

# WEEKLY MENU

BREAKFAST	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HYDRATION	Mixed fruit water	Citrus burst water	Mixed fruit water	Citrus burst water	Mixed fruit water	Mixed fruit water
HOT ITEMS	Grilled Bacon or Vegetarian sausage	Grilled sausage Baked beans Vegetarian sausage Grilled tomatoes	Grilled Bacon or Vegetarian sausage	Grilled sausage Baked beans Vegetarian sausage Grilled tomatoes	Grilled sausages Baked beans Vegetarian sausages Grilled tomatoes	Grilled Bacon or Vegetarian sausage
DAILY SPECIAL	Belgium warm waffle American style pancake With toppings	Hash brown	Belgium warm waffle American style pancake with toppings	Hash brown	Hash brown	Belgium warm waffle American style pancake with toppings
DAILY BREAKFAST ITEMS	Cereal Bar Milk Porridge Yoghurt Granola Toast Preserves	Cereal Bar Granola Toast Preserves	Cereal Bar Milk Porridge Yoghurt Granola Toast Preserves	Cereal Bar Granola Toast Preserves	Cereal Bar Granola Toast Preserves	Cereal Bar Milk Porridge Yoghurt Granola Toast Preserves
FRESH FRUIT	Sliced melons and pineapple  Whole fruit selection	Sliced grapefruit and orange  Whole fruit selection	Sliced melons and pineapple  Whole fruit selection	Sliced grapefruit and orange  Whole fruit selection	Sliced grapefruit and orange  Whole fruit selection	Sliced melons and pineapple  Whole fruit selection

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LUNCH	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN MEAL</b>	Beef Fajita with mixed vegetables, tomato salsa and grated cheese  Herby rice	Chinese chicken Stir fry vegetables with egg noodles	BBQ glazed Gammon steak with grilled pineapple.  Cajun roast potato  Green beans & peas	Catch of the day, French Fries, baked beans, minted peas	Japanese style noodles broth with ground beef  Selection of fresh vegetables	Roast chicken with roast potato, Yorkshire pudding, Savoy cabbage, carrots and gravy
<b>MEAT FREE</b>	Chickpea and pepper Fajita, tomato salsa and grated cheese  Herby rice	Chinese style Tofu & Stir fry vegetables with egg noodles	BBQ Grilled Haloumi with pineapple  Cajun roast potato  Green beans & peas	Creamy garlic mushroom gratin.  French Fries, baked beans, minted peas	Tofu Japanese noodles broth.  Soy sauce, sweet chilli sauce	Feta and Spinach quiche with roast potato, savoy cabbage, carrots and gravy
<b>SALAD BAR</b> (Tomato, cucumber, grated carrot, mixed leaves <b>available daily</b> )	Celery sticks, cous cous with fruit and fresh herbs	Green pesto pasta salad, coleslaw	Sweet chilli noodle salad, Greek salad	Celery sticks, courgette & sweet chilli salad, summer slaw	Celery sticks, Feta and beetroot	Asian noodle salad, Tomato Mozzarella
<b>DESSERT</b>	Lemon mousse	Fruit jelly pots	Cherry cheesecake	The Woodrow Ice Cream Factory	Lemon cheesecake	Fruit jelly pots
<b>EVERY DAY</b>	Whole fresh fruit Fruit pots and yoghurt pots	Whole fresh fruit Fruit pots and yoghurt pots	Whole fresh fruit Fruit pots and yoghurt pots	Whole fresh fruit Fruit pots and yoghurt pots	Whole fresh fruit Fruit pots and yoghurt pots	Whole fresh fruit Fruit pots and yoghurt pots
<b>HYDRATION</b>	Mixed fruit water	Citrus burst water	Mixed fruit water	Citrus burst water	Citrus burst water	Mixed fruit water

# WEEKLY MENU

DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAIN COURSE ONE	Hot Dog with jumbo sausage & fried onions	Fresh basil and tomato pasta with grated cheese	Burger Night Burger in a bun	Woodfire Pepperoni pizza	Chicken fillet in a burger bun	Woodfire Pepperoni pizza
MAIN COURSE TWO MEAT FREE	Hot Dog with vegetarian sausage & Fried onions	Creamy spinach sauce & Parmesan cheese pasta	Burger Night Handmade vegan burger in a bun	Margarita pizza Chefs' choice pizza of the day	Handmade vegan burger in a bun with caramelized onions	Margarita pizza Chefs' choice pizza of the day
ON THE SIDE	Potato wedges Grated cheese Sweetcorn	Green beans Garlic bread slice	French fries Sliced tomato and red onion Burger relish	Tortillas & Corn on the cob	Cajun fries, sliced red onion Burger relish	Tortillas & Corn on the cob
SALAD BAR	Simple mixed salad	Simple mixed salad	Simple mixed salad	Simple mixed salad Coleslaw, grated carrots	Simple mixed salad Sliced tomato, shredded iceberg	Simple mixed salad Coleslaw, grated carrots
DESSERT	Jam sponge	Chocolate cake	Marble cake	Chocolate and berries flapjack	Double chocolate cookie	Apple & cherry crumble with cream
FRESH WHOLE FRUIT SELECTION						