ARDVRECK MENU WEEK 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Cereal, po	orridge, whole fruit &	yoghurt, fruit juice, wa	arm baked bread witi	h honey & jam	
BREAKFAST		Continental platters and pastries	Smoothies, crispy bacon and mushrooms	Potato waffles, baked beans, cheeses and fresh fruit platter	Continental platters and pastries	Hash browns, baked beans, smoothies and fruit platter	Croque Monsieur and Smoothies
		SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
		Mushroom tarragon	Lentil	Lightly curried parsnip	Cauliflower and smoked applewood cheese	Roast butternut squash, coconut with a hint of chilli	Lentil
		MAIN	MAIN	MAIN	MAIN	MAIN	MAIN
	BRUNCH Sausage, bacon, eggs, baked beans, hash browns, mushrooms, & croissants	Chicken & vegetable with noodles and black bean sauce	Beef chilli taco sour cream, guacamole & rice	'Barry's' curry with rice and naan	Lasagne with garlic bread	Wholetail scampi, chunky chips, chipshop mushy peas and homemade tartare sauce	Creamy chicken pie served with mash potatoes & carrots
N N		VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
HONCH		Stir fry vegetable with noodles and black bean sauce	Mixed bean chilli taco	Potato and spinach curry with rice	Gluten free lasagne & vegan lasagne	Fishless fingers and gluten free wholetail scampi, chunky chips, chip-shop mushy peas and homemade tartare sauce	Leek and mushroom pie
		DESSERT	DESSERT	DESSERT	DESSERT	Ø Ø 👙 DESSERT	DESSERT
		Jam roly-poly with custard	DESSERT Lemon drizzle sponge, custard	DESSERT Carrot cake & cream cheese	DESSERT Belgian chocolate ice cream		Fruit jelly and peaches and cream
		Jam roly-poly with custard	Lemon drizzle	Carrot cake & cream cheese	Belgian chocolate ice cream	DESSERT Chef's choice Cheesecake	Fruit jelly and peaches and cream
		Jam roly-poly with custard	Lemon drizzle sponge, custard	Carrot cake & cream cheese	Belgian chocolate ice cream	Chef's choice Cheesecake	Fruit jelly and peaches and cream
	Milk & buns	Jam roly-poly with custard	Lemon drizzle sponge, custard	Carrot cake & cream cheese	Belgian chocolate ice cream	Chef's choice Cheesecake	Fruit jelly and peaches and cream
	Roast pork, roast potatoes and roasted root vegetables with Yorkshire pudding and	Jam roly-poly with custard Whole fruit Cookies	Lemon drizzle sponge, custard Whole fruit	Carrot cake & cream cheese Whole fruit Toffee mini muffin	Belgian chocolate ice cream Whole fruit Cookies	Chef's choice Cheesecake Whole fruit Choc mini muffin	Fruit jelly and peaches and cream Whole fruit Cup cakes
~	Roast pork, roast potatoes and roasted root vegetables with Yorkshire	Jam roly-poly with custard Whole fruit Cookies Three cheese macaroni and garlic	Lemon drizzle sponge, custard Whole fruit Gunge cake Sausage rolls served with chips	Carrot cake & cream cheese Whole fruit Toffee mini muffin Southern fried fish goujons, Duchess potatoes and petits pois SELECTIONS VEGETARIAN	Belgian chocolate ice cream Whole fruit Cookies Pork & apple burger on a brioche bun with fries and	Chef's choice Cheesecake Whole fruit Choc mini muffin Spaghetti carbonara	Fruit jelly and peaches and cream Whole fruit Cup cakes Pork sausage Casserole with roast potatoes and roasted vegetables
SUPPER	Roast pork, roast potatoes and roasted root vegetables with Yorkshire pudding and	Jam roly-poly with custard Whole fruit Cookies Three cheese macaroni and garlic ciabatta	Lemon drizzle sponge, custard Whole fruit Gunge cake Sausage rolls served with chips and baked beans	Carrot cake & cream cheese Whole fruit Toffee mini muffin Southern fried fish goujons, Duchess potatoes and petits pois	Belgian chocolate ice cream Whole fruit Cookies Pork & apple burger on a brioche bun with fries and milkshake VEGETARIAN Gluten free and vegan burger on a brioche bun with fries and milkshake With fries and milkshake	Chef's choice Cheesecake Whole fruit Choc mini muffin Spaghetti carbonara and garlic bread	Fruit jelly and peaches and cream Whole fruit Cup cakes Pork sausage Casserole with roast potatoes and roasted vegetables
