

Breakfast

	MON	TUE	WED	THU	FRI
HOT ITEMS	Grilled Back Bacon Hard Boiled Eggs Roasted Beef Tomatoes Baked Beans Crispy Hash Browns	Ham, Salami & Prosciutto Creamy Brie & Mature Cheddar Baked Eggs with Tomato & Spinach	Cumberland Sausages Scrambled Eggs Baked Beans Roasted Cherry Tomatoes New Potato Hash	Grilled Back Bacon Fried Eggs Baked Beans Garlic Mushrooms with Herbs Crispy Hash Browns	Cumberland Sausage Streaky Bacon Homemade Baked Beans Herby Diced Potatoes Cheesy Scrambled Eggs Black Pudding
DAILY SPECIAL	Cheddar & Tomato Croissant Melt	Scrambled Egg & Avocado Toast with Tomato & Herb Salsa	Cinnamon French Toast with Autumn Berry Compote	Cheese & Ham Breakfast Toasties	Bacon & Egg Breakfast Muffin with Tomato Relish
SATURDAY	WEEKEND				
Traditional Full English Breakfast					
SUNDAY	BRUNCH				
Lincolnshire Sausages Grilled Back Bacon Fried Eggs Pancakes Bar			Crispy Hash Browns Roasted Tomatoes & Mushrooms Waffle Bar & Apple Compote Bagel with Smoked Salmon & Cream Cheese		

EVERY DAY

Fresh Pastry Selection · Hydration Station & Smoothies · Yoghurt & Fruit Bar · Whole & Sliced Autumn Fruits · Porridge Station with Apple & Cinnamon, Plum Compote & Classic Toppings · Cereal & Granola Bar & Bread Selection

Lunch Menu

	MON	TUE <i>British Classics & Moroccan Special</i>	WED <i>Italian Kitchen</i>	THU <i>Wok Bar</i>	FRI <i>Fish Shop & Burger Bar</i>	SAT <i>Comfort Kitchen</i>
SOUP	BANK HOLIDAY Mon 31 Aug	Carrot, Ginger & Honey-Roasted Squash	Red Lentil, Tomato & Moroccan Spice	Loaded Leek & Potato with Crispy Croutons	Roasted Parsnip & Apple with Thyme	
MAIN COURSE ONE		Cumberland Sausage with Caramelised Red Onion Gravy	Beef Ragù Lasagne with Herby Parmesan Crust	Sweet Chilli Chicken Noodle Stir-Fry with Crispy Fried Onions	Fish & Chips with Tartare Sauce, Lemon & Curry Sauce	Slow Cooked Garlic & Paprika Roast Chicken Legs with Jus
FUTURE PROOF		Quorn Sausage Toad-in-the-Hole with Caramelised Onion Gravy	Roasted Aubergine & Butternut Lasagne with Crispy Chickpeas	Crispy Sweet Chilli Tofu Stir-Fry with Crispy Fried Onions	Five Bean Burger with Salsa & Guacamole-style Mayo	Crispy Halloumi & Roasted Peppers, Flatbread with Paprika Hummus
MAIN COURSE THREE		Moroccan Lamb Tagine with Apricots, Chickpeas & Lemon	Grilled Lemon & Herb Chicken Thighs with Tomato Salsa	Egg Fried Rice with Peas & Spring Onion	Beef Burger with Lettuce, Tomato & Smoky Paprika Burger Sauce	
ON THE SIDE		Crushed New Potatoes, Dill & Butter, Garden Peas, Roasted Carrots & Harissa Yoghurt	Garlic Bread, Roasted Broccoli, Steamed Green Beans & Caprese Tomato Salad	Stir-Fried Pak Choi, Sweetcorn, Asian Slaw with Cucumber & Soy-Lime Dressing	Chips, Garden Peas & Baked Beans	New Potatoes, Honey-Roasted Carrots, Steamed Broccoli, Greek Salad & Coleslaw
JACKET / PASTA BAR	• Pasta, Jacket Potatoes & Baked Sweet Potatoes • Baked Beans • Tomato & Basil Sauce • Daily Special Sauce • Tuna Mayo • Cheese					
DESSERT		Apple & Blackberry Crumble with Vanilla Custard	Lemon & Blueberry Drizzle Cake	Sticky Toffee Pudding with Butterscotch Sauce	Loaded Chocolate Rice Crispy Slice	Saturday Sweet Treat Box
EVERY DAY	Selection of Whole Seasonal Fruits, Sliced Tropical Fruits, Greek Yoghurt Pots with Selection of Toppings, Freshly Baked Cakes & Fresh Bread					

