



Homemade Soup

Open Bread  
(Meat/Fish)

Open Bread  
(Vegetarian)

Hot or Cold  
Salad

Yoghurt

Fresh Fruit

Beverages

Carrot Soup  
Chili Baguette

Broccoli Soup

Portobello & Shiitake  
Mushroom Baguette

Pumpkin & Mustard Seed  
Focaccia

Leek, Potato & Crème Fraîche  
Petite Pain

Focaccia with Tomato,  
Mozzarella, Nut Free Pesto &  
Fresh Basil

Roast Beef Sandwich with  
Remoulade

Pita Bread with Falafel &  
Yogurt Dip

Ciabatta with Salmon,  
Mediterranean Vegetables,  
Lemon Mayonnaise & Rocket

Brown Bread filled with  
Barbeque Chicken, Spinach,  
Red Onion & Pickles

Focaccia with roasted  
vegetables, tomato  
tapenade  
and Fresh Basil

Dark Bread with Fennel,  
Goat Cheese and Fresh  
Orange

Pita Bread stuffed with  
Hummus, Tomato, Cucumber,  
Olives & Fresh Herbs

Tomato Focaccia with Olives and  
Salad

Wrap with Grilled Vegetables,  
Hummus & Feta

Piri Piri Beef Strips with  
Mixed Leaf

Penne with Sundried  
Tomatoes, Oregano, Spinach  
and Mozzarella

Chicken Caesar Salad

Brie & Spinach Tart

Spirelli Pasta Salad with Pesto  
and Mushrooms

BRUNCH

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Blackcurrant Yoghurt topped  
with Fresh Red Currants

Pineapple Yoghurt finished  
with Fresh Pineapple & Mint

Natural Yoghurt with Chia  
seed, Clementine & Honey

Pear & Chocolate Yoghurt

Yoghurt with Lemon, Sultana  
& Chia Seed

Cut Fruit:  
Watermelon, Fruit Salad,  
Honeydew Melon

Cut Fruit:  
Galia Melon, Kiwi Halves,  
Black & Green Grapes

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Watermelon, Fruit Salad,  
Honeydew Melon

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Galia Melon, Kiwi Halves,  
Black & Green Grapes

Cut Fruit:  
Watermelon, Fruit Salad,  
Honeydew Melon

Whole Fruit:  
Apples, Oranges, Bananas

Whole Fruit:  
Ripe Pears, Bananas,  
Strawberries

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Strawberries

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Apples, Oranges, Bananas

Water

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LUNCH - 12:30pm to 13:30pm

WEEK 1