

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Classic	Croissants, cured ham, sliced cheese	Back bacon, sautéed mushrooms	Scrambled eggs, roasted tomatoes	Local butcher's sausages, hash browns, poached eggs	Bagels, bacon, smoked salmon, cream cheese	Continental	Full English
Chilled	Cereals, semi-skimmed milk, natural yoghurt & honey, fresh fruit & fruit juice						
Everything else...	In addition to our menu, we also offer daily: sliced breads for topping or toasting, butter, spreads, jams & toast toppers, filtered water & seasonal fruit						

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Soup	Homemade soup of the day						
On the side...	Wholemeal bread	Baguettes	Flatbreads	Focaccia	White bloomer		
Classic	Beef chilli, rice, tortilla chips, sour cream, guacamole, salsa, sweetcorn, green beans	Coq au vin, potato croquettes, broccoli, carrots	Bacon & tomato pasta bake, garlic bread, mushrooms, roasted courgette	Cottage pie, cabbage & leek, butternut squash	Battered cod, lemon wedges, chicken strips, chips, peas, baked beans		
No meat	Vegetable & bean chilli	Lentil & vegetable pie	Mac & cheese	Vegetable & bean chilli	Sweet potato katsu curry		
Light, simple	Cheese and bacon flan, tuna & sweetcorn, egg salad	Grated cheese, chicken wings, feta & olives	Shredded ham, tuna & sweetcorn, hummus	Coronation chicken, chef's quiche, smoked mackerel	Roast beef, grated cheese		
Chilled	Fresh salad bar, all the favourites, market specials, daily protein, dressings & drizzles. SELF HELP, CREATE YOUR OWN SALAD						
Pudding & desserts	Spiced apple crumble & custard	Syrup sponge & custard	Marble cake	Chocolate sponge with chocolate sauce	Chocolate eclairs		
Everything else...	In addition to our menu, we also offer daily: baked potatoes, freshly baked breads, filtered water, yoghurts, jellies & seasonal fruit						

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Classic

Chicken & pepper pasta bake, garlic bread, broccoli	Aromatic chicken fajitas, sour cream tortillas, tacos, jacket wedges, green beans	Beef Teriyaki stir-fry, Udon noodles, stir-fry veg	Butter chicken, pilau rice, naan, samosas	Chicken & seafood paella, crusty bread, green beans, salad	Chef's special	Chicken chasseur, roast potatoes, market vegetables
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No meat

Tomato & basil pasta bake	Mixed bean & vegetable fajitas Ice cream bar	Teriyaki tofu	Vegetable curry	Vegetable paella	Chefs special	Broccoli cheddar cheese melt
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Chilled

Fresh salad bar, all the favourites, market specials, daily protein, dressings & drizzles. SELF HELP, CREATE YOUR OWN SALAD						
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Everything else...

In addition to our menu, we also offer daily: freshly baked breads, soup in the winter months, filtered water, yoghurts, jellies & seasonal fruit				Seasonal fruit platter	Fruit crumble with custard
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