

<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 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
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>Homemade cottage pie</b> Or Chicken with a cream mushroom sauce	Beef stroganoff with braised rice Or <b>Pork escalope with Texan BBQ sauce</b>	<b>Turkey casserole with pasta</b> Or Beef and pork Meatballs with tomato sauce	<b>Grilled Suffolk sausage with onion gravy and mashed potato</b> Or Grilled lamb chops with rosemary sauce	Fried fillet of cod with chips and peas Or Chicken risotto and garlic bread <b>Fish fingers and chips with baked beans</b>		
<b>Salad Bar and Vegetarian choices available</b>	<b>Salad Bar and Vegetarian choices available</b>	<b>Salad Bar and Vegetarian choices available</b>	<b>Salad Bar and Vegetarian choices available</b>	<b>Salad Bar and Vegetarian choices available</b>	<b>Salad Bar and Vegetarian choices available</b>	<b>Vegetarian choices available</b>
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	
<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>
Hot Ham and cheese baguettes with potato wedges Or Lasagna and salad	Spaghetti with tomato and ham sauce Or Mac cheese	<i>Soup and sandwiches</i> Or <i>Hot dish of the day</i>	<i>Mild chicken korma curry with rice and naan bread</i> Or <i>grilled gammon and pineapple</i>			
<b>Salad bar and Vegetarian choices available</b>	<b>Salad bar and Vegetarian choices available</b>	<b>Salad bar and Vegetarian choices available</b>	<b>Salad bar and Vegetarian choices available</b>	<b>Salad bar and Vegetarian choices available</b>	<b>Salad bar and Vegetarian choices available</b>	<b>Salad bar and Vegetarian 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