

Breakfast

WEEK 1 (9/6/25, 30/6/25)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main Meal	Smoked Back Bacon, Local Butcher Pork Sausage, Scrambled Eggs, Tomato, Mushroom, Hashbrown, Baked Beans, Plant Based Meat Options	Smoked Back Bacon, Local Butcher Pork Sausage, Scrambled Eggs, Tomato, Mushroom, Hashbrown, Baked Beans, Plant Based Meat Options	Smoked Back Bacon, Local Butcher Pork Sausage, Scrambled Eggs, Tomato, Mushroom, Hashbrown, Baked Beans, Plant Based Meat Options	Smoked Back Bacon, Local Butcher Pork Sausage, Scrambled Eggs, Tomato, Mushroom, Hashbrown, Baked Beans, Plant Based Meat Options	Smoked Back Bacon, Local Butcher Pork Sausage, Scrambled Eggs, Tomato, Mushroom, Hashbrown, Baked Beans, Plant Based Meat Options	Smoked Back Bacon, Local Butcher Pork Sausage, Scrambled Eggs, Tomato, Mushroom, Hashbrown, Baked Beans, Plant Based Meat Options	Smoked Back Bacon, Local Butcher Pork Sausage, Scrambled Eggs, Tomato, Mushroom, Hashbrown, Baked Beans, Plant Based Meat Options
	Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite
Cereal	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops
Yoghurt	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats
Fruit	Fresh Cut Fruit Platter, Whole Fruit Basket	Fresh Cut Fruit Platter, Whole Fruit Basket	Fresh Cut Fruit Platter, Whole Fruit Basket	Fresh Cut Fruit Platter, Whole Fruit Basket	Fresh Cut Fruit Platter, Whole Fruit Basket	Fresh Cut Fruit Platter, Whole Fruit Basket	Fresh Cut Fruit Platter, Whole Fruit Basket
Drink	Super Greens Smoothie, Fruit Juices, Water, Tea, Coffee & Hot Chocolate	Mango and Apple Smoothie, Fruit Juices, Water, Tea, Coffee & Hot Chocolate	Peach and Pear Smoothie, Fruit Juices, Water, Tea, Coffee & Hot Chocolate	Kale, Ginger and Yoghurt Smoothie, Fruit Juices, Water, Tea, Coffee & Hot Chocolate	Citrus Burst Smoothie, Fruit Juices, Water, Tea, Coffee & Hot Chocolate	Summer Berry Smoothie, Fruit Juices, Water, Tea, Coffee & Hot Chocolate	Banana and Maple Smoothie, Fruit Juices, Water, Tea, Coffee & Hot Chocolate

