sauce</i>	Grilled sausage and mashed potato Or Homemade soup and bread rolls	Chicken Kiev with salad and new potatoes	Chefs choice
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