Lunch Menu

	MON <i>Mac & Meatballs</i>	TUE <i>Mexican Street Food</i>	WED <i>Shepherd's Pie & Comfort Classics</i>	THU <i>Greek Gyros & Tuscan Kitchen</i>	FRI <i>Fish Shop & Burger Bar</i>	SAT <i>Curry Kitchen</i>
SOUP	Creamy Sweetcorn & Potato Chowder	Mexican Tomato, Black Bean & Coriander	Roasted Cauliflower & Cheddar	Courgette, Pea & Basil	Roasted Butternut Squash, Sage & Crème Fraîche	
MAIN COURSE ONE	Creamy Butternut Mac & Cheese with Garlic Crumb & Rocket Salad	Smoked Beef Birria Taco Bar with Selection of Toppings	Traditional Shepherd's Pie with Herb-Crusted Mash & Rich Onion Gravy	Grilled Chicken Gyros Bar with Warm Flatbreads & Tzatziki	Crispy Battered Fish with Chips, Lemon & Tartare Sauce	Chicken Tikka Masala with Pilau Turmeric Rice & Mango Chutney
FUTURE PROOF	Veggie Meatball Marinara Sub with Melted Mozzarella & Toppings	Vegetable Quesadilla with Black Bean Salsa & Coriander	Lentil & Root Vegetable Shepherdess Pie with Cheddar Mash	Marinated Feta & Roasted Vegetable Gyros with Tzatziki	Halloumi Burger with Lettuce, Tomato & Sweet Chilli Mayo	Paneer Tikka Masala with Pilau Rice & Asian Slaw
MAIN COURSE THREE	Beef Meatball Marinara Sub with Melted Mozzarella & Toppings	Chicken Tinga Tacos with Pickled Onions & Sour Cream	Pork & Chicken Sausages with Rich Onion Gravy	Tuscan Gnocchi with Spinach, Parmesan & Garlic Crumb	Crispy Chicken Burger with Lettuce, Tomato & Burger Sauce	
ON THE SIDE	Steamed Broccoli & Buttered Sweetcorn with Crispy Onions & Spinach Pesto	Mexican Rice, Chargrilled Peppers & Onions, Spiced Green Beans, Refried Beans & Guacamole	Garden Peas, Roasted Carrots, Braised Red Cabbage with Apple & Seasonal Greens	Char-Grilled Mediterranean Veg, Greek Green Beans, Potato Wedges & Greek Salad	Chips, Garden Peas, Baked Beans & Curry Sauce	Tarka Cauliflower, Saag Spinach, Naan, Mango Chutney & Cucumber Raita
JACKET / PASTA BAR	• Pasta, Jacket Potatoes & Baked Sweet Potatoes • Baked Beans • Tomato & Basil Sauce • Daily Special Sauce • Tuna Mayo • Cheese					
DESSERT	Seeded Oaty Energy Flapjack	Chocolate Orange Brownie with Orange Glaze	Bramley Apple & Cinnamon Crumble with Vanilla Custard	Creamy Rice Pudding with Mixed Berry Compote	Raspberry Jam Doughnuts with Sugar Dusting	Chef's Dessert Selection
EVERY DAY	Selection of Whole Seasonal Fruits, Sliced Tropical Fruits, Greek Yoghurt Pots with Selection of Toppings, Freshly Baked Cakes & Fresh Bread					

Lunch Menu

	MON <i>Italian Pasta & Roast Chicken</i>	TUE <i>Katsu & Bao</i>	WED <i>Honey Mustard Gammon Roast</i>	THU <i>Caribbean Jerk Grill</i>	FRI <i>Chippy & Comfort Bar</i>	SAT <i>BBQ Grill</i>
SOUP	Tuscan White Bean & Rosemary	Creamy Broccoli & Cheddar	Roasted Parsnip & Apple	Caribbean Pumpkin, Coconut & Ginger	Creamy Cauliflower & Leek	
MAIN COURSE ONE	Rich Beef Bolognese with Tomato Ragù, Parmesan & Basil	Crispy Chicken Katsu Curry with Coriander Salsa & Crispy Onions	Roast Gammon with Honey & Mustard Dressing, Grilled Red Onions & Gravy	Jerk Marinated Chicken Thighs with Jerk Sauce, Lime & Chimichurri	Crispy Battered Fish with Chips, Lemon & Tartare Sauce	Sticky BBQ Ribs with BBQ Glaze
FUTURE PROOF	Lentil & Mushroom Bolognese with Lemon & Parsley Gremolata	Sweet Potato & Tofu Katsu Curry with Roasted Chickpea	Spinach, Mature Cheddar & Caramelised Onion Frittata	Jerk-Spiced Cauliflower & Chickpeas with Coconut Yoghurt	Mushroom & Sun-Dried Tomato Risotto with Parmesan	Grilled Vegetable BBQ Stack with Melted Cheese
MAIN COURSE THREE	Italian-Style Roasted Chicken Drumsticks with Garlic & Herbs	Korean BBQ Beef Bao Buns with Crunchy Slaw & Chilli Sauce	Chicken & Lamb Sausages with Caramelised Onion & Mustard Gravy	Cajun Beef Mac & Cheese with Crispy Onions & Crushed Nachos	Crispy Chicken Goujon Wrap with Garlic Mayo	
ON THE SIDE	Penne Pasta, Garlic Baguette, Steamed Broccoli & Garden Peas	Steamed Rice, Pak Choi, Sweetcorn, Pickled Cucumber & Katsu Curry Sauce	Thyme Roast Potatoes, Yorkshire Pudding, Honey-Glazed Carrots & Steamed Kale	Rice & Peas, Corn on the Cob, Callaloo Greens & Caribbean Slaw	Chips, Garden Peas, Baked Beans & Curry Sauce	Loaded Wedges, Pepper & Courgette Skewers, Corn on the Cob & BBQ Beans
JACKET / PASTA BAR	• Pasta, Jacket Potatoes & Baked Sweet Potatoes • Baked Beans • Tomato & Basil Sauce • Daily Special Sauce • Tuna Mayo • Cheese					
DESSERT	Salted Caramel Chocolate Brownie	Warm Banana & Toffee Bread with Vanilla Custard	Carrot Cake with Orange Cream Cheese Frosting	BOOST IT - Spiced Apple & Oat Flapjack with Greek Yoghurt	Loaded Rocky Road Slice	Chef's Dessert Selection
EVERY DAY	Selection of Whole Seasonal Fruits, Sliced Tropical Fruits, Greek Yoghurt Pots with Selection of Toppings, Freshly Baked Cakes & Fresh Bread					