Lunch



CITY OF LONDON
FREEMEN'S SCHOOL

FRIDAY

WEEK 1 (9/6/25, 30/6/25)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains Offer	Turkish Chicken Shawarma, Sauces & Salads	Classic Beef Lasagne	Crispy Chicken Katsu Curry Sauce	Roast Pork Loin, Apple Sauce	Jumbo Fish Fingers, Tartare Sauce, Lemon
Vegetarian Offer	Sumac & Honey Roasted Oyster Mushroom Shawarma	Courgette, Pepper & Lentil Lasagne	Crispy Aubergine Katsu Curry Sauce	Cheesy Sweet Potato Frittata	Plant Based Fish Fingers
Jacket Potato or Pasta	Jacket Potato: Bolognaise, Baked beans, Grated Cheddar, Crispy Onion	Pasta: Fajita Chicken Baked beans, Grated Cheddar, Crispy Onion	Jacket Potato: Broccoli Alfredo Sauce Baked beans, Grated Cheddar, Crispy Onion	Pasta: Goan chicken Baked beans, Grated Cheddar, Crispy Onion	Jacket Potato: Creamy mushroom Baked beans, Grated Cheddar, Crispy Onion
Sides	Tavada Patatas Turkish flatbreads Sumac Roasted Veg Chard Cumin Corn Cobs Pickled onion salad	New Potatoes Broccoli Roasted Carrot Garlic Bread Rocket & Parmesan	Jasmine Rice Asian Slaw Flash fried greens Fresh pickles Sweet chilli sauce	Crispy Roast Potatoes Steamed Carrots Broccoli and Spinach Stuffing, Gravy	Baked Seasoned Wedges Mushy Peas Peas Curry Sauce
Dessert of the Day	Ice Cream Bar & Toppers Platter of Cut Fresh Fruit and Whole Fruits	Mississippi Mud Pie Platter of Cut Fresh Fruit and Whole Fruits	Eton Mess Bar Platter of Cut Fresh Fruit and Whole Fruits	Ice Lolly Platter of Cut Fresh Fruit and Whole Fruits	Warm Cookie Dough Cake Platter of Cut Fresh Fruit and Whole Fruits
Salad bar	Coleslaw, Nicoise, Soba Noodle, Ginger, Spring Green, Soy Sauce and Sweet Chilli Shredded Iceberg Lettuce Boiled Eggs Cajun Chicken BBQ Eat Curious Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Green Pesto Pasta, Baby Spinach and Mint, Tuscan Bean Salad, BLT Steamed Potato Salad, Baby Gem, Hummus and Crudities Korma Chicken, Falafels Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Green Slaw, Moroccan Cous Cous, Potato Bravas with Chorizo and Chive, English Watercress and Baby Spinach Leaf, Pork Sausage Rolls, Tomato and Basil Chicken, Vegan Sausage Roll, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Roasted Ratatouille Pasta Salad, Basil Oil, Roasted Heritage Carrot and Cumin Kos Lettuce, Boiled Eggs, Garlic Croutons and Parmesan, Chicory and Chive, Paprika Roasted Chickpeas, Green Pesto Chicken, Harissa Roasted Cauliflower Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Coleslaw Indian giant Cous Cous Japanese Rice Bowl, Asian Green, Rice Noodles, Mixed Baby Leaf, Sumac Chicken, Beets and Feta Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes

Supper

WEEK 1 (9/6/25, 30/6/25)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main	Buttermilk Fried Pork Schnitzel	Ultimate Bangers & Mash, Gravy	Sticky Chilli Beef, Ginger & Pickles	Build a Biryani (Chicken & Toppers)	Pork Taco (Carnitas)	Hand Stretched Meat Feast Pizza	Slow Cooked Brisket Yorkie Wrap
Veggie Meal	Edamame Bean Stack Brioche Bun	Ultimate Plant Based Bangers & Mash, Gravy & Crispy Onions	Hoisin Glazed Oomph & Vegetable Stir-Fry	Build a Biryani (Oomph & Toppers)	Eat Curious Crispy Taco, Pico de Gallo	Hand Stretched Plant Based Chicken Supreme	Vegan Smash Burger, Pretzel Bun
Sides	Seasoned Wedges, Buttered Corn Cob, Boston Beans	Mashed Potato, Garden Peas, Crispy Leeks, Gravy	Korean Street Fries, Homemade Kimchi, Pickled Vegetables, Salads & Sauces	Sambals, Smashed Onion Bhajis, Crispy Chickpeas, Samosa, Mango Chutney	Tex Mex Potatoes, Pickled Red Cabbage, Pickled Cucumber, Salads & Sauces	Crispy Wedges, Rocket Salad, Corn on the Cob, Med Veg	Putine Style Roasted Potatoes, Ranch Baked Cannellini Beans, Roasted Peppers, Crusty Bread
Dessert	Banoffee Pots Platter of Cut Fresh Fruit and Whole Fruits	Build a Rocky Road, Platter of Cut Fresh Fruit and Whole Fruits	Lemon Slice, Platter of Cut Fresh Fruit and Whole Fruits	Yogurt Fruit Sundae, Platter of Cut Fresh Fruit and Whole Fruits	Waffle Bar & Toppers Platter of Cut Fresh Fruit and Whole Fruits	Fresh Fruit Salad Platter of Cut Fresh Fruit and Whole Fruits	Chocolate Caramel Brownie Pots Platter of Cut Fresh Fruit and Whole Fruits
Salad Bar	Sweet Potato, Baby Spinach, Toasted Seeds, Pearl Barley, Roasted Squash and Dill, Thai Salmon Fishcake, Sliced Turkey, Garden Tray of Mixed Leaves Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Roasted Squash, Wild Rocket, Pumpkin Seed Pesto, Mexican Style Corn Salad, Roasted Beef, Chimichurri, Vegetable Spring Rolls, Garden Tray of Mixed Leaves Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Moroccan Bulgar Wheat, Dried Fruits, Tomato and Avocado, Olive Oil, Lamb Koftas, Marinated Olives and Aged Feta, Garden Tray of Mixed Leaves Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Naked Slaw, Potato, Fine Beans and Shaved Red Onion, Cured Meats and Cheese, Garden Tray of Mixed Leaves Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Charred Corn and Coriander, Israeli CousCous, Sumac pesto, Flaked tuna, Cajun mayo, Coronation Chicken Bowl, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Classic Creamy Slaw, Green Onion, Blue Cheese , Kos, Croutons, Tomato, Cheesy Muffin, Sliced Meats, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Potato salad, Lemon and Tomato Dressing, Triple Tomato, Basil, Capers, Chicken Wraps, Stuffed Mushroom Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes

