

Monday Wk1	Tuesday Wk1	Wednesday Wk1	Thursday Wk1	Friday Wk1	Sunday Wk1
REFECTORY LUNCH	REFECTORY LUNCH	REFECTORY LUNCH	REFECTORY LUNCH	REFECTORY LUNCH	LUNCH
Italian Meatballs Roasted Italian Vegetables with Quorn Italian Tomato Sauce Spaghetti Pasta Steamed mids Sweet carrots with basil Garden Peas	Nasi Goreng, Garlic bread, Creamy Chicken Fricasse (Preparatory Only) Spinach & Mushroom stuffed tomatoes Chilli sauce Whole green beans, Sauté cabbage	Chicken Breast Burgers Soft floured rolls Vegetable ¼ pounders Hongroise potatoes Parsley potatoes Peas and sweet corn Spaghetti hoops	Trinity Curry Day Chefs selection of Traditional Indian Curries Saffron rice Naan breads 6 sambols Baked Jackets and fillings	Healthy Chunky Salmon bake Battered Haddock Breaded Fish Fingers Savoury Cheese Melts Half Jackets Chipped potatoes, Garden and Mushy peas Grilled tomatoes	Doner Kebabs Tasca Breads Stir fry Quorn & mixed vegetables Baked Jackets with fillings Fresh Salad
Pasta choice of day Parsley sauce	Pasta choice of day Tomato & Basil sauce	Pasta choice of day Vegetarian Carbonara sauce	Pasta choice of day Mushroom & tarragon sauce	Pasta choice of day Broccoli & tomato sauce	Pasta Choice of day Tomato & Coriander sauce
REFECTORY CHILLER AND SALAD BAR	REFECTORY CHILLER AND SALAD BAR	REFECTORY CHILLER AND SALAD BAR	REFECTORY CHILLER AND SALAD BAR	REFECTORY CHILLER AND SALAD BAR	REFECTORY CHILLER AND SALAD BAR
Help yourself to as much as you like of Lettuce / Tomato Cucumber 2 daily composite salads Or choose protein salad from range Egg, Chicken, Quiche, Mexican wraps, Cheese, Tuna, Ham, Cottage Cheese	Help yourself to as much as you like of Lettuce / Tomato Cucumber 2 daily composite salads Or choose protein salad from range Egg, Chicken, Quiche, Mexican wraps, Cheese, Tuna, Ham, Cottage Cheese	Help yourself to as much as you like of Lettuce / Tomato Cucumber 2 daily composite salads Or choose protein salad from range Egg, Chicken, Quiche, Mexican wraps, Cheese, Tuna, Ham, Cottage Cheese	Help yourself to as much as you like of Lettuce / Tomato Cucumber 2 daily composite salads Or choose protein salad from range Egg, Chicken, Quiche, Mexican wraps, Cheese, Tuna, Ham, Cottage Cheese	Help yourself to as much as you like of Lettuce / Tomato Cucumber 2 daily composite salads Or choose protein salad from range Egg, Chicken, Quiche, Mexican wraps, Cheese, Tuna, Ham, Cottage Cheese	Help yourself to as much as you like of Lettuce / Tomato Cucumber 2 daily composite salads Or choose protein salad from range Egg, Chicken, Quiche, Mexican wraps, Cheese, Tuna, Ham, Cottage Cheese
BAGUETTE BAR HOT WOK	BAGUETTE BAR HOT WOK	BAGUETTE BAR HOT WOK	BAGUETTE BAR HOT WOK	BAGUETTE BAR HOT WOK	BAGUETTE BAR HOT WOK
Freshly baked baguettes with a choice of 2 protein items & Unlimited salad fillings Snack item or a drink Fresh fruit 食物 HOT WOK BAKED JACKETS OR PASTA AND A DAILY SAUCE	Freshly baked baguettes with a choice of 2 protein items & Unlimited salad fillings Snack item or a drink Fresh fruit 食物 HOT WOK BAKED JACKETS OR PASTA AND A DAILY SAUCE	Freshly baked baguettes with a choice of 2 protein items & Unlimited salad fillings Snack item or a drink Fresh fruit 食物 HOT WOK BAKED JACKETS OR PASTA AND A DAILY SAUCE	Freshly baked baguettes with a choice of 2 protein items & Unlimited salad fillings Snack item or a drink Fresh fruit 食物 HOT WOK BAKED JACKETS OR PASTA AND A DAILY SAUCE	Freshly baked baguettes with a choice of 2 protein items & Unlimited salad fillings Snack item or a drink Fresh fruit 食物 HOT WOK BAKED JACKETS OR PASTA AND A DAILY SAUCE	Freshly baked baguettes with a choice of 2 protein items & Unlimited salad fillings Snack item or a drink Fresh fruit 食物 HOT WOK BAKED JACKETS OR PASTA AND A DAILY SAUCE
REFECTORY DESSERTS	REFECTORY DESSERTS	REFECTORY DESSERTS	REFECTORY DESSERTS	REFECTORY DESSERTS	REFECTORY DESSERTS
Bakewell Tart & Custard Fruit Jellies Sugar Free Mousses Home made pro biotic yoghurts with fruit coulis Or as much as you like Fresh cut fruit	Fruity Meringues Cream Fruit Jellies Sugar Free Mousses Home made pro biotic yoghurts with fruit coulis Or as much as you like Fresh cut fruit	Fresh fruit plates Fruit Jellies Sugar Free Mousses Home made pro biotic yoghurts with fruit coulis Or as much as you like Fresh cut fruit	Ice creams Fruit Jellies Sugar Free Mousses Home made pro biotic yoghurts with fruit coulis Or as much as you like Fresh cut fruit	Fresh Fruit Kettles Fruit Jellies Sugar Free Mousses Home made pro biotic yoghurts with fruit coulis Or as much as you like Fresh cut fruit	Ice cream & brandy snap Fruit Jellies Sugar Free Mousses Home made pro biotic yoghurts with fruit coulis Or as much as you like Fresh cut fruit