Lunch Menu

	MON <i>Caesar & Tuscan Kitchen</i>	TUE <i>British Classics & Moroccan Special</i>	WED <i>Italian Kitchen</i>	THU <i>Wok Bar</i>	FRI <i>Fish Shop & Burger Bar</i>	SAT <i>Comfort Kitchen</i>
SOUP	Roasted Sweet Potato, Coconut & Lime	Carrot, Ginger & Honey-Roasted Squash	Red Lentil, Tomato & Moroccan Spice	Loaded Leek & Potato with Crispy Croutons	Roasted Parsnip & Apple with Thyme	
MAIN COURSE ONE	Loaded Chicken Caesar Wraps with Crispy Croutons & Parmesan	Cumberland Sausage with Caramelised Red Onion Gravy	Beef Ragù Lasagne with Herby Parmesan Crust	Sweet Chilli Chicken Noodle Stir-Fry with Crispy Fried Onions	Fish & Chips with Tartare Sauce, Lemon & Curry Sauce	Slow Cooked Garlic & Paprika Roast Chicken Legs with Jus
FUTURE PROOF	Grilled Halloumi Caesar Wraps with Charred Sweetcorn	Quorn Sausage Toad-in-the-Hole with Caramelised Onion Gravy	Roasted Aubergine & Butternut Lasagne with Crispy Chickpeas	Crispy Sweet Chilli Tofu Stir-Fry with Crispy Fried Onions	Five Bean Burger with Salsa & Guacamole-style Mayo	Crispy Halloumi & Roasted Peppers, Flatbread with Paprika Hummus
MAIN COURSE THREE	Tuscan Gnocchi with Tomato, Spinach & Parmesan Crumb	Moroccan Lamb Tagine with Apricots, Chickpeas & Lemon	Grilled Lemon & Herb Chicken Thighs with Tomato Salsa	Egg Fried Rice with Peas & Spring Onion	Beef Burger with Lettuce, Tomato & Smoky Paprika Burger Sauce	
ON THE SIDE	Potato Wedges, Sweetcorn, Steamed Broccoli & Rainbow Slaw	Crushed New Potatoes, Dill & Butter, Garden Peas, Roasted Carrots & Harissa Yoghurt	Garlic Bread, Roasted Broccoli, Steamed Green Beans & Caprese Tomato Salad	Stir-Fried Pak Choi, Sweetcorn, Asian Slaw with Cucumber & Soy-Lime Dressing	Chips, Garden Peas & Baked Beans	New Potatoes, Honey-Roasted Carrots, Steamed Broccoli, Greek Salad & Coleslaw
JACKET / PASTA BAR	• Pasta, Jacket Potatoes & Baked Sweet Potatoes • Baked Beans • Tomato & Basil Sauce • Daily Special Sauce • Tuna Mayo • Cheese					
DESSERT	Triple Chocolate Brownie	Apple & Blackberry Crumble with Vanilla Custard	Lemon & Blueberry Drizzle Cake	Sticky Toffee Pudding with Butterscotch Sauce	Loaded Chocolate Rice Crispy Slice	Saturday Sweet Treat Box

EVERY DAY	Selection of Whole Seasonal Fruits, Sliced Tropical Fruits, Greek Yoghurt Pots with Selection of Toppings, Freshly Baked Cakes & Fresh Bread
-----------	--

