







Food

Nutrition



VALENS



Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Soup Bar	Miso vegetable broth Served with toasted croutons, chili flakes, seeds and freshly baked bread	Pea and mint soup Served with toasted croutons, chili flakes, seeds and freshly baked bread	Curried lentil soup Served with toasted croutons, chili flakes, seeds and freshly baked bread	White bean, spinach and kale soup Served with toasted croutons, chili flakes, seeds and freshly baked bread	Tomato and basil Served with toasted croutons, chili flakes, seeds and freshly baked bread	Mushroom and tarragon Served with toasted croutons, chili flakes, seeds and freshly baked bread	
Daily Deli Special	BLT on sourdough roll	Peri peri chicken mayo multigrain baguette	Cheese, tomato and pesto panini	Sweet potato falafel and sweet chili pitta bread	Smoked salmon, rocket, cream cheese bagel	Tuna melt panini	
Daily Hot Station	Jacket potato filled with: Cowboy hot pot Or Roasted vegetable tagine	Noodle bar: Pork and black bean noodles Or Oriental stir fried vegetable noodles	Steamed rice served with: Spanish style chicken, chorizo and butterbeans Or Tofu madras	Grains – pearl barley served with: Check, mushroom stroganoff Or Quorn, five bean vegetable chilli	Pasta bar: Fajita chicken pasta bake Or Mediterranean tomato, olive and basil sauce	Sports Saturday Penne pasta, meatballs with tomato & basil sauce Or Penne pasta, vegan meatballs with tomato and basil sauce	
Salad Bar							
Yoghurt Station							
Dessert	Fruit flapjack	Lemon and blueberry cake	Cherry cake	Chocolate courgetti cake	Banana cake	Fruit smoothie	
Fresh Fruit							



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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Soup Bar	Minestrone soup	Tomato & red pepper soup	Tuscan bean & vegetable soup	Winter vegetable soup	Chilli & buttemut squash soup	French onion soup	
	Served with toasted croutons, chili flakes, seeds and freshly baked bread	Served with toasted croutons, chili flakes, seeds and freshly baked bread	Served with toasted croutons, chili flakes, seeds and freshly baked bread	Served with toasted croutons, chili flakes, seeds and freshly baked bread	Served with toasted croutons, chili flakes, seeds and freshly baked bread	Served with toasted croutons, chili flakes, seeds and freshly baked bread	
Daily Deli Special	Mozarella, basil & tomato ciabatta	Broccoli & stilton quiche	Piri piri chicken salad boats	Chicken Katsu wrap	Beef, rocket & horseradish baguette	Cheese & red onion marmalade panini	
Daily Hot Station	Steamed Rice served with Beef chilli Or Mexican beans	Jacket Potato filled with Sausage & onion gravy Or Cauliflower & chickpea curry	Noodle Bar Chinese pork noodles Or Noodles in black bean sauce	Grains – Farro grain served with Creamy chicken & tarragon Or Butterbean, olive & aubergine cassoulet	Pasta Bar Penne pasta in tomato , spinach & mascarpone sauce Or Penne pasta with tomato, red pepper & chorizo	Sports Saturday Pasta bolognaise Quorn pasta bolognaise	
Salad Bar							
Yoghurt Station							
Dessert	Cherry flapjack	Carrot Cake	Forest fruit & vanilla cake	Syrup sponge cake	Custard cream blondie	Fruit Smoothie	
Fresh Fruit							



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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Soup Bar	Creamy cauliflower soup	Leek & potato soup	Super green soup	French onion soup	Roasted tomato & basil soup	Carrot & coriander soup	
	Served with toasted croutons, chili flakes, seeds and freshly baked bread	Served with toasted croutons, chili flakes, seeds and freshly baked bread	Served with toasted croutons, chili flakes, seeds and freshly baked bread	Served with toasted croutons, chili flakes, seeds and freshly baked bread	Served with toasted croutons, chili flakes, seeds and freshly baked bread	Served with toasted croutons, chili flakes, seeds and freshly baked bread	
Daily Deli Special	Seeded half moon flagette filled with egg mayo & cress	Southern fried chicken BBQ wrap	Pork & chorizo Sausage roll	Staten Island bagel Ham, cheese, tomato & a mustard kick	Chicken caesar salad in gourmet bun	Cheese & tomato sub roll	
Daily Hot Station	Noodle Bar Pork chow mein Or Teriyaki mushroom	Steamed Rice served with Chicken ratatouille Or Wild mushroom risotto	Jacket Potato filled with Moroccan lamb & chickpeas Or Baked beans & cheese	Grains – Couscous served with Pomegranate chicken Or Spiced aubergine stew with coriander & mint	Pasta Bar Tomato & basil sauce Or Cheese & chive	Sports Saturday Ham & mushroom penne carbonara style Or Plant based chorizo pasta	
Salad Bar							
Yoghurt Station							
Dessert	Jam doughnut	Seeded flapjack	Chocolate popcorn bars	Red velvet cake	Chocolate brownie	Fruit smoothie	
Fresh Fruit							