Monday

Main Meal

American Style Hot Dog

Vegetarian Meal

Plant Based Hot Dog

Extras

Roasted Herby Potatoes

Cowboy Beans

Grilled Corn Cob

Fried Onion

Dessert

Chocolate Mousse

Fruit Salad

Jelly

Yoghurt Pot

Tuesday

Main Meal

Chilli Con Carne

Vegetarian Meal

Mexican Bean Chilli

Extras

Mexican Yellow Rice Roasted Courgette

Street Corn

Dessert

Pineapple Upsidedown Cake

Custard

Fruit Salad

Jelly

Yoghurt Pot

Wednesday

Main Meal

Roast Turkey Crown

Vegetarian Meal

Harissa Roasted Squash & Feta Filo Parcel

Extras

Roast Potatoes

Broccoli

Roast Root Vegetables

Gravy

Stuffing

Cranberry Sauce

Dessert

Jam Scones & Cream

Fruit Salad

Jelly

Yoghurt Pot

Thursday

Main Meal

Breaded Chicken with Katsu Sauce

Vegetarian Meal

Breaded Tofu with Katsu Sauce

Extras

Steamed Rice

Garlic Green Beans

Stir Fried Vegetables

Dessert

Cherry Pie with Puff Pastry Top

Custard

Custaru

Fruit Salad

Jelly

Yoghurt Pot

Friday

Main Meal

Battered Fish Fillet with Tartare Sauce & lemon

wedge

Vegetarian Meal

Sweetcorn Fritters with Avocado Salsa

Fishless Fingers (vegan)

Extras

Chip Shop Chips

Garden Peas

Mushy Peas

Baked Beans

Dessert

Millionaires Shortbread

Fruit Salad

Jelly

Yoghurt Pot

Saturday

Fake Away

Beef Burgers with Cheese

Vegetarian Meal

Vegan Burgers

Extras

Roast Sweet Potato

Green Beans

Corn Cobs

Coleslaw

Dessert

Peach Melba & Rasberry Cake

Fruit Salad

Jelly

Fruit Salad

Sunday

Main Meal

Sunday Brunch

Sausage

Bacon Scrambled Eggs

Grilled Tomato

Sautéed Mushrooms

Toast

Bagels

Baked Beans

Selection of Cereal Yoghurts

Snacks

Monday

Sausage Roll

Tuesday

Bacon & Cheese Turnover

Wednesday

Spring Rolls

Thursday

Continental Selection

Friday

Focaccia

Available Every Day

Soup Station – Soup of the Day, Homemade bread Salad Bar – Big Bowl salads, Lettuce, Tomato, Cucumber, Protein Whole Fruit