Breakfast



WEEK 2 (16/9/25, 7/7/25)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main Meal	Smoked Back Bacon, Local Butcher Pork Sausage, Scrambled Eggs, Tomato, Mushroom, Hashbrown, Baked Beans, Plant Based Meat Options	Smoked Back Bacon, Local Butcher Pork Sausage, Scrambled Eggs, Tomato, Mushroom, Hashbrown, Baked Beans, Plant Based Meat Options	Smoked Back Bacon, Local Butcher Pork Sausage, Scrambled Eggs, Tomato, Mushroom, Hashbrown, Baked Beans, Plant Based Meat Options	Smoked Back Bacon, Local Butcher Pork Sausage, Scrambled Eggs, Tomato, Mushroom, Hashbrown, Baked Beans, Plant Based Meat Options	Smoked Back Bacon, Local Butcher Pork Sausage, Scrambled Eggs, Tomato, Mushroom, Hashbrown, Baked Beans, Plant Based Meat Options	Smoked Back Bacon, Local Butcher Pork Sausage, Scrambled Eggs, Tomato, Mushroom, Hashbrown, Baked Beans, Plant Based Meat Options	Smoked Back Bacon, Local Butcher Pork Sausage, Scrambled Eggs, Tomato, Mushroom, Hashbrown, Baked Beans, Plant Based Meat Options
	Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite
Cereal	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops
Yoghurt	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats
Fruit	Fresh Cut Fruit Platter, Whole Fruit Basket	Fresh Cut Fruit Platter, Whole Fruit Basket	Fresh Cut Fruit Platter, Whole Fruit Basket	Fresh Cut Fruit Platter, Whole Fruit Basket	Fresh Cut Fruit Platter, Whole Fruit Basket	Fresh Cut Fruit Platter, Whole Fruit Basket	Fresh Cut Fruit Platter, Whole Fruit Basket
Drink	Super Greens Smoothie, Fruit Juices, Water, Tea, Coffee & Hot Chocolate	Mango and Apple Smoothie, Fruit Juices, Water, Tea, Coffee & Hot Chocolate	Peach and Pear Smoothie, Fruit Juices, Water, Tea, Coffee & Hot Chocolate	Kale, Ginger and Yoghurt Smoothie, Fruit Juices, Water, Tea, Coffee & Hot Chocolate	Citrus Burst Smoothie, Fruit Juices, Water, Tea, Coffee & Hot Chocolate	Summer Berry Smoothie, Fruit Juices, Water, Tea, Coffee & Hot Chocolate	Banana and Maple Smoothie, Fruit Juices, Water, Tea, Coffee & Hot Chocolate