SUPPER	Roast pork, roast potatoes and roasted root vegetables with Yorkshire pudding and gravy VEGETARIAN Roast Quorn fillet with Yorkshire pudding and gravy OFFICE OFF	Jam roly-poly with custard Whole fruit Cookies Three cheese macaroni and garlic ciabatta VEGETARIAN Tomato oregano pasta	Lemon drizzle sponge, custard Whole fruit Gunge cake Sausage rolls served with chips and baked beans VEGETARIAN Cheese and onion pasty served with chips and baked beans DESSERT	Carrot cake & cream cheese Whole fruit Toffee mini muffin Southern fried fish goujons, Duchess potatoes and petits pois VEGETARIAN Vegan fishless fingers/ gluten free fish goujons served with Duchess potatoes and petits pois DESSERT	Belgian chocolate ice cream Whole fruit Cookies Pork & apple burger on a brioche bun with fries and milkshake VEGETARIAN Gluten free and vegan burger on a brioche bun with fries and milkshake With fries and milkshake DESSERT	Chef's choice Cheesecake Whole fruit Choc mini muffin Spaghetti carbonara and garlic bread VEGETARIAN Gluten free and vegan Spaghetti carbonara &	Fruit jelly and peaches and cream Whole fruit Cup cakes Pork sausage Casserole with roast potatoes and roasted vegetables VEGETARIAN Quorn sausage
SUPPER	Roast pork, roast potatoes and roasted root vegetables with Yorkshire pudding and gravy VEGETARIAN Roast Quorn fillet with Yorkshire pudding and gravy	Jam roly-poly with custard Whole fruit Cookies Three cheese macaroni and garlic ciabatta VEGETARIAN Tomato oregano pasta	Lemon drizzle sponge, custard Whole fruit Gunge cake Sausage rolls served with chips and baked beans VEGETARIAN Cheese and onion pasty served with chips and baked beans	Carrot cake & cream cheese Whole fruit Toffee mini muffin Southern fried fish goujons, Duchess potatoes and petits pois VEGETARIAN Vegan fishless fingers/ gluten free fish goujons served with Duchess potatoes and petits pois potatoes and petits pois in the control of t	Belgian chocolate ice cream Whole fruit Cookies Pork & apple burger on a brioche bun with fries and milkshake VEGETARIAN Gluten free and vegan burger on a brioche bun with fries and milkshake With fries and milkshake	Chef's choice Cheesecake Whole fruit Choc mini muffin Spaghetti carbonara and garlic bread VEGETARIAN Gluten free and vegan Spaghetti carbonara & garlic bread garlic bread	Fruit jelly and peaches and cream Whole fruit Cup cakes Pork sausage Casserole with roast potatoes and roasted vegetables VEGETARIAN Quorn sausage casserole

ARDVRECK MENU WEEK 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Cereal, p	oorridge, whole fruit & y	oghurt, fruit juice, war	rm baked bread with ho	ney & jam	
BREAKFAST		Continental platters and pastries	Smoothies and pain au chocolate	Pancakes, crispy bacon, maple flavoured syrup	Continental platters and pastries	Hash browns, baked beans, smoothies and fruit platter	Croque Monsieur and smoothies
		SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
		Mushroom tarragon	Lentil	Lightly curried parsnip	Cauliflower and smoked applewood cheese	Roast butternut squash, coconut with a hint of chilli	Lentil
		MAIN	MAIN	MAIN	MAIN	MAIN	MAIN
	BRUNCH Sausage, bacon, eggs, baked beans, hash browns, mushrooms,	Penne Bolognaise served with garlic bread	Smoked gammon, served with pineapple, potato croquettes & carrots	Beef olives, rich onion gravy, creamy mashed potatoes with roasted root vegetables	'Barry's' curry served with rice and poppadom's	Breaded haddock, chunky chips, chip-shop curry sauce and petits pois	Cottage pie served with green beans
去	& croissants	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
HONCH		Vegan bolognaise served with garlic bread	Vegetable quiche served with potato croquettes & carrots	Vegan sausages, rich onion gravy, mashed potatoes with roasted root vegetables	Potato and spinach curry with rice and poppadom's	Vegan fishless- fingers/ Gluten free haddock with chunky chips, chip-shop curry sauce and petits pois	Meat free cottage pie served with green beans
		DESSERT	DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
		Artic roll	Syrup sponge and custard	Banoffee tart	Chocolate sponge and hot chocolate sauce	Chef's choice Cheesecake	Ardvreck mess
		Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit
	Milk & buns	Cookies	Gunge cake	Toffee mini muffin	Cookies	Choc mini muffin	Cup cakes
	Roast turkey, roast potatoes and roasted root vegetables with Yorkshire pudding and	Chicken and chorizo paella with Focaccia	Steak night! Rump steak, served with mushrooms, tomatoes, chunky chips, onion rings with peppercorn sauce	Chicken pesto pasta parmesan with garlic bread	Beef burger, on a brioche bun, served with curly fries and optional cracked black pepper mayo	Chargrilled chicken with egg fried rice and sweetcorn	Pizza and Caesar Salad
	gravy VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
SUPPER	Roast Quorn fillet with Yorkshire pudding and gravy	Vegan vegetable paella	Vegan steak, mushrooms, tomatoes, chunky chips, onion rings with peppercorn sauce	Roasted vegetable pasta served with garlic bread	Vegan and gluten free burger with curly fries	Vegetable stir- fried rice, with optional Quorn goujons	Pizza and Caesar Salad
	DESSERT	DESSERT	DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
	Chocolate mousse	Fruit corner	Assorted cheese board and biscuits	Churros and chocolate sauce	Chocolate brownie	Strawberry gateau	Fruit crumble and whipped cream
		I	I	Whole fruit	I	I	Pace TUNEDA

ARDVRECK MENU WEEK 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Cereal,	porridge, whole fruit	t & yoghurt, fruit juice,	warm baked bread with	n honey & jam	
BREAKFAST		Continental platters and Pastries	Smoothies & bacon and baked beans	Pork sausages and mini waffles	Continental platters and pastries	Hash browns, baked beans, smoothies and fruit platter	Croque Monsieur and Smoothies
		SOUP	SOUP	SOUP	SOUP	SOUP	SOUP
		Mushroom tarragon (A)	Lentil MAIN	Lightly curried parsnip MAIN	Cauliflower and smoked applewood cheese	Roast butternut squash, coconut with a hint of chilli	Lentil MAIN
		MAIN	MAIN		MAIN	Chunky breaded	MAIN
_	BRUNCH Sausage, bacon, eggs, baked beans, hash browns, mushrooms,	Chicken sweet and sour with rice and prawn crackers	Meatballs in a rich tomato sauce with pasta	Crispy buttermilk chicken, crunchy cubed potatoes with steamed broccoli	Beef cannelloni and garlic bread	haddock, with chunky chips, petits pois and homemade tartare sauce	Lasagne served with garlic bread
LUNCH	& croissants	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
INT		Sweet and sour stir fry with rice	Vegan meatballs in a rich tomato sauce with pasta	Crispy coated vegan-strips/ crispy gluten free buttermilk chicken, crunchy cubed potatoes with steamed broccoli	Vegan and gluten free cannelloni and garlic bread	Tempura battered vegetables with chunky chips, petits pois and homemade tartare sauce	Vegetable lasagne served with garlic bread
		DESSERT	DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
				DESSERI			DESSERI
		Choc fudge cake and cream	Apple crumble and custard	Raspberry pavlova	Mars bar crispy cake	Chef's choice Cheesecake	Magnum ice cream
		Choc fudge cake and cream	Apple crumble and custard		Mars bar crispy cake	Chef's choice Cheesecake	Magnum ice cream
		Choc fudge cake and cream Whole fruit	Apple crumble and custard	Raspberry pavlova Whole fruit	Mars bar crispy cake Whole fruit	Chef's choice Cheesecake	Magnum ice cream Whole fruit
-	Milk & buns	Choc fudge cake and cream	Apple crumble and custard Whole fruit Gunge cake	Raspberry pavlova	Mars bar crispy cake	Chef's choice Cheesecake	Magnum ice cream
	Milk & buns Roast beef, roast potatoes and roasted root vegetables with Yorkshire pudding and gravy	Choc fudge cake and cream Whole fruit Cookies	Apple crumble and custard Whole fruit	Raspberry pavlova Whole fruit Muffins	Mars bar crispy cake Whole fruit Cookies	Chef's choice Cheesecake Whole fruit	Magnum ice cream Whole fruit Cup cakes
PER	Roast beef, roast potatoes and roasted root vegetables with Yorkshire pudding and	Choc fudge cake and cream Whole fruit Cookies Chicken goujons served with wedges and beans VEGETARIAN	Apple crumble and custard Whole fruit Gunge cake Pork Medallions, onion rings, medley veg & dauphinois potatoes with a wholegrain	Raspberry pavlova Whole fruit Muffins Steak pie, served with baby potatoes, carrots and green	Mars bar crispy cake Whole fruit Cookies Crispy coated chicken burger, in a brioche bun with sweet potato fries served with an	Chef's choice Cheesecake Whole fruit Viennese Chicken fajitas served with rice, guacamole and crème fraiche	Magnum ice cream Whole fruit Cup cakes Chicken korma, with garlic and coriander bites