Lunch Menu

	MON <i>Mac & Meatballs</i>	TUE <i>Mexican Street Food</i>	WED <i>Shepherd's Pie & Comfort Classics</i>	THU <i>Greek Gyros & Tuscan Kitchen</i>	FRI <i>Fish Shop & Burger Bar</i>	SAT <i>Curry Kitchen</i>
SOUP	Creamy Sweetcorn & Potato Chowder	Mexican Tomato, Black Bean & Coriander	Roasted Cauliflower & Cheddar	Courgette, Pea & Basil	Roasted Butternut Squash, Sage & Crème Fraîche	
MAIN COURSE ONE	Creamy Butternut Mac & Cheese with Garlic Crumb & Rocket Salad	Smoked Beef Birria Taco Bar with Selection of Toppings	Traditional Shepherd's Pie with Herb-Crusted Mash & Rich Onion Gravy	Grilled Chicken Gyros Bar with Warm Flatbreads & Tzatziki	Crispy Battered Fish with Chips, Lemon & Tartare Sauce	Chicken Tikka Masala with Pilau Turmeric Rice & Mango Chutney
FUTURE PROOF	Veggie Meatball Marinara Sub with Melted Mozzarella & Toppings	Vegetable Quesadilla with Black Bean Salsa & Coriander	Lentil & Root Vegetable Shepherdess Pie with Cheddar Mash	Marinated Feta & Roasted Vegetable Gyros with Tzatziki	Halloumi Burger with Lettuce, Tomato & Sweet Chilli Mayo	Paneer Tikka Masala with Pilau Rice & Asian Slaw
MAIN COURSE THREE	Beef Meatball Marinara Sub with Melted Mozzarella & Toppings	Chicken Tinga Tacos with Pickled Onions & Sour Cream	Pork & Chicken Sausages with Rich Onion Gravy	Tuscan Gnocchi with Spinach, Parmesan & Garlic Crumb	Crispy Chicken Burger with Lettuce, Tomato & Burger Sauce	
ON THE SIDE	Steamed Broccoli & Buttered Sweetcorn with Crispy Onions & Spinach Pesto	Mexican Rice, Chargrilled Peppers & Onions, Spiced Green Beans, Refried Beans & Guacamole	Garden Peas, Roasted Carrots, Braised Red Cabbage with Apple & Seasonal Greens	Char-Grilled Mediterranean Veg, Greek Green Beans, Potato Wedges & Greek Salad	Chips, Garden Peas, Baked Beans & Curry Sauce	Tarka Cauliflower, Saag Spinach, Naan, Mango Chutney & Cucumber Raita
JACKET / PASTA BAR	• Pasta, Jacket Potatoes & Baked Sweet Potatoes • Baked Beans • Tomato & Basil Sauce • Daily Special Sauce • Tuna Mayo • Cheese					
DESSERT	Seeded Oaty Energy Flapjack	Chocolate Orange Brownie with Orange Glaze	Bramley Apple & Cinnamon Crumble with Vanilla Custard	Creamy Rice Pudding with Mixed Berry Compote	Raspberry Jam Doughnuts with Sugar Dusting	Chef's Dessert Selection
EVERY DAY	Selection of Whole Seasonal Fruits, Sliced Tropical Fruits, Greek Yoghurt Pots with Selection of Toppings, Freshly Baked Cakes & Fresh Bread					

Lunch Menu

	MON <i>Italian Pasta & Roast Chicken</i>	TUE <i>Katsu & Bao</i>	WED <i>Honey Mustard Gammon Roast</i>	THU <i>Caribbean Jerk Grill</i>	FRI <i>Chippy & Comfort Bar</i>	SAT <i>BBQ Grill</i>
SOUP	Tuscan White Bean & Rosemary	Creamy Broccoli & Cheddar	Roasted Parsnip & Apple	Caribbean Pumpkin, Coconut & Ginger	Creamy Cauliflower & Leek	
MAIN COURSE ONE	Rich Beef Bolognese with Tomato Ragù, Parmesan & Basil	Crispy Chicken Katsu Curry with Coriander Salsa & Crispy Onions	Roast Gammon with Honey & Mustard Dressing, Grilled Red Onions & Gravy	Jerk Marinated Chicken Thighs with Jerk Sauce, Lime & Chimichurri	Crispy Battered Fish with Chips, Lemon & Tartare Sauce	Sticky BBQ Ribs with BBQ Glaze
FUTURE PROOF	Lentil & Mushroom Bolognese with Lemon & Parsley Gremolata	Sweet Potato & Tofu Katsu Curry with Roasted Chickpea	Spinach, Mature Cheddar & Caramelised Onion Frittata	Jerk-Spiced Cauliflower & Chickpeas with Coconut Yoghurt	Mushroom & Sun-Dried Tomato Risotto with Parmesan	Grilled Vegetable BBQ Stack with Melted Cheese
MAIN COURSE THREE	Italian-Style Roasted Chicken Drumsticks with Garlic & Herbs	Korean BBQ Beef Bao Buns with Crunchy Slaw & Chilli Sauce	Chicken & Lamb Sausages with Caramelised Onion & Mustard Gravy	Cajun Beef Mac & Cheese with Crispy Onions & Crushed Nachos	Crispy Chicken Goujon Wrap with Garlic Mayo	
ON THE SIDE	Penne Pasta, Garlic Baguette, Steamed Broccoli & Garden Peas	Steamed Rice, Pak Choi, Sweetcorn, Pickled Cucumber & Katsu Curry Sauce	Thyme Roast Potatoes, Yorkshire Pudding, Honey-Glazed Carrots & Steamed Kale	Rice & Peas, Corn on the Cob, Callaloo Greens & Caribbean Slaw	Chips, Garden Peas, Baked Beans & Curry Sauce	Loaded Wedges, Pepper & Courgette Skewers, Corn on the Cob & BBQ Beans
JACKET / PASTA BAR	• Pasta, Jacket Potatoes & Baked Sweet Potatoes • Baked Beans • Tomato & Basil Sauce • Daily Special Sauce • Tuna Mayo • Cheese					
DESSERT	Salted Caramel Chocolate Brownie	Warm Banana & Toffee Bread with Vanilla Custard	Carrot Cake with Orange Cream Cheese Frosting	BOOST IT - Carrot & Apple Cake with Greek Yoghurt	Loaded Rocky Road Slice	Chef's Dessert Selection
EVERY DAY	Selection of Whole Seasonal Fruits, Sliced Tropical Fruits, Greek Yoghurt Pots with Selection of Toppings, Freshly Baked Cakes & Fresh Bread					

Lunch Menu

	MON <i>Caesar & Tuscan Kitchen</i>	TUE <i>British Classics & Moroccan Special</i>	WED <i>Italian Kitchen</i>	THU <i>Wok Bar</i>	FRI <i>Fish Shop & Burger Bar</i>	SAT <i>Comfort Kitchen</i>
SOUP	Roasted Sweet Potato, Coconut & Lime	Carrot, Ginger & Honey-Roasted Squash	Red Lentil, Tomato & Moroccan Spice	Loaded Leek & Potato with Crispy Croutons	Roasted Parsnip & Apple with Thyme	
MAIN COURSE ONE	Loaded Chicken Caesar Wraps with Crispy Croutons & Parmesan	Cumberland Sausage with Caramelised Red Onion Gravy	Beef Ragù Lasagne with Herby Parmesan Crust	Sweet Chilli Chicken Noodle Stir-Fry with Crispy Fried Onions	Fish & Chips with Tartare Sauce, Lemon & Curry Sauce	Slow Cooked Garlic & Paprika Roast Chicken Legs with Jus
FUTURE PROOF	Grilled Halloumi Caesar Wraps with Charred Sweetcorn	Quorn Sausage Toad-in-the-Hole with Caramelised Onion Gravy	Roasted Aubergine & Butternut Lasagne with Crispy Chickpeas	Crispy Sweet Chilli Tofu Stir-Fry with Crispy Fried Onions	Five Bean Burger with Salsa & Guacamole-style Mayo	Crispy Halloumi & Roasted Peppers, Flatbread with Paprika Hummus
MAIN COURSE THREE	Tuscan Gnocchi with Tomato, Spinach & Parmesan Crumb	Moroccan Lamb Tagine with Apricots, Chickpeas & Lemon	Grilled Lemon & Herb Chicken Thighs with Tomato Salsa	Egg Fried Rice with Peas & Spring Onion	Beef Burger with Lettuce, Tomato & Smoky Paprika Burger Sauce	
ON THE SIDE	Potato Wedges, Sweetcorn, Steamed Broccoli & Rainbow Slaw	Crushed New Potatoes, Dill & Butter, Garden Peas, Roasted Carrots & Harissa Yoghurt	Garlic Bread, Roasted Broccoli, Steamed Green Beans & Caprese Tomato Salad	Stir-Fried Pak Choi, Sweetcorn, Asian Slaw with Cucumber & Soy-Lime Dressing	Chips, Garden Peas & Baked Beans	New Potatoes, Honey-Roasted Carrots, Steamed Broccoli, Greek Salad & Coleslaw
JACKET / PASTA BAR	• Pasta, Jacket Potatoes & Baked Sweet Potatoes • Baked Beans • Tomato & Basil Sauce • Daily Special Sauce • Tuna Mayo • Cheese					
DESSERT	Triple Chocolate Brownie	Apple & Blackberry Crumble with Vanilla Custard	Lemon & Blueberry Drizzle Cake	Sticky Toffee Pudding with Butterscotch Sauce	Loaded Chocolate Rice Crispy Slice	Saturday Sweet Treat Box

EVERY DAY	Selection of Whole Seasonal Fruits, Sliced Tropical Fruits, Greek Yoghurt Pots with Selection of Toppings, Freshly Baked Cakes & Fresh Bread
-----------	--

