

Breakfast menu

- Choice of 5 hot breakfast items (max. 2 of each item)
- White or wholemeal toast
- Porridge & a selection of cereals
- Fruit juice & hot beverages
- Whole fruit

Performance lunch menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Enhanced protein salad bar including cold meats and cheeses, and baked potatoes						
Lentil soup with crusty roll	Tomato & basil soup with crusty roll	Sweet potato soup with crusty roll	Mushroom soup with crusty roll	Leek & potato soup with crusty roll	Lentil soup with crusty roll	Tomato soup with crusty roll
Garlic, lemon & thyme roasted chicken thighs	Pork & leek sausages	Grilled beef burger or Southern spiced chicken burger	Herb chicken	Baked fish cakes	Beef & veg skewers	Baked breaded fish
or	or	or	or	or	or	or
Turkey & 5 bean chilli	Beef olives	Pork fajitas	Herb crusted salmon	Chicken with a tarragon & wild mushroom sauce	Roast lamb	Chicken, mushroom & sweet paprika goulash
or	or	or	or	or	or	Or
Vegetable & bean chilli	Roast vegetable & chickpea korma with basmati Rice	Vegetable & bean burger	Vegetable lasagne	Vegetable & bean tomato pasta bake	Tofu & veg skewers	Creamy mushroom & leek pasta bake
Roasted peppers & sweetcorn pitta breads/ wraps, baked sweet potato, tenderstem broccoli	Steamed carrots, roast potatoes, Colcannon	Roast sweetcorn, sweet potato wedges, wholewheat tortilla, roast onion, peppers & cherry tomatoes	Grilled courgette cous-cous, egg noodles, spinach & kale	Steamed greens, sweet potato wedges, herb rolled potatoes, garlic roast courgette	Roast Mediterranean vegetables pesto penne, rosemary roast potatoes chantenay carrots	Fresh garden peas hand cut potato wedges, herby rice, tenderstem broccoli
Tea, coffee, water & hydration juice						

Performance dinner menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Enhanced protein salad bar including cold meats and cheeses						
Tomato & basil soup with crusty roll	Sweet potato soup with crusty roll	Mushroom soup with crusty roll	Leek & potato soup with crusty roll	Lentil soup with crusty roll	Tomato soup with crusty roll	Root veg soup with crusty roll
Baked fish	Chilli con carne	Beef stir fry	Turkey lasagne	Chicken fajitas	Sweet & sour pork	Turkey enchilada
or	or	or	or	or	or	or
Chicken, leek & mushroom risotto	Red pesto king prawns, peppers & olives	Chicken, spinach & chorizo pasta	Beef goulash	Lemon & pepper turkey escalope	Roast hake	Daube of beef
or	or	or	or	or	or	or
Spanish omelette	Vegetable & bean tomato pasta bake	Quorn cottage pie, sweet potato mash	Leek & potato cakes, tomato chutney & fried egg	Vegetable fajitas	Spinach & ricotta cannelloni	Quorn sausages in a rich onion gravy
Grilled courgette, steamed asparagus, and cous-cous	Steamed greens, sweet potato wedges, brown rice, pak choi	Roasted peppers & sweetcorn, pitta breads/ wraps, Mediterranean vegetables	Broccoli, garlic bread, baby potatoes, roasted cherry tomatoes & peppers	Stir fry veg/ tomato salsa, wholemeal wraps, wild rice, braised greens	Roast carrots, rice, boulangère potatoes, braised savoy cabbage	Steamed kale & spinach, wedges, fondant potato, baby beetroot
Fruit muffin	Pancakes, sliced fruit & honey	Belgian waffle	Fresh baked cookie	Fresh Greek yoghurt & compote	Traditional flapjack	Fruit muffin
Tea, coffee, water & hydration juice						

Performance supper menu

- Selection of cereals & muesli
- Rice and oat cakes
- Variety of muffins
- Breads, bagels, rolls and toast
- Selection of jams, marmalades, preserves, low fat spreads
- Fresh fruit
- Low fat flavoured yoghurts
- Tea, coffee, water & juice