

IQ Menu (2 week cycle)

Menu Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Cooked breakfast consisting of: Bacon Rasher Breakfast Sausage Baked Beans Hash Brown Fried	Selection of sliced cold meat & cheese Cereal (2 x choices) Fresh Fruit Croissant and pan au chocolate Yoghurt rolls Orange drink Tea or Coffee	Selection of sliced cold meat & cheese Cereal (2 x choices) Fresh Fruit Croissant and pan au chocolate Yoghurt Orange drink Tea or Coffee	Selection of sliced cold meat & cheese Cereal (2 x choices) Fresh Fruit Croissant and pan au chocolate Yoghurt Orange drink Tea or Coffee	Selection of sliced cold meat & cheese Cereal (2 x choices) Fresh Fruit Croissant and pan au chocolate Yoghurt Orange drink Tea or Coffee	Selection of sliced cold meat & cheese Cereal (2 x choices) Fresh Fruit Croissant and pan au chocolate Yoghurt Orange drink Tea or Coffee	Selection of sliced cold meat & cheese Cereal (2 x choices) Fresh Fruit Croissant and pan au chocolate Yoghurt Orange drink Tea or Coffee	Selection of sliced cold meat & cheese Cereal (2 x choices) Fresh Fruit Croissant and pan au chocolate Yoghurt Orange drink Tea or Coffee
Lunch (choice of 3 main dishes one of which is vegetarian, salad bar, bread, drinks and dessert)	Traditional cheese and onion pasty Breaded Turkey Escalope BBQ chicken Panini Salad bar Croquette Potato Fresh vegetables French Bread Fresh fruit Jam donut Yoghurt	Pasta Bolognese Mushroom & onion Pizza BLT sandwich Salad bar Baked Wedges Baker's basket Fresh vegetables Fresh fruit yoghurt Cookie	Ricotta and spinach Tortellini in Creamy sauce Spanish Potato Omelette Garlic and basil chicken Salad bar Chips Fresh vegetables Assorted bread Fresh fruit brownie Yoghurt	Tuna pasta Bake Breaded Pork with cheese and ham Hot dog Salad bar Curly fries Fresh vegetables French Bread Fresh fruit Lemon drizzle Yoghurt	Fried Fish with lemon Aubergine Caponata with Pasta Farfalle Bbq chicken legs Salad bar Fries Fresh vegetables Baker's basket Fresh fruit Choc éclair Yoghurt	Pepperoni Pizza Chicken goujons Vegetarian slice Salad bar Fries Fresh vegetables Baguettes Fresh fruit Ring donut Yoghurt	Bbq chicken panini Spaghetti with meat ball Roasted vegetable lasagne with garlic bread Salad bar French fries vegetables Bread Fresh fruit Chocolate muffin Yoghurt
Dinner (choice of 3 main dishes one of which is vegetarian, salad bar, bread, drinks and dessert)	Burger bar Beef Burger Chicken Burger Veggie Burger Chips Onion rings Salad bar Selection of bread Fresh fruit Apple tart Cheese biscuits	BBQ pork steak Penna Pasta with roasted veg in tomatoes sauce Mozzarella & vegetable tart Chips, Peas, Salad bar Selection of breads fresh fruit Chocolate cake Ice cream	Sauté chicken breast with creamy sauce Pasta with pesto and rocket / Fennel and potatoes baked Dauphinoise Vegetable, Salad bar bread ,Fresh fruit profiteroles Cheese biscuits	Chicken Parma ham Pasta with meatball Stuffed Aubergine Roast new potato Vegetable Salad bar Selection of bread Fresh fruit Lemon cake ice cream	BBQ Beef burger Hot dog Chicken burger (frozen) Veggie burger Salad bar Fresh fruit Strawberry Cheese cake Cheese biscuits	Chicken steak Beef lasagne Vegetable strudel Saute potato vegetable Salad bar Selection of bread Fresh fruit Chocolate cake Ice cream	Meat ball pork ragu Roast turkey Nut roast Roast potatoes Vegetables Salad bar Selection of bread Fresh fruit Black forest cake Cheese biscuits

IQ Menu (2 week cycle)

