

<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
Soft boiled egg 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	Waffles with maple syrup 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	Hash browns and scrambled egg 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
Homemade chicken and vegetable pie Or Braised beef and winter vegetable casserole	Spaghetti bolognaise served with garlic bread Or Tagliatelle carbonara.	Slow cooked Pork with Dijon cream sauce Or Roast chicken with sage and onion crust	Roast leg of lamb with mint sauce Or Roast turkey with cranberry sauce	Salmon and prawn risotto Or Fish and chips with peas Or Chicken curry and rice	Jacket potato with a selection of fillings Or Macaroni with broccoli and cauliflower florets . .	Roast beef and Yorkshire pudding Vegetable selection 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 desserts, fresh fruit and yogurts	Selection of cold desserts, fresh fruit and yogurts	Selection of cold desserts, fresh fruit and yogurts	Selection of cold desserts, fresh fruit and yogurts	Selection of cold desserts, fresh fruit and yogurts	Selection of cold desserts, fresh fruits and yogurts	
EVENING MEAL	EVENING MEAL	EVENING MEAL	EVENING MEAL	EVENING MEAL	EVENING MEAL	EVENING MEAL
BBQ chicken baguettes with diced potatoes and salad	Homemade Pizza selection Or Vegetable and chicken stir fry	Soup and sandwich selection Or Hot dish of the day	Sausage and mash with baked beans Or Red lentil soup with bread rolls	Swedish style meatballs with rice Or beef and tomato crostini	Butter nut squash risotto Or Vegetarian burgers with salad and sweet potato fry's	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