







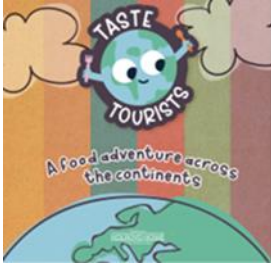

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato and basil soup	Carrot and coriander soup	Leek and potato soup	Cream of cauliflower soup	Mushroom and thyme soup
MAIN MEAL 1	 Plant based chicken and oriental vegetable sweet and sour Vegetable and mushroom chow Mein	Braised beef and crushed bean chilli served with 50/50 braised rice	Herby roast chicken thighs with Yorkshire pudding, fruity stuffing, chipolata and gravy	 Gnocchi with tomato and basil sauce and melted mozzarella Aubergine parmigiana with crispy basil	Breaded fish with fresh lemon with ketchup or tartare sauce
MAIN MEAL 2		Squash and rainbow vegetable fajitas served with mini tortilla wraps	Roasted Quorn fillet, Yorkshire pudding, fruity stuffing, and gravy		Breaded brie with mango chutney and crunchy salad
ON THE SIDE	Prawn crackers Mini spring rolls Sweetcorn and diced peppers	Sweetcorn and okra Salsa, guacamole, sour cream and nachos	Roast potatoes Steamed greens and carrot crush	Garlic dough balls and steamed broccoli trees and green beans	Baked chips Baked beans and garden peas
DESSERT	Fresh Fruit Platter Yoghurt Jelly	Apple and cinnamon crumble with creamy custard	Fresh Fruit Platter Yoghurt Jelly	Reduced sugar black cherry and chocolate sponge	Fresh Fruit Platter Yoghurt Jelly
EVERY DAY	50:50 Pasta with Tomato and Basil Sauce Sweet and White Jacket Potatoes with Reduced Sugar Baked Beans and Grated Cheese				

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato and basil soup	Carrot and coriander soup	Leek and potato soup	Cream of cauliflower soup	Mushroom and thyme soup
MAIN MEAL 1	 Broccoli cheese bake with herby crumble topping Or Tomato & mozzarella wholemeal pita pizza	Chef Fatmata's beef Lasagne with crispy cheese topping	 Five Bean and pepper burrito with sour cream and guacamole Or BBQ plant-based burger with crunchy lettuce and tomato	Turkey and carrot cottage pie topped with a creamy mash potato	Eaton Square Teddy Bear's Picnic  A selection of sandwiches, Cheese, Chicken and Tuna Pom Bears Baby bells On the table Edible gardens of fresh crudities and flavoured hummus
MAIN MEAL 2		Crushed new potatoes, green beans & steamed peas		Garlic bread Green peas and fine beans	
DESSERT	Fresh Fruit Platter Yoghurt Jelly	Banoffee Cheesecake	Fresh Fruit Platter Yoghurt Jelly	Eaton Square mess with fresh berries and meringue	Fresh Fruit Platter Yoghurt Jelly
EVERY DAY	50:50 Pasta with Tomato and Basil Sauce Sweet and White Jacket Potatoes with Reduced Sugar Baked Beans and Grated Cheese				

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato and basil soup	Carrot and coriander soup	Leek and potato soup	Cream of cauliflower soup	Mushroom and thyme soup
MAIN MEAL 1	Simple chicken and roasted root vegetable hotpot	 <p>Sweet potato and hidden lentil katsu curry served with fresh lime and stir-fried bean shoots</p> <p>Or</p> <p>Kaung Pao Cauliflower & Sweet Pepper</p>	<p>Taste Tourists</p> <p>Exploring new and exciting flavours across the continents</p> 	Beef and tomato sausages or chicken chipolatas served with buttery mash potatoes and onion gravy	 <p>Margaritta pizza topped with golden melted mozzarella</p> <p>Or</p> <p>Southern style plant-based goujons with smoky mayonnaise</p>
MAIN MEAL 2	3 Cheese macaroni topped with crispy breadcrumbs and roasted cherry tomatoes			Plant based sausages served with buttery mash and onion gravy	
ON THE SIDE	Honey roasted parsnips, steamed corn	Coconut rice Glazed beans and roasted carrots		Mash potatoes Glazed savoy cabbage	Oven baked chips Baked beans and garden peas
DESSERT	Fresh Fruit Platter Yoghurt Jelly	Lemon and Oat cookie	Fresh Fruit Platter Yoghurt Jelly	Raspberry & lime sponge	Fresh Fruit Platter Yoghurt Jelly
EVERY DAY	<p>50:50 Pasta with Tomato and Basil Sauce</p> <p>Sweet and White Jacket Potatoes with Reduced Sugar Baked Beans and Grated Cheese</p>				

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Breadsticks	Marmite & cheddar pinwheel	Baby Bells	Sausage roll	Crudities and dip
AFTERNOON SNACK	Rice cakes	Yoghurt and fruity compote	Crudities and dip	Oaty Flapjack	Breadsticks
Selection of fresh whole fruit & water					

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Breadsticks	Cheesy scone	Baby Bells	Tomato focaccia	Crudities and dip
AFTERNOON SNACK	Rice cakes	Yoghurt and fruity compote	Crudities and dip	Oaty Flapjack	Breadsticks
Selection of fresh whole fruit & water					

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Breadsticks	Toasted crumpets	Baby bells	Pizza swirl	Crudities and dip
AFTERNOON SNACK	Rice cakes	Yoghurt and fruity compote	Crudities and dip	Oaty Flapjack	Breadsticks
Selection of fresh whole fruit & water					