

# 1 WEEK SIMPLIFIED MENU PLAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>BREAKFAST</b>			
Cereals	Cereals	Cereals	Cereals	Cereals	Cereals	Cereals
Toast & preserves	Toast & preserves	Toast & preserves	Toast & preserves	Toast & preserves	Toast & preserves	Toast & preserves
Bacon or sausage baps	Bacon or sausage baps	Bacon or sausage baps	Bacon or sausage baps	Bacon or sausage baps	Cooked breakfast	Cooked breakfast
Croissant	Pain au chocolate	Croissant	Pain au chocolate	Toasted tea cakes	Croissant	Pain au chocolate
			<b>MID MORNING</b>			
Hot beverages	Hot beverages	Hot beverages	Hot beverages	Hot beverages	Hot beverages	Hot beverages
Fruit, crisps, snacks	Fruit, crisps, snacks	Fruit, crisps, snacks	Fruit, crisps, snacks	Fruit, crisps, snacks	Fruit, crisps, snacks	Fruit, crisps, snacks
Chocolate cookies	Blueberry muffin	Shortbread	Doughnut	Chocolate muffin	Millionaire's shortbread	Danish assortment
			<b>LUNCH</b>			
<b>FISH DISH</b>	<b>PORK DISH</b>	<b>POULTRY DISH</b>	<b>RED MEAT DISH</b>	BRUNCH - all day breakfast	<b>POULTRY DISH</b>	ROAST LUNCH
VEGETARIAN DISH	VEGETARIAN DISH	VEGETARIAN DISH	VEGETARIAN DISH		VEGETARIAN DISH	VEGETARIAN DISH
Carb accompaniment	Carb accompaniment	Carb accompaniment	Carb accompaniment		Carb accompaniment	Carb accompaniment
2 seasonal vegetables	2 seasonal vegetables	2 seasonal vegetables	2 seasonal vegetables		2 seasonal vegetables	2 seasonal vegetables
Lemon meringue pie	New York cheesecake	Fruit trifle	Profiteroles		Chocolate fudge cake & cream	Raspberry pavlova
			<b>LIGHT LUNCH</b>			
Drinks/crisps/snacks	Drinks/crisps/snacks	Drinks/crisps/snacks	Drinks/crisps/snacks	Drinks/crisps/snacks	Drinks/crisps/snacks	Drinks/crisps/snacks
Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches
Soup of the day	Soup of the day	Soup of the day	Soup of the day	Fresh fruit salad	Soup of the day	Soup of the day
Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes
Toasted sandwiches/panini	Toasted sandwiches/panini	Toasted sandwiches/panini	Toasted sandwiches/panini	Toasted sandwiches/panini	Toasted sandwiches/panini	Toasted sandwiches/panini
Salad/protein pots	Salad/protein pots	Salad/protein pots	Salad/protein pots	Salad/protein pots	Salad/protein pots	Salad/protein pots

## DISH TYPE



Pork



Vegetarian



Poultry



Red meat



Fish