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

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Example Performance+ lunch menu

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Enhanced protein salad bar including cold meats and cheeses, and baked potatoes						
Tomato soup with crusty roll	Lentil soup with crusty roll	Potato & leek soup with crusty roll	Minestrone soup with crusty roll	Vegetable soup with crusty roll	Lentil soup with crusty roll	Potato & leek soup with crusty roll
Main dishes (choice of 2)						
Chicken tikka masala flat bread pizza	Chilli con carne	Chicken arrabbiata	Steak & sausage casserole	Bacon, cheeseburger	Dirty beef burrito	Chicken, bacon & leek stew
Beef madras	Garlic, lemon & rosemary chicken leg	Peri-peri pork loin	Lemon & paprika marinated chicken	Hunters chicken	Chicken & sage risotto	Braised steak, onion & mushroom
Vegetable & bean chilli	Roast vegetable korma	Pumpkin ravioli	Potato & leek cake	Meat free 'beef' burger	6 bean chilli burrito	Quorn roast & gravy
Side dishes						
Sweet potato fries, roast med veg, coconut rice, wilted spinach	Rice, steamed greens, creamy mash potato, sauteed carrots	Penne pasta, broccoli, rosemary roast potatoes, thyme carrots	Mid potatoes, roasted carrots, creamy mashed potatoes, mediterranean vegetables	Seasoned fries, corn on the cob, baby potatoes, steamed broccoli	Spiced potato wedges, red slaw, garlic courgettes toppings: pesto, bacon, mushroom & crispy onions	Mashed potatoes, carrots
Tea, coffee, water & hydration juice						

Example Performance+ dinner menu

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Enhanced protein salad bar including cold meats and cheeses, and baked potatoes						
Vegetable soup with crusty roll	Tomato soup with crusty roll	Lentil soup with crusty roll	Potato & leek soup with crusty roll	Minestrone soup with crusty roll	Vegetable soup with crusty roll	Tomato soup with crusty roll
Main dishes (choice of 2)						
Cumberland sausages with gravy	Southern fried chicken	Chilli con carne	Chicken tikka masala or chicken korma	Roast chicken & haggis with gravy or pepper sauce	Slow cooked beef ragu, or carbonara	Panko chicken
Lemongrass & garlic chicken	Turkey escalope	Fish pie	Chicken & chorizo paella	Turmeric chicken thighs	Thai fish cakes	Mixed grill
Quorn sausage with gravy	Pulled BBQ jackfruit	Roast vegetable lasagne & garlic bread	Sweet potato dahl	Quorn chicken with gravy or pepper sauce	Creamy mushroom & leek	Crispy quorn chicken
Side dishes						
Creamy mashed potato, steamed sweetcorn, sesame noodles, soy braised pak choi	Jambalaya, gumbo, creamy mash potato, cherry tomato & basil sauce	Steamed rice, roast carrots, mashed potato, wilted spinach	Steamed rice, onion bhaji, cajun roast corn	Baby potatoes, bashed turnip, baby potatoes, braised leeks	Pasta, garlic bread, steamed broccoli, sweet chilli noodles, stir fry vegetables	Egg noodles, stir fried vegetables, Sauce choices: sweet & sour, Szechuan, or Thai green curry
A selection of desserts and fresh fruit will be available daily. Plus 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

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