

# Example of Menus /Meal Plans

Our menu examples (on this page and the next) outline our breakfast and lunch options. It is noted that in addition to the menu below we will have sandwiches available to the workforce during lunch and the evening. This is a two-week cycle example but we note that cycles can be tailored to client needs as requested.

## Week 1

	Day 1	Day 2	Day 3	Day 4	Day 5
Roast Of the Day	Roast Turkey Breast with a Pan Gravy	Roast Loin Of Pork with Apple Sauce	Roast Loin of Bacon with Parsley Sauce	Roast Breast of Chichen with a Mushroom Sauce	Roast Rib of Beef with a Pan Gravy
Fish of The Day	Fillet of Cod with a Dill Sauce	Baked Fillet of Plaice with White Wine Sauce	Chefs Seafood Bake	Homemade Beer Battered Cod	Smoked Haddock White Wine & Dill Sauce
Chefs Special	Chicken Curry & Rice	Spaghetti Bolognese	Homemade Shepherds Pie	Sweet Chilli Chicken Stirfry	Chicken, Ham, Onion & Mushroom Pie
Vegetarian Dish	Pasta & Broccoli Bake	Vegetarian Fajitas	Green Thai Vegetable Curry	Vegetarian Quiche	Selection of the Days Vegetables
Potatoes	Mash & Roast Potatoes	Baby Boiled & Mash Potatoes	Dry Onion Mash & Chips	Mash Potatoes & Chips	Garlic Saute Potatoes & Colcannon
Vegetables	Baton Carrots & Minted Garden Peas	French Beans & Puree Carrots	Savoy Cabbage & Turnips	Puree Parsnips & Cauliflower	Minted Garden Peas & Broccoli
Soup of the Day	Tomato & Basil Soup	Cream of Mushroom Soup	Cream of Vegetable Soup	Leek & Potato Soup	Carrot & Corriander Soup

Note : Potatoes & Vegetables are included in the prices

## Week 2

	Day 1	Day 2	Day 3	Day 4	Day 5
Roast Of the Day	Roast Rib of Beef with a Pan Gravy	Roast Breast of garlic chicken	Roast Loin of Pork Chop with Apple Sauce	Roast Loin of Bacon Chop with Parsley Sauce	Roast Crown of Turkey with a Pan Gravy
Fish of The Day	Smoked Haddock White Wine & Dill Sauce	Homemade Beer Battered Cod	Chefs Seafood Bake	Baked Fillet of Plaice with White Wine Sauce	Fillet of Cod with a Dill Sauce
Chefs Special	Chicken, Ham, Onion & Mushroom Pie	Sweet Chilli Chicken Stirfry	Spaghetti Bolognese	Homemade Shepherds Pie	Chicken Curry & Rice
Vegetarian Dish	Vegetarian Quiche	Vegetarian Fajitas	Pasta & Broccoli Bake	Green Thai Vegetable Curry	Selection of the Days Vegetables
Potatoes	Mash & Roast Potatoes	Garlic Saute Potatoes & Mash	Baby Boiled & Mash Potatoes	Mash Potatoes & Chips	Mash Potatoes & Croquettes
Vegetables	Peas & Mixed vegetables	Savoy Cabbage & Turnips	French Beans & Baton Carrots	Broccoli & Cauliflower	Mixed Vegetables
Soup of the Day	Cream of Mushroom Soup	Cream of Vegetable Soup	Tomato & Basil Soup	Leek & Potato Soup	Carrot & Corriander Soup

Note : Potatoes & Vegetables are included in the prices