SUPPER	Roast beef, roast potatoes and roasted root vegetables with Yorkshire pudding and gravy	Choc fudge cake and cream Whole fruit Cookies Chicken goujons served with wedges and beans VEGETARIAN Gluten free goujons/ vegan goujons served with wedges and beans	Apple crumble and custard Whole fruit Gunge cake Pork Medallions, onion rings, medley veg & dauphinois potatoes with a wholegrain mustard sauce	Raspberry pavlova Whole fruit Muffins Steak pie, served with baby potatoes, carrots and green beans	Mars bar crispy cake Whole fruit Cookies Crispy coated chicken burger, in a brioche bun with sweet potato fries served with an optional spicy mayo	Chef's choice Cheesecake Whole fruit Viennese Chicken fajitas served with rice, guacamole and crème fraiche	Magnum ice cream Whole fruit Cup cakes Chicken korma, with garlic and coriander bites
SUPPER	Roast beef, roast potatoes and roasted root vegetables with Yorkshire pudding and gravy VEGETARIAN Roast Quorn fillet, Yorkshire pudding	Choc fudge cake and cream Whole fruit Cookies Chicken goujons served with wedges and beans VEGETARIAN Gluten free goujons/ vegan goujons served with wedges and beans	Apple crumble and custard Whole fruit Gunge cake Pork Medallions, onion rings, medley veg & dauphinois potatoes with a wholegrain mustard sauce VEGETARIAN Mushroom stroganoff	Raspberry pavlova Whole fruit Muffins Steak pie, served with baby potatoes, carrots and green beans VEGETARIAN Cauliflower cheese served with baby potatoes, carrots	Mars bar crispy cake Whole fruit Cookies Crispy coated chicken burger, in a brioche bun with sweet potato fries served with an optional spicy mayo VEGETARIAN Veg burger with sweet potato fries served with an optional spicy mayo	Chef's choice Cheesecake Whole fruit Viennese Chicken fajitas served with rice, guacamole and crème fraiche WEGETARIAN Vegetable fajitas served with rice and guacamole	Magnum ice cream Whole fruit Cup cakes Chicken korma, with garlic and coriander bites WEGETARIAN Vegetable Korma
SUPPER	Roast beef, roast potatoes and roasted root vegetables with Yorkshire pudding and gravy VEGETARIAN Roast Quorn fillet, Yorkshire pudding	Choc fudge cake and cream Whole fruit Cookies Chicken goujons served with wedges and beans VEGETARIAN Gluten free goujons vegan goujons served with wedges and beans Wedges and beans	Apple crumble and custard Whole fruit Gunge cake Pork Medallions, onion rings, medley veg & dauphinois potatoes with a wholegrain mustard sauce VEGETARIAN Mushroom stroganoff With a stronganoff With a	Raspberry pavlova Whole fruit Muffins Steak pie, served with baby potatoes, carrots and green beans VEGETARIAN Cauliflower cheese served with baby potatoes, carrots and green beans	Mars bar crispy cake Whole fruit Cookies Crispy coated chicken burger, in a brioche bun with sweet potato fries served with an optional spicy mayo VEGETARIAN Veg burger with sweet potato fries served with an optional spicy mayo Wighting	Chef's choice Cheesecake Whole fruit Viennese Chicken fajitas served with rice, guacamole and crème fraiche WEGETARIAN Vegetable fajitas served with rice and guacamole and guacamole Wiennese Wiennese	Magnum ice cream Whole fruit Cup cakes Chicken korma, with garlic and coriander bites WEGETARIAN Vegetable Korma
SUPPER	Roast beef, roast potatoes and roasted root vegetables with Yorkshire pudding and gravy VEGETARIAN Roast Quorn fillet, Yorkshire pudding DESSERT Strawberry mousse	Choc fudge cake and cream Whole fruit Cookies Chicken goujons served with wedges and beans VEGETARIAN Gluten free goujons/ vegan goujons served with wedges and beans DESSERT Fruit corner	Apple crumble and custard Whole fruit Gunge cake Pork Medallions, onion rings, medley veg & dauphinois potatoes with a wholegrain mustard sauce VEGETARIAN Mushroom stroganoff With a wholegrain mustard sauce VEGETARIAN	Raspberry pavlova Whole fruit Muffins Steak pie, served with baby potatoes, carrots and green beans VEGETARIAN Cauliflower cheese served with baby potatoes, carrots and green beans DESSERT Churros and chocolate sauce	Mars bar crispy cake Whole fruit Cookies Crispy coated chicken burger, in a brioche bun with sweet potato fries served with an optional spicy mayo VEGETARIAN Veg burger with sweet potato fries served with an optional spicy mayo DESSERT Chocolate brownie	Chef's choice Cheesecake Whole fruit Viennese Chicken fajitas served with rice, guacamole and crème fraiche WEGETARIAN Vegetable fajitas served with rice and guacamole and guacamole Strawberry gateau	Magnum ice cream Whole fruit Cup cakes Chicken korma, with garlic and coriander bites WEGETARIAN Vegetable Korma DESSERT Fruit crumble with custard

All Items are subject to availability









