

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	Lamb and mint pie Winter vegetable pie	Giant Yorkshire pudding filled with sausage	Thai green chicken curry with noodles Quorn stir fry with plum sauce	Roast turkey Roach chicken leg	Breaded cod and chips Spicy fish and chips
Veggie choice	Vegetable burger	The comfort tub	Vegetable lasagne	Broccoli and cheese bake Stuffed peppers	Vegetable spring roll
Lite bites	Chicken sausage Hot dogs Veggie dogs	Cheese and onion pasty	Vegetable burger	BBQ chicken subs	Vegetable pasta
Tub Be Good To Me	Quorn bolognaise pasta bake	Chicken curry tub Vegetable curry tub	Chicken pittas	Cheese pasty	Fish finger flatbread
Main choice sides	Spicy wedges Chunky roast veg	Herby diced potatoes Mashed potatoes Sliced green beans Mixed vegetables	Spicy wedges Sweetcorn	Roast potatoes Mashed potatoes Broccoli and carrots	Chips Peas and sweetcorn
Desserts	Chocolate crunch	Shortbread	Cornflake tart	Flapjacks	Apple pie
Daily	Jacket potatoes with a variety of fillings, assorted sandwiches, wraps, baguettes and paninis, assorted pizzas, fresh fruit and mixed yoghurts				

Please speak to a member of the catering staff if you have any special dietary or allergy requirements. Where possible all our products are homemade and sourced locally.

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	Lamb lasagne with garlic bread	Salmon and tuna pasta bake with crusty bread	Cottage pie	Roast pork and stuffing Chicken and vegetable stir fry	Breaded cod and chips Spicy fish and chips
Veggie choice	Vegetarian lasagne with garlic bread	Quorn enchiladas	BBQ quorn subs	Spanish omelette	Vegetable spring roll
Lite bites	Chicken sausage Hot dogs Quorn dogs	Cheese and onion pasty	Vegetable burger or quorn chilli burritos	BBQ chicken subs	Vegetable pasta
Tub Be Good To Me	Chicken burger Vegetable burger	Chicken curry tub Vegetable curry tub	Chicken hot box	Cheese and onion pasty	Fish finger flatbread
Main choice sides	Spicy wedges Roast mixed peppers	Mashed potatoes Fine green beans Butternut squash	Spicy wedges Broccoli and carrots	New potatoes Mashed potatoes Cabbage Cauliflower	Peas and sweetcorn Baked beans
Desserts	Chocolate cake	Jam steamed sponge	Cornflake tart	Chocolate cracknel	Ice cream pots
Daily	Jacket potatoes with a variety of fillings, assorted sandwiches, wraps, baguettes and paninis, assorted pizzas, fresh fruit and mixed yoghurts				

Please speak to a member of the catering staff if you have any special dietary or allergy requirements. Where possible all our products are homemade and sourced locally.

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main choice	Spaghetti bolognaise	Chicken and broccoli pasta bake	Chilli con carne	Roast chicken wrapped in bacon	Breaded cod and chips Spicy fish and chips
Veggie choice	Vegetable bolognaise	Quorn cottage pie	Vegetable burger	Leek and onion potato pie	Vegetable spring roll
Lite bites	Chicken sausage Hot dogs Quorn dogs	Cheese and onion pasty	Chicken burger	BBQ chicken subs	Vegetable pasta
Tub Be Good To Me	Chicken burger Vegetable burger	Cajun chicken wrap	Man 'n' cheese hot tub	Quorn fillet hot tub Chicken hot tub	Fish finger flatbread
Main choice sides	Spicy wedges Chunky roast veg	Herby diced potatoes Mashed potatoes Sliced green beans Mixed vegetables	Spicy wedges Broccoli Cauliflower	Roast potatoes New potatoes Mashed carrot and swede	Chips Peas and sweetcorn
Desserts	Chocolate crunch	Carrot cake	Chocolate cracknel	Fruit crumble	Apple pie
Daily	Jacket potatoes with a variety of fillings, assorted sandwiches, wraps, baguettes and paninis, assorted pizzas, fresh fruit and mixed yoghurts				

Please speak to a member of the catering staff if you have any special dietary or allergy requirements. Where possible all our products are homemade and sourced locally.

Weekly breakfast and break menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast Cheese on toast Cereals Scrambled egg Bacon sandwich 1/2 bacon sandwich	Toast Cheese on toast Porridge pots Cereals Scrambled egg Bacon sandwich	Toast Cheese on toast Porridge post Cereals Scrambled egg Bacon sandwich	Toast Cheese on toast Porridge pots Cereals Scrambled egg Bacon sandwich	Toast Cheese on toast Porridge post Cereals Scrambled egg Bacon sandwich
Break	Toast Bacon sandwich 1/2 bacon sandwich Bacon and cheese bagel Salmon and cream cheese bagel Cheese and bean panini Sandwiches Baguettes Tea cakes	Toast Bacon sandwich 1/2 bacon sandwich Bacon and cheese bagel Salmon and cream cheese bagel Cheese and bean panini Sandwiches Baguettes Tea cakes	Toast Bacon sandwich 1/2 bacon sandwich Bacon and cheese bagel Salmon and cream cheese bagel Cheese and bean panini Sandwiches Baguettes Tea cakes	Toast Bacon sandwich 1/2 bacon sandwich Bacon and cheese bagel Salmon and cream cheese bagel Cheese and bean panini Sandwiches Baguettes Tea cakes	Toast Bacon sandwich 1/2 bacon sandwich Bacon and cheese bagel Salmon and cream cheese bagel Cheese and bean panini Sandwiches Baguettes Tea cakes
TBGTM	Porridge tubs				
Daily	Fruit bowl, selection of fruit juices, bottled water, semi skimmed milk				

Please speak to a member of the catering staff if you have any special dietary or allergy requirements.

Where possible all our products are homemade and sourced locally.