Lunch

WEEK 2 (16/9/25,7/7/25)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains Offer	Peri Peri Chicken	Hickory Pork Steak, BBQ & Melted Cheese	Beef chow-mien & Prawn Crackers	Build your own Mac bar BBQ Pulled Chicken Toppers & Sauces	Breaded Fish, Tartare Sauce & Lemon
Vegetarian Offer	Loaded Eat Curious Nacho Bake	Jumbo Veggie Sausage Roll	Quorn Chow Mein, Prawn Crackers	Build your own Mac Bar, Selection of BBQ Plant Toppers & Sauces	Vegan Philly Cheese Steak
Jacket Potato or Pasta	Pasta: Spinach & Chickpea, Classic pomodoro, Grated Cheese, Sour Cream	Jacket Potato: BBQ Chicken, Baked Beans, Cheddar Cheese, Tuna Mayo	Pasta: Creamy Mushroom, Classic Pomodoro, Cheddar Cheese, Basil Pesto,	Jacket Potato: Pork Goulash, Vegetable Goulash, Cheddar Cheese , Crispy Onions,	Penne Pasta, Classic Pomodoro, Cheddar Cheese, Crispy Onions
Sides	Nando Style Rice Broccoli Roasted Peppers	Potato Hash, Garden Peas Roasted Veg	Katsu Noodles, 5 Spice Carrots Green Veg Stir-Fry	Garlic Bread Corn on the Cob Cornbread	Seasoned Wedges Mushy Peas/Peas Baked Beans/Slaw
Dessert of the Day	Doughnuts Platter of Cut Fresh Fruit and Whole Fruits	Ice Cream Bar & Toppers Platter of Cut Fresh Fruit and Whole Fruits	Rocky Road Pot Platter of Cut Fresh Fruit and Whole Fruits	Lemon Meringue Cake Platter of Cut Fresh Fruit and Whole Fruits	Ice Lolly Bar Platter of Cut Fresh Fruit and Whole Fruits
Salad bar	Coleslaw, Roasted Squash Caesar, Shredded Iceberg Lettuce, Green Lentils, Chard Broccoli, Lemon, Louisiana Chicken Bites Slied Ham, Falafels Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Green Pesto Pasta, Baby Spinach and Mint Wild Rocket, Tabbouleh salad Lemon and Thyme Chicken Strips Boiled Eggs Baked Tortilla Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Coleslaw, Tomato, Mozzarella, Basil Oil, Shaved Red Onion, English Watercress and Baby Spinach Leaf Giant Cous Cous, Courgette, Green Bean, Mint Salsa, Coronation Chicken Bowl, Sliced Turkey, Loaded Nachos Platter Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Penne Pasta, Lemon and Soft Herb Natural Yoghurt Dressing, Chard Broccoli, Poppy Seeds and Lemon Dressing, Chicory and Iceberg, Kachumber, Blackened Cajun Chicken and Pineapple Sliced Pork, Honey, Vegan Sausage Rolls, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Coleslaw, Asian Edamame Beans, Ginger, Nam Jim Dressing, Mixed Baby Leaf, Salad Nicoise, Chicken Korma and Coconut, Flaked Salmon, Hickory Smoked Mayo, Cheesy Puffs Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes

Supper

WEEK 2 (16/9/25,7/7/25)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main	Lamb Balti, Fresh Coriander, Ginger and Spinach	Seafood Paella, Saffron and Paprika	Vietnamese Turkey Banh mi, Pickled Slaw, Chilli Sugar Dressing	Ribs N Wings Blue Cheese Dip	Ramen Bar (Pork)	Bavette Steak Night Choice of Sauces	Build a Salad Chargrilled Chicken Lemon and Herb Tuna Soft Boiled Eggs
Veggie Meal	Aloo Saag Paneer	Vegetarian Paella	Eat Curious Bhan Mi	Buffalo Cauliflower Wings, Green Onions	Ramen Bar (Plant Based Chicken)	Bavette Steak Night Choice of Sauces	
Sides	Pilau Rice, Naan Bread, Poppadom's & Chutneys, Sambals	Garlic Flatbread, Garden Peas, Roasted Peppers	5 Spiced Potatoes, Fried Dumplings, Veggie Spring Rolls, Stir-Fry Veg	Sweet Potato Fries, Cowboy Beans, Buttered Corn, Crispy Onions	Selection of Asian Vegetables, Steamed Jasmin Rice or Noodles, Tea Soft Boiled Eggs Flavoured Oils and Spicey Sprinkles	Roasted Wedges, Steamed Broccoli, Mushroom/Crispy Onion, Roasted Tomato, Peppercorn or Garlic	Kos Lettuce or Iceberg Tomato, Cucumber, Pepper, Red Onions, Potatoes, Green Vegetables,
Dessert	Fresh Fruit Salad Platter of Cut Fresh Fruit and Whole Fruits	Caramel Cheesecake Platter of Cut Fresh Fruit and Whole Fruits	Malted Milk Chocolate Traybake Platter of Cut Fresh Fruit and Whole Fruits	Smores Pot Platter of Cut Fresh Fruit and Whole Fruits	Salted Caramel Popcorn Pot Platter of Cut Fresh Fruit and Whole Fruits	Brownie Platter of Cut Fresh Fruit and Whole Fruits	Tiramisu Pots, Platter of Cut Fresh Fruit and Whole Fruits
Salad Bar	Mexican Corn and Peppers, Sweet Chilli Pork Bites Roast Chicken, Green Pesto Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Potato, Green Onion, Spinach, Chicken Wraps, Dusk Spring Rolls, Mexican Corn and Peppers, Sweet Chilli Pork Bites Roast Chicken, Green Pesto Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Red Pesto, Orzo, Pea and Mint, Tuna and Sweet Corn, Fajitas Chicken, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Baked Wedges, Bravas Mayo, Crispy Onion, Cheesy Croque's, Chinese Crispy Chili Beef, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Sweet Potato, Ranch Style Tomato Mayo, Sausage Rolls, Asian Eggs, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	German Pickled Salad, Chicken, Garlic Dressing, Sliced Maple Ham, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Potato Wedges, Piri Piri Seasoning, Grated Cheese, Smashed Tortilla Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes

