









WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Upcycle soup – A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.						 2oz Beef Burger Bacon Pork or Chicken Sausage Vegetable Sausage Potato Waffles Fried Egg Onion Rings Baked Beans Grilled Tomato Toast
	Our daily freshly made soup is served with bread, croutons and a selection of toppings						
CLASSIC	Chicken Fajita, Guacamole, Sour Cream & Tomato Salsa 	Butchers Pork Sausages with Caramelized Onions & Gravy	Chicken Rogan Josh 	Rich Beef Bolognaise	Battered Fish with Tartare & Lemon Wedge Fish fingers	Chicken Souvlaki Served in Flatbread Taziki Sriracha Sauce	
NOURISH	Quorn & sweet Chilli Vegetable Fajita, Guacamole, Sour Cream & Tomato Salsa	Potato & Vegetable Pattie with a fried egg	Sweet Potato & Vegetable Korma	Italian Style Squash, Vegetable & chick pea Ragu with pesto	Cheese & Ham Panini Pea, Feta & red Onion Frittata	Roasted Vegetables & Halloumi Served in Flatbread	
SIDES	Wraps Potato wedges Fine Green beans	Creamed Potato Peas Sliced Carrot	Steamed Rice Naan Bread Mango Chutney Tomato, Onion & Coriander Salad	Spaghetti Sweetcorn Garlic Slice	Chunky Chips Mushy Peas Chip Shop Curry sauce	Potato wedges Rawslaw Greek Salad	
DESSERT	Choc-Chip Sponge with Vanilla sauce	A selection of dessert pots,fresh cut fruit and yoghurt bar	Pear & Cherry Crumble with Custard	A selection of dessert pots,fresh cut fruit and yoghurt bar	Chocolate Bread & Butter Pudding with Vanilla Sauce	Rocky Road	
EVERYDAY LIGHT BITES	Penne pasta with tomato sauce and cheese	Jacket potatoes with baked beans and cheese	Penne pasta with tomato sauce and cheese	Jacket potatoes with baked beans and cheese	Penne pasta with tomato sauce and cheese	Jacket potatoes with baked beans and cheese	
	We offer a lighter alternative of freshly prepared salad bar as well as daily option of simple sandwiches						

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Upcycle soup – A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.						<div> SUNDAY BRUNCH</div> <div>Sausage Patty Bacon Pork or Chicken Sausage Vegetable Sausage</div> <div>Saute Potatoes Scrambled Egg Onion Rings</div> <div>Baked Beans Saute Mushrooms Toast</div>
	Our daily freshly made soup is served with bread, croutons and a selection of toppings						
CLASSIC	Chilli Con Carne with Chive Sour Cream & Tortilla Chips	Breaded Chicken with a Mushroom Sauce 	Italian Spiced Meatballs with Tomato & Coriander sauce 	Black Bean Pork & Stir Fried Vegetables with Prawn Crackers	Beef Burger or Chicken Burger in a Bap	Pulled BBQ Chicken in a Bao Bun	
NOURISH	Roasted Vegetable & Lentil with Tofu with Chive Sour cream & Tortilla Chips	Sweet Chilli Tofu & vegetable Stir fry	No Meat-balls with Tomato & Coriander sauce	Aubergine, Chickpea, Spinach Coconut Curry	Spicy Bean Burger in a Bap	Pulled Jackfruit in a Bao Bun	
SIDES	Red Rice Refried beans Fine Green beans	New Potatoes Fine Green Beans Cauliflower	Spaghetti Roast Broccoli	Steamed Rice Trio of Garlic infused Greens	Skinny Fries Baked Beans Fried Onion	Noodles Stir fry vegetables	
DESSERT	Syrup Sponge with Custard	A selection of dessert pots,fresh cut fruit and yoghurt bar	Chocolate Marble Sponge with Vanilla Sauce	A selection of dessert pots,fresh cut fruit and yoghurt bar	Apple & Blackberry Crumble with Custard	White Chocolate Rice Crispy Square	
EVERYDAY LIGHT BITES	Penne pasta with tomato sauce and cheese	Jacket potatoes with baked beans and cheese	Penne pasta with tomato sauce and cheese	Jacket potatoes with baked beans and cheese	Penne pasta with tomato sauce and cheese	Jacket potatoes with baked beans and cheese	
We offer a lighter alternative of freshly prepared salad bar as well as daily option of simple sandwiches							



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Upcycle soup – A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.						<div></div> <div>2oz Beef Burger Bacon Pork or Chicken Sausage Vegetable Sausage Hash Brown Bites Fried Egg Onion Rings Baked Beans Grilled Tomato Toast</div>
	Our daily freshly made soup is served with bread, croutons and a selection of toppings						
CLASSIC	Crispy Chicken Katsu 	Beef & Vegetable Pie topped Puff Pastry	Roast Herby Chicken Breast with Stuffing & Gravy	Sweet & Sour Pork & Vegetable with Prawn Crackers	Battered Fish with Tartare & Lemon Wedge Fish fingers	Deli Bar Assorted Baguettes wraps	
NOURISH	Mushroom and Butternut Squash Pasta Bake	Roasted Tomato, Red Onion Risotto with Basil Pesto & Crumbled Feta	Tomato Ragu & Vegetable lasagne	Salt & Pepper Tofu with Hoi Sin Vegetables	 Pulled Sweet Chilli Chicken in a Bao Bun Vegetable & Mixed Bean Cheesy Quesadillas	Meatballs in Tomato sauce Salami Roasted Vegetables Grated Cheese	
SIDES	Steamed Rice Saute Cabbage Sweetcorn	Minted New Potatoes Braised Red Cabbage Peas	Herby Roast Diced Potato Fine Green Beans Sweetcorn	Egg Noodles Baton Carrots Broccoli	Chunky Chips Peas Chip Shop Curry Sauce	Buttered New Potatoes Salads	
DESSERT	Chocolate Sponge with Chocolate Sauce	A selection of dessert pots,fresh cut fruit and yoghurt bar	Jam & Coconut Steamed Sponge with Custard	A selection of dessert pots,fresh cut fruit and yoghurt bar	Rice Pudding & Berry Coulis	Warm Chocolate Brownie & Cream	
EVERYDAY LIGHT BITES	Penne pasta with tomato sauce and cheese	Jacket potatoes with baked beans and cheese	Penne pasta with tomato sauce and cheese	Jacket potatoes with baked beans and cheese	Penne pasta with tomato sauce and cheese	Jacket potatoes with baked beans and cheese	
	We offer a lighter alternative of freshly prepared salad bar as well as daily option of simple sandwiches						

2oz Beef Burger
Bacon
Pork or Chicken
Sausage
Vegetable Sausage
Hash Brown Bites
Fried Egg
Onion Rings
Baked Beans
Grilled Tomato
Toast