Supper Menu

	MON <i>Moroccan Grill</i>	TUE <i>Spice Kitchen</i>	WED <i>Pizza Night</i>	THU <i>Spanish Kitchen</i>	FRI	SAT <i>Bowl Food</i>	SUN <i>Sunday Comfort</i>
MAIN COURSE	BANK HOLIDAY Mon 31 Aug	Fragrant Chicken Biryani with Mild Curry Sauce	Loaded Cheesy Pepperoni Sourdough Pizza with Garlic Yoghurt Sauce	Chicken & Chorizo Paella with Lemon	 Choose your Friday Sandwich:	Salmon Teriyaki Bowls with Sticky Rice & Charred Greens	Homestyle Lamb Shepherd's Pie with Rich Onion Gravy
FUTURE PROOF		Creamy Chickpea & Spinach Curry with Garlic Naan	Classic Margherita Pizza with Garlic Mushrooms	Spanish Tortilla with Roasted Peppers & Salad	• Southern Fried Chicken Club • Tuna & Sweetcorn Melt Deli Baguette with Red Onion & Tabasco	Crispy Teriyaki Tofu with Sticky Rice & Edamame	Sweet Potato & Lentil Shepherdess Pie with Gravy
ON THE SIDE		Brown Basmati Rice, Bombay Cauliflower, Saag Spinach & Cucumber Raita	Crunchy Fries, Sweetcorn, Roasted Peppers & Mixed Salad	Garden Peas, Green Beans & Mixed Leaf Salad	• Veggie Cheese & Roasted Pepper Stack in Crunchy Bap • Thyme Roasted Potato Wedges & Corn on the Cob	Wok-Fried Pak Choi, Green Beans & Pickled Ginger Slaw	Buttered Garden Greens & Honey-Glazed Carrots
PASTA BAR	• Pasta • Tomato & Basil Sauce • Baked Beans • Tuna Mayo • Cheese						
DESSERT	Chef's Selection of Cold Desserts & Freshly Baked Cakes, Greek Yoghurt Pots with Selection of Toppings						
EVERYDAY Selection of Freshly Cut Tropical Fruits & Whole Seasonal Fruits							

Supper Menu

	MON <i>The Hen Den</i>	TUE <i>Curry House</i>	WED <i>Mexican Street Food</i>	THU <i>Italian Kitchen</i>	FRI <i>Autumn Traybake</i>	SAT <i>Wok Bar</i>	SUN <i>Sunday Roast</i>
MAIN COURSE	Grilled Paprika Chicken Drumsticks with Sweet Chilli Drizzle	Mild Beef Madras with Curry Sauce	Mexican Street Food Bar - Beef Tacos & Chicken Quesadillas	Italian Beef & Vegetable Lasagne Bake with Rocket & Parmesan	Chicken Sausage, Squash, Apple & Sage Traybake	Sticky Char Siu Turkey with Crunchy Spring Rolls	Slow-Roasted Lamb with Rosemary & Mint Gravy
FUTURE PROOF	Mushroom, Lentil & Root Vegetable Pie with Gravy	Sweet Potato, Cauliflower & Red Lentil Dhal with Garlic Naan	Black Bean, Sweetcorn & Vegetable Enchilada Bake	Roasted Vegetable Risotto with Parmesan	Creamy Cauliflower Mac & Cheese with Feta & Crispy Onions	Crispy Sweet Chilli Tofu with Pickled Cucumber	Butternut Squash & Lentil Wellington with Gravy
ON THE SIDE	Crushed New Potatoes, Buttered Peas & Honey-Roasted Roots	Brown Basmati Rice, Bombay Cauliflower, Saag Spinach & Cucumber Raita	Mexican Rice, Refried Beans, Chargrilled Corn & Peppers, Salsa	Toasty Garlic Bread, Broccoli Florets, Roasted Carrots & Fresh Garden Salad	Crusty Bread, Buttered Greens, Buttered Sweetcorn & Apple Slaw	Egg Fried Rice, Pak Choi, Stir-Fried Green Beans & Vegetable Spring Rolls	Roast Potatoes, Yorkshire Pudding, Honey-Roasted Carrots & Minted Peas
PASTA BAR	• Pasta • Tomato & Basil Sauce • Baked Beans • Tuna Mayo • Cheese						
DESSERT	Chef's Selection of Cold Desserts & Freshly Baked Cakes, Greek Yoghurt Pots with Selection of Toppings						
EVERYDAY Selection of Freshly Cut Tropical Fruits & Whole Seasonal Fruits							

Supper Menu

	MON <i>Thai Kitchen</i>	TUE <i>Little Italy</i>	WED <i>Cajun & Creole</i>	THU <i>Posh Pies</i>	FRI <i>Tapas Bar</i>	SAT <i>Schnitzel Kitchen</i>	SUN <i>Sunday Roast</i>
MAIN COURSE	Thai Red Prawn Curry with Fragrant Coconut Sauce	Italian Beef Meatballs in Rich Tomato & Basil Sauce	Smoky Chicken & Roasted Pepper Jambalaya with Crispy Shallots	Creamy Turkey, Leek & Sweetcorn Pie	Spanish Tapas Selection - Build-Your-Own Plate	Crispy Turkey Schnitzel with Creamy Mushroom Stroganoff & Pickled Red Cabbage	Sticky BBQ Roast Chicken with Rich Onion Gravy
FUTURE PROOF	Thai Red Vegetable Curry with Coconut & Lime Sauce	Vegetarian Meatballs in Tomato & Basil Sauce	Halloumi & Vegetable Cajun Jambalaya with Crispy Shallots	Creamy Mushroom, Leek & Butterbean Pie	Garlic & Herb Stuffed Portobello Mushrooms	Crispy Cauliflower Schnitzel with Creamy Mushroom Stroganoff	Grilled Halloumi & Mediterranean Vegetable Traybake with Tzatziki
ON THE SIDE	Fragrant Jasmine Rice, Green Beans, Baby Corn & Cucumber Salad	Spaghetti, Garlic Bread, Roasted Courgette & Peppers, Leaf Salad	Buttery Sweetcorn, Steamed Broccoli & Cajun Slaw	Creamy Mash, Buttered Peas & Roasted Carrots	Patatas Bravas with Smoky Tomato Sauce & Roasted Padron Peppers	Creamy Mash, Buttered Peas & Roasted Carrots	Roast Potatoes, Yorkshire Pudding, Honey Parsnips & Buttered Greens
PASTA BAR	• Pasta • Tomato & Basil Sauce • Baked Beans • Tuna Mayo • Cheese						
DESSERT	Chef's Selection of Cold Desserts & Freshly Baked Cakes, Greek Yoghurt Pots with Selection of Toppings						
EVERYDAY Selection of Freshly Cut Tropical Fruits & Whole Seasonal Fruits							