Breakfast

WEEK 3 (2/6/25, 23/6/25)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main Meal	Smoked Back Bacon, Local Butcher Pork Sausage, Scrambled Eggs, Tomato, Mushroom, Hashbrown, Baked Beans, Plant Based Meat Options Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Smoked Back Bacon, Local Butcher Pork Sausage, Scrambled Eggs, Tomato, Mushroom, Hashbrown, Baked Beans, Plant Based Meat Options Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Smoked Back Bacon, Local Butcher Pork Sausage, Scrambled Eggs, Tomato, Mushroom, Hashbrown, Baked Beans, Plant Based Meat Options Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Smoked Back Bacon, Local Butcher Pork Sausage, Scrambled Eggs, Tomato, Mushroom, Hashbrown, Baked Beans, Plant Based Meat Options Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Smoked Back Bacon, Local Butcher Pork Sausage, Scrambled Eggs, Tomato, Mushroom, Hashbrown, Baked Beans, Plant Based Meat Options Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Smoked Back Bacon, Local Butcher Pork Sausage, Scrambled Eggs, Tomato, Mushroom, Hashbrown, Baked Beans, Plant Based Meat Options Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Smoked Back Bacon, Local Butcher Pork Sausage, Scrambled Eggs, Tomato, Mushroom, Hashbrown, Baked Beans, Plant Based Meat Options Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite
Cereal	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops
Yoghurt	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats
Fruit	Fresh Cut Fruit Platter, Whole Fruit Basket	Fresh Cut Fruit Platter, Whole Fruit Basket	Fresh Cut Fruit Platter, Whole Fruit Basket	Fresh Cut Fruit Platter, Whole Fruit Basket	Fresh Cut Fruit Platter, Whole Fruit Basket	Fresh Cut Fruit Platter, Whole Fruit Basket	Fresh Cut Fruit Platter, Whole Fruit Basket
Drink	Super Greens Smoothie, Fruit Juices, Water, Tea, Coffee & Hot Chocolate	Mango and Apple Smoothie, Fruit Juices, Water, Tea, Coffee & Hot Chocolate	Peach and Pear Smoothie, Fruit Juices, Water, Tea, Coffee & Hot Chocolate	Kale, Ginger and Yoghurt Smoothie, Fruit Juices, Water, Tea, Coffee & Hot Chocolate	Citrus Burst Smoothie, Fruit Juices, Water, Tea, Coffee & Hot Chocolate	Summer Berry Smoothie, Fruit Juices, Water, Tea, Coffee & Hot Chocolate	Banana and Maple Smoothie, Fruit Juices, Water, Tea, Coffee & Hot Chocolate

Lunch

WEEK 3 (2/6/25, 23/6/25)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains Offer	Chicken Tikka Masala & Naan	Classic Spaghetti Bolognaise	Chicken Fajita, Tortilla	Sweet and Sticky Pork	Build a Burger & Toppings
Vegetarian Offer	Potato, Spinach & Paneer Giant Bhaji & Naan	Lentil Bolognaise	Plant Based "Chicken" Burrito	Sweet and Sour Eat Curious	Breaded Halloumi Burger
Jacket Potato or Pasta	Pasta: Red Pepper & Feta, Classic Pomodoro Cheddar Cheese Toasted Seeds	Jacket Potato: Curried Chickpeas, Baked Beans, Cheddar Cheese, Tuna Mayo,	Pasta: 4 Cheese Sauce, Classic Pomodoro, Cheddar Cheese, Basil Pesto	Jacket Potato: Honey Glazed Chicken, Baked Beans Cheddar Cheese Sour Cream	Pasta: Broccoli al Forno, Classic Pomodoro, Cheddar Cheese, Rocket Pesto
Sides	Pilau Rice, Flash Fried Green Vegetables, Green Beans	Spaghetti, Broccoli & Corn, Garlic Bread	Mexican Potatoes, Sautée Courgettes & Peppers, Flash Fried Greens	Noodles, Garden Peas, Sweetcorn, Vegetable spring rolls	Baked Potato Wedges, BBQ Beans, Curry sauce
Dessert of the Day	Ice Cream Bar & Toppings Platter of Cut Fresh Fruit and Whole Fruits	Tiramisu Platter of Cut Fresh Fruit and Whole Fruits	Pineapple Drizzle Platter of Cut Fresh Fruit and Whole Fruits	Ice Lolly Bar Platter of Cut Fresh Fruit and Whole Fruits	Chocolate Orange Cake Platter of Cut Fresh Fruit and Whole Fruits
Salad bar	Coleslaw, Panzanella, Roasted Sweet Potato, Red Onion, Coriander Oil, Shredded Iceberg Lettuce, Lemon and Herb Chicken, Poached Salmon, Fresh Herbs, Falafels, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Green Pesto Pasta, Baby Spinach and Mint Greek salad, Chilled Patas Bravas, Lemon Mayo, Wild Rocket, Piri Piri Chicken Thigh, Beef Strips, Chimichurri, Mature Cheddar Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Coleslaw, "No Nut' Waldorf, Classic Summer Potato Salad, Chives, English Watercress and Baby Spinach Leaf, Green Pesto Chicken, Tuna mayo and Red Onion Crunch, Onion Bhajis Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Penne Pasta, Lemon and Soft Herb, Yoghurt Dressing, Russian Salad, Aromatic Curried Mayo, Steamed Potato, Spinach Chicory and Iceberg, Sweet and Sour Chicken, Slice Maple Ham, Goats Cheese Tart Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Coleslaw, Fattoush, Green Bean, Potato, Mange Tout, dill and Mint Dressing, Mixed Baby Leaf, Chicken Strip, Caesar Dressing, Smoked Mackerel, Crispy Chickpea, Falafels, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes

Supper



WEEK 3 (2/6/25, 23/6/25)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main	BBQ Pulled Pork Smoked Garlic Dressing	Jamaican Jerk Turkey Strips	Loaded chilli Dogs	Chicken Milanese	Greek Pork Gyros, Tzatziki	Subway Fake-Away Beef Meatball, Cheddar, Crispy Onion, Crispy Bacon, Pickles, Salads & Sauces in a Sub	Crispy Kung Pao Pork
Veggie Meal	BBQ Pulled Pork Smoked Garlic Dressing	Beetroot Falafel "Kofta"	Loaded Veggie Dogs	Gnocchi Pomodoro Bake	Halloumi Gyros, Tzatziki	Subway Fake Away	Eat Curious Nasi Goreng
Sides	Sweet Potato Wedges, Chunky Slaw, Boston Beans, Flatbread Selection	Rice & Peas, Plantain, Dumplings & Gravy, Callaloo	Seasoned loaded Fries, Corn on the Cob , Hot dog sauce selection, New York slaw	Creamy Mash, Whole Roasted Carrot, Maple Glaze, Broccoli	Tabbouleh, Green Beans, Lemon & Oregano Courgette, Minted Yoghurt	Fries, House Salad, Sweetcorn, Slaw	Singapore Noodles, Prawn Crackers, Vegetable Stir-Fry, Chinese Cabbage
Dessert	Rice Crispy Rocky Road Platter of Cut Fresh Fruit	Mango Yogurt Sundae Platter of Cut Fresh Fruit	Chocolate Cookie Mousse Platter of Cut Fresh Fruit	Fruit Salad Platter of Cut Fresh Fruit	Nut Free Baklava, Honey Cream Platter of Cut Fresh Fruit	Millionaires Banana Loaf Platter of Cut Fresh Fruit	Lemon Baked Cheesecake Platter of Cut Fresh Fruit
Salad Bar	Pasta Salad, Diced Ham, Cherry Tomato and Basil, Sliced Pork, Salsa Verde Roasted Med Veg, Basil, Lemon, Olive Oil, Oven Baked Spanish Tortilla, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Asian Green Leaf Slaw, Ras El Hanout Squash, Green Beans, Roasted Red Onion, Flat Parsley, Lemon, Slow Cooked Hickory Pulled Chicken, Cheese Board, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Orzo, pea, mint, baby spinach, Coronation style potato, coriander, raisons, Tuna mayo and red onion crunch, Salami and pepperoni, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Pickled Red Cabbage, Apple, Watermelon, Barrel Aged Feta & Toasted Seeds, Coronation Chicken, Vegetable Spring Rolls, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Garlic Dressing, Gnocchi Pasta Dumplings, Asian Spiced Cous Cous, Roasted Aubergines, Chilli Sugar, Nando's Style Chicken Pieces, Vegetarian Sausage Rolls Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Classic Creamy Saw, Green Onion and Basil Potato Salad, Fajitas Spiced Chicken, Melted Cheesy Filled Croissant Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	Braised Tomato Wild Rice, Broad Bean and Rosemary, Cajun Patio Wedges, Garlic Mayo Dressing, Crouton, Charcuterie Board, Cheese Board Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavoured Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes