# Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza Day A selection of homemade pizza. Choose from Cheese & Tomato, Ham & Pineapple or Pepperoni served with pasta spirals	Sausage & Mash Choose from a butcher's quality sausage or a Quorn sausage served with homemade mashed potato and gravy	Roast Dinner Choose from either a home roasted topside of beef or a Quorn fillet served with Yorkshire puddings, roast potatoes & gravy	Popcorn Chicken Choose from pieces of chicken or Quorn dipped in egg and coated in crushed rice crispies, seasoned with garlic and salt and pepper, served with savoury rice	Fish and Chips Choose from cod fillet fish fingers or a simple salmon fillet all baked in the oven & served with chips
Served with				
Sweetcorn	Broccoli	Carrots and Cabbage	Corn on the Cob	Peas or Beans
Or				

## Jacket potatoes & Panini's

served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey & baked beans (when available)

Or

## Deli Bar - Available Everyday

Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.







And for dessert					
Chocolate Cake					
and Chocolate	Fresh Fruit Platter	Cookies	Fresh Fruit Platter	Ice Cream	
Sauce					

Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.

# And finally, a drink

A selection of the following drinks will be available daily freshly made milkshakes – chocolate or strawberry, fresh fruit juice – apple or orange or water.

# Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	
Pasta Bar Select your pasta, then your sauce and finish with your toppings. Choose from Tomato &Basil, cheese or bolognaise Toppings — ham, turkey, tuna, cheese, sweetcorn, peppers or red onion	Burger Day Choose from homemade beef burger, chicken fillet burger or a Vegiburger, baked in the oven and served on a bread bun with salad and a tomato relish, with wedges	Roast Dinner Choose from either home roasted turkey or a Quorn fillet, served with stuffing balls, roast potatoes and gravy	Spaghetti Bolognaise Choose from mince beef or Vegimince cooked with onions, garlic, tomatoes, herbs and mushrooms served on a bed of spaghetti pasta and crusty bread	Fish and Chips Choose from cod fillet fish fingers or a simple salmon fillet all baked in the oven & served with chips	
Served with					
Green Beans	Sweetcorn	Carrots and Cabbage	Broccoli	Peas or Beans	
Or					

## Jacket potatoes & Panini's

served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey & baked beans (when available)

Or

# Deli Bar - Available Everyday

Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.







# And for dessert

Jam Sponge and	Fresh Fruit Platter	Chocolate	Fresh Fruit Platter	Chaut husad
Custard		brownies	Fresh Fruit Platter	Short bread

Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.

## And finally, a drink

A selection of the following drinks will be available daily freshly made milkshakes – chocolate or strawberry, fresh fruit juice – apple or orange or water.

# Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	
Hotdogs  Choose from either a butcher's quality sausage or a Quorn sausage served in a finger roll with fresh diced potatoes	Mac & Cheese  Macaroni pasta smothered with a rich cheese sauce and topped with crispy bacon (Optional)	Roast Dinner Choose from home roasted Pork or a Quorn fillet served with roasted potatoes, apple sauce and gravy	Lasagne Mince beef or Vegimince cooked with tomatoes, onions, bay leaves, and stock, layered with lasagne pasta and topped with a béchamel sauce and baked in the oven until golden. Served with crusty bread	Fish and Chips Choose from cod fillet fish fingers or a simple salmon fillet all baked in the oven & served with chips	
Served with					
Corn on the Cob	Green Beans	Cauliflower & Carrots	Broccoli	Peas or Beans	
Or					

Oı

#### Jacket potatoes & Panini's

served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey & baked beans (when available)

Or

#### Deli Bar - Available Everyday

Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.







#### And for dessert

Lemon drizzle	For all Foreit Directors	M - 14' 4 -	For all Foreit Directors	Flanta de
cake	Fresh Fruit Platter	Meiting moments	Fresh Fruit Platter	Flapjack

Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.

# And finally, a drink

A selection of the following drinks will be available daily freshly made milkshakes – chocolate or strawberry, fresh fruit juice – apple or orange or water.