Supper Menu

	MON <i>Moroccan Grill</i>	TUE <i>Spice Kitchen</i>	WED <i>Pizza Night</i>	THU <i>Spanish Kitchen</i>	FRI	SAT <i>Bowl Food</i>	SUN <i>Sunday Comfort</i>
MAIN COURSE	Moroccan Harissa Roast Chicken Legs with Charred Lemon	Fragrant Chicken Biryani with Mild Curry Sauce	Loaded Cheesy Pepperoni Sourdough Pizza with Garlic Yoghurt Sauce	Chicken & Chorizo Paella with Lemon	 Choose your Friday Sandwich:	Salmon Teriyaki Bowls with Sticky Rice & Charred Greens	Homestyle Lamb Shepherd's Pie with Rich Onion Gravy
FUTURE PROOF	Mediterranean Stuffed Peppers, Herby Couscous	Creamy Chickpea & Spinach Curry with Garlic Naan	Classic Margherita Pizza with Garlic Mushrooms	Spanish Tortilla with Roasted Peppers & Salad	• Southern Fried Chicken Club • Tuna & Sweetcorn Melt Deli Baguette with Red Onion & Tabasco	Crispy Teriyaki Tofu with Sticky Rice & Edamame	Sweet Potato & Lentil Shepherdess Pie with Gravy
ON THE SIDE	Spiced Ras el Hanout Wedges, Roasted Carrots, Charred Green Beans & Yoghurt Dip	Brown Basmati Rice, Bombay Cauliflower, Saag Spinach & Cucumber Raita	Crunchy Fries, Sweetcorn, Roasted Peppers & Mixed Salad	Garden Peas, Green Beans & Mixed Leaf Salad	• Veggie Cheese & Roasted Pepper Stack in Crunchy Bap • Thyme Roasted Potato Wedges & Corn on the Cob	Wok-Fried Pak Choi, Green Beans & Pickled Ginger Slaw	Buttered Garden Greens & Honey-Glazed Carrots
PASTA BAR	• Pasta • Tomato & Basil Sauce • Baked Beans • Tuna Mayo • Cheese						
DESSERT	HARVEST TAKEOVER - Bramley Apple & Blackberry Crumble, Spiced Toffee-Apple Cake & Pear Ginger Sponge with Custard						
EVERYDAY Selection of Freshly Cut Tropical Fruits & Whole Seasonal Fruits							

MAIN SCHOOL
28 SEPTEMBER – 4 OCTOBER

AUTUMN TERM AT ALDENHAM

WEEK 5

Supper Menu

	MON <i>The Hen Den</i>	TUE <i>Curry House</i>	WED <i>Mexican Street Food</i>	THU <i>Italian Kitchen</i>	FRI <i>Autumn Traybake</i>	SAT <i>Wok Bar</i>	SUN <i>Sunday Roast</i>
MAIN COURSE	Grilled Paprika Chicken Drumsticks with Sweet Chilli Drizzle	Mild Beef Madras with Curry Sauce	Mexican Street Food Bar - Beef Tacos & Chicken Quesadillas	Italian Beef & Vegetable Lasagne Bake with Rocket & Parmesan	Chicken Sausage, Squash, Apple & Sage Traybake	Sticky Char Siu Turkey with Crunchy Spring Rolls	Slow-Roasted Lamb with Rosemary & Mint Gravy
FUTURE PROOF	Mushroom, Lentil & Root Vegetable Pie with Gravy	Sweet Potato, Cauliflower & Red Lentil Dhal with Garlic Naan	Black Bean, Sweetcorn & Vegetable Enchilada Bake	Roasted Vegetable Risotto with Parmesan	Creamy Cauliflower Mac & Cheese with Feta & Crispy Onions	Crispy Sweet Chilli Tofu with Pickled Cucumber	Butternut Squash & Lentil Wellington with Gravy
ON THE SIDE	Crushed New Potatoes, Buttered Peas & Honey-Roasted Roots	Brown Basmati Rice, Bombay Cauliflower, Saag Spinach & Cucumber Raita	Mexican Rice, Refried Beans, Chargrilled Corn & Peppers, Salsa	Toasty Garlic Bread, Broccoli Florets, Roasted Carrots & Fresh Garden Salad	Crusty Bread, Buttered Greens, Buttered Sweetcorn & Apple Slaw	Egg Fried Rice, Pak Choi, Stir-Fried Green Beans & Vegetable Spring Rolls	Roast Potatoes, Yorkshire Pudding, Honey-Roasted Carrots & Minted Peas
PASTA BAR	• Pasta • Tomato & Basil Sauce • Baked Beans • Tuna Mayo • Cheese						
DESSERT	Chef's Selection of Cold Desserts & Freshly Baked Cakes, Greek Yoghurt Pots with Selection of Toppings						
EVERYDAY Selection of Freshly Cut Tropical Fruits & Whole Seasonal Fruits							