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Menu Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Cooked breakfast consisting of: Bacon Rasher Breakfast Sausage Baked Beans Hash Brown Fried	Selection of sliced cold meat & cheese Cereal (2 x choices) Fresh Fruit Croissant and pan au chocolate Yoghurt Orange drink Tea or Coffee	Selection of sliced cold meat & cheese Cereal (2 x choices) Fresh Fruit Croissant and pan au chocolate Yoghurt Orange drink Tea or Coffee	Selection of sliced cold meat & cheese Cereal (2 x choices) Fresh Fruit Croissant and pan au chocolate Yoghurt Orange drink Tea or Coffee	Selection of sliced cold meat & cheese Cereal (2 x choices) Fresh Fruit Croissant and pan au chocolate Yoghurt Orange drink Tea or Coffee	Selection of sliced cold meat & cheese Cereal (2 x choices) Fresh Fruit Croissant and pan au chocolate Yoghurt Orange drink Tea or Coffee	Selection of sliced cold meat & cheese Cereal (2 x choices) Fresh Fruit Croissant and pan au chocolate Yoghurt Orange drink Tea or Coffee	Selection of sliced cold meat & cheese Cereal (2 x choices) Fresh Fruit Croissant and pan au chocolate Yoghurt Orange drink Tea or Coffee
Lunch (choice of 3 main dishes one of which is vegetarian, salad bar, bread, drinks and dessert)	Chicken with Sweet & Sour Sauce Roast Vegetable Enchilada with Rice & Beans. Vegetable spring roll Potatoes or Rice Vegetable Salad Bar Fruit or Yoghurt Mini doughnut	Spaghetti Bolognaise Vegetable Tikka Masala & Nan Bread Mushroom & onion Pizza Potato or Rice Vegetable Salad Bar Fruit or Yoghurt Scone and cream	Penne with cream cheese and bacon Bake Cauliflower cheese BLT sandwich Potato or Rice Vegetable Salad Bar Fruit or Yoghurt Cup cake	Herb sausage & Mashed Potato Pasta Bar with 3 Sauces Mozzarella & Tomato Wrap Potato or Rice Vegetable Salad Bar Fruit or Yoghurt	Salmon & Broccoli Cream Bake Ricotta and spinach Tortellini in Creamy sauce Garlic and basil chicken Potato or Rice Vegetable Salad Bar Fruit or Yoghurt Chocolate brownie	Pepperoni Pizza Chicken goujons Vegetarian slice Salad bar Fries Fresh vegetables Baguettes Fresh fruit Ring donut Yoghurt	Bbq chicken panni Spaghetti with meat ball Roasted vegetable lasagne with garlic bread Salad bar French fries vegetables Brea Fresh fruit Chocolate muffin Yoghurt
Dinner (choice of 3 main dishes one of which is vegetarian, salad bar, bread, drinks and dessert)	Beef Burger Chicken Burger Veggie Burger Chips Onion rings Salad bar Selection of bread Fresh fruit Apple tart Cheese biscuits	Grilled chicken Chasseur sauce Mozzarella & vegetable tart fusilli mushroom with garlic bread Chips/Rice Peas Salad bar Selection of breads fresh fruit Chocolate cake Cheese & biscuits	Chicken & Broccoli pie Vegetable Cannelloni Pork escalope with tomato sauce Potato or Rice Vegetable Selection bread Salad Bar Fruit Ice cream Cheese cake	Beef Meatballs & Tomato sauce Mushroom Ravioli Lamb meat ball with curry sauce Potato or Rice Vegetable Salad Bar Fruit Selection of bread Cheese and biscuits Profiterole	BBQ Beef burger Hot dog Chicken burger Veggie burger Salad bar Fresh fruit Strawberry jelly Ice cream	Sweet & sour Grilled Pork Escalopei Special Fried rice with Spring roll Basil chicken supreme Potato or Rice Vegetable Salad Bar Fruit Ice cream Profiterole	Meat ball pork ragu Roast turkey Nut roast Roast potatoes Vegetables Salad bar Selection of bread Fresh fruit Black forest cake Cheese biscuits