Lunch Menu

Reck One F

Monday

Tuesday

Wednesday

Thursday

Main Meal

Battered Chicken Pieces in Lemon Sauce

Vegetarian Meal

Salt & Pepper Tofu with Sweet Chilli

Dipping Sauce

Extras

Noodles

Sugar Snap Peas

Broccoli

Dessert

Eton Mess

Fruit Salad

Jelly

Yoghurt Pot

Build Your Own Fajita

Spiced Chicken

Plain Chicken

Rice

Roasted Peppers & Onion

Sweetcorn

Refried Beans

Jalapenos

Salsa & Guacamole

Sour Cream

Dessert

Orange Drizzle Cake

Fruit Salad

Jelly

Yoghurt Pot

Main Meal

Roast Beef & Yorkshire Pudding

Vegetarian Meal

Mushroom & Brie Wellington

Extras

Roasted Potatoes

Green Beans

Roasted Carrots

Gravy

Horseradish

Dessert

Rice Pudding with Hot Cherry Sauce

Fruit Salad

Jelly

Yoghurt Pot

Main Meal

Chicken Masaman Curry

Vegetarian Meal

Thai Green Vegetable Curry

Extras

Rice

Green Beans

Roasted Brussel Sprouts

Dessert

Steamed Jam Spong with CustardFruit

Salad

Jelly

Yoghurt Pot

Friday

Battered Fish Fillet with Tartare Sauce &

lemon wedge

Vegetarian Meal

Vegan Southern Fried Chicken Baguette with Vegan Garlic Mayo & Salad

Extras

Chip Shop Chips

Peas

Mushy Peas

Baked Beans

Pickled Onions

Dessert

Orange Marmalade Victoria Sponge

Fruit Salad

Jelly

Yoghurt Pot

Whole Fruit

Saturday

Main Meal

Chicken Lo Mein Noodles

Vegetarian Meal

Plant Based Bang Bang Chicken Noodles

Extras

Sov & Garlic Broccoli

Stir Fried Red Cabbage

Dessert

Carrot Cake with Cream Cheese Frosting

Fruit Salad

Jelly

Yoghurt Pot

Sunday

Main Meal

Sunday Brunch

Sausage

Bacon

Scrambled Eggs

Grilled Tomato

Sautéed Mushrooms

Toast

Bagels

Baked Beans

Selection of Cereal

Yoghurts

Snacks

Monday

Buffalo Chicken Wings

Tuesday

Open Bagel Bar

Wednesday

Loaded Potato Skins

Thursday

Southern Fried Quorn Bites

Friday

Focaccia

Available Every Day

Soup Station – Soup of the Day, Homemade bread Salad Bar – Big Bowl salads, Lettuce, Tomato, Cucumber, Protein





Monday

Main Meal

Moroccan Chicken with Charred Lemons & Garlic

Vegetarian Meal

Vegetable & Chickpea Tagine

Extras

Steamed New Potatoes

Sweetcorn

Mange Tout

Dessert

Peach Melba Granola Cups Fruit Salad

Jelly

Yoghurt Pot

Tuesday

Main Meal

Classic Beef Lasagne

Vegetarian Meal

Spinach & Ricotta Cannelloni

Sides

Garlic Bread

Green Beans

Roasted Courgette

Dessert

Toffee Apple Crumble

Custard

Fruit Salad

Jelly

Yoghurt Pot

Wednesday

Main Meal

Honey Glazed Roast Gammon

Vegetarian Meal

Roast Cauliflower & Goats Cheese Tart

Sides

Roast Potatoes

Savoy Cabbage

Creamed Leeks

Gravy

Dessert

Pear & Parsnip Cake with Salted Caramel

Buttercream

Fruit Salad

Jelly

Yoghurt Pot

Thursday

Main Meal

Chicken Pot Pie

Vegetarian Meal

Leek Risotto

Sides

Mashed Potato

Green Beans

Carrots

Dessert

White Chocolate & Berry Cheesecake Pot

Fruit Salad

Jelly

Yoghurt Pot

Friday

Main Meal

Battered Fish Fillet with Tartare Sauce &

lemon wedge Vegetarian Meal

Fishless Fingers

Sides

Chip Shop Chips

Garden Peas

Mushy Peas

Baked Beans

Gherkins

Dessert

Red Velvet Cupcake

Fruit Salad

Jelly

Yoghurt Pot

Whole Fruit

Saturday

Main Meal

Beef & Baked Bean Cottage Pie

Vegetarian Meal

Plant Based Cottage Pie

Sides

Crusty Bread

Garden Peas

Braised Red Cabbage

Dessert

Vanilla Slice

Fruit Salad

Jelly

Yoghurt Pot

Sunday

Main Meal

Sunday Brunch

Sausage

Bacon

Scrambled Eggs

Grilled Tomato

Sautéed Mushrooms

Toast

Bagels

Baked Beans

Selection of Cereal

Yoghurts

Snacks

Monday

Nacho Bar

Tuesday

Cheese Toasties

Wednesday

Falafel, Houmous & Pitta Chips

Thursday

Mini Quiche

Friday

Focaccia

Available Every Day

Soup Station – Soup of the Day, Homemade bread Salad Bar – Big Bowl salads, Lettuce, Tomato, Cucumber, Protein