Supper Menu

	MON <i>Thai Kitchen</i>	TUE <i>Little Italy</i>	WED <i>Cajun & Creole</i>	THU <i>Posh Pies</i>	FRI <i>Tapas Bar</i>	SAT <i>Schnitzel Kitchen</i>	SUN <i>Sunday Roast</i>
MAIN COURSE	Thai Red Prawn Curry with Fragrant Coconut Sauce	Italian Beef Meatballs in Rich Tomato & Basil Sauce	Smoky Chicken & Roasted Pepper Jambalaya with Crispy Shallots	Creamy Turkey, Leek & Sweetcorn Pie	Spanish Tapas Selection - Build-Your-Own Plate	Crispy Turkey Schnitzel with Creamy Mushroom Stroganoff & Pickled Red Cabbage	Sticky BBQ Roast Chicken with Rich Onion Gravy
FUTURE PROOF	Thai Red Vegetable Curry with Coconut & Lime Sauce	Vegetarian Meatballs in Tomato & Basil Sauce	Halloumi & Vegetable Cajun Jambalaya with Crispy Shallots	Creamy Mushroom, Leek & Butterbean Pie	Garlic & Herb Stuffed Portobello Mushrooms	Crispy Cauliflower Schnitzel with Creamy Mushroom Stroganoff	Grilled Halloumi & Mediterranean Vegetable Traybake with Tzatziki
ON THE SIDE	Fragrant Jasmine Rice, Green Beans, Baby Corn & Cucumber Salad	Spaghetti, Garlic Bread, Roasted Courgette & Peppers, Leaf Salad	Buttery Sweetcorn, Steamed Broccoli & Cajun Slaw	Creamy Mash, Buttered Peas & Roasted Carrots	Patatas Bravas with Smoky Tomato Sauce & Roasted Padron Peppers	Creamy Mash, Buttered Peas & Roasted Carrots	Roast Potatoes, Yorkshire Pudding, Honey Parsnips & Buttered Greens
PASTA BAR	• Pasta • Tomato & Basil Sauce • Baked Beans • Tuna Mayo • Cheese						
DESSERT	Chef's Selection of Cold Desserts & Freshly Baked Cakes, Greek Yoghurt Pots with Selection of Toppings						
EVERYDAY Selection of Freshly Cut Tropical Fruits & Whole Seasonal Fruits							

Supper Menu

	MON <i>Moroccan Grill</i>	TUE <i>Spice Kitchen</i>	WED <i>Pizza Night</i>	THU <i>Spanish Kitchen</i>	FRI	SAT <i>Bowl Food</i>	SUN <i>Sunday Comfort</i>
MAIN COURSE	Moroccan Harissa Roast Chicken Legs with Charred Lemon	Fragrant Chicken Biryani with Mild Curry Sauce	Loaded Cheesy Pepperoni Sourdough Pizza with Garlic Yoghurt Sauce	Chicken & Chorizo Paella with Lemon	 Choose your Friday Sandwich:	Salmon Teriyaki Bowls with Sticky Rice & Charred Greens	Homestyle Lamb Shepherd's Pie with Rich Onion Gravy
FUTURE PROOF	Mediterranean Stuffed Peppers, Herby Couscous	Creamy Chickpea & Spinach Curry with Garlic Naan	Classic Margherita Pizza with Garlic Mushrooms	Spanish Tortilla with Roasted Peppers & Salad	• Southern Fried Chicken Club • Tuna & Sweetcorn Melt Deli Baguette with Red Onion & Tabasco	Crispy Teriyaki Tofu with Sticky Rice & Edamame	Sweet Potato & Lentil Shepherdess Pie with Gravy
ON THE SIDE	Spiced Ras el Hanout Wedges, Roasted Carrots, Charred Green Beans & Yoghurt Dip	Brown Basmati Rice, Bombay Cauliflower, Saag Spinach & Cucumber Raita	Crunchy Fries, Sweetcorn, Roasted Peppers & Mixed Salad	Garden Peas, Green Beans & Mixed Leaf Salad	• Veggie Cheese & Roasted Pepper Stack in Crunchy Bap • Thyme Roasted Potato Wedges & Corn on the Cob	Wok-Fried Pak Choi, Green Beans & Pickled Ginger Slaw	Buttered Garden Greens & Honey-Glazed Carrots
PASTA BAR	• Pasta • Tomato & Basil Sauce • Baked Beans • Tuna Mayo • Cheese						
DESSERT	Chef's Selection of Cold Desserts & Freshly Baked Cakes, Greek Yoghurt Pots with Selection of Toppings						
EVERYDAY Selection of Freshly Cut Tropical Fruits & Whole Seasonal Fruits							