
















# Spring Menu Cycle – Kitchen Guide

This menu is available weeks commencing;  
20<sup>th</sup> February; 13<sup>th</sup> March; 3<sup>rd</sup> April; 24<sup>th</sup> April; 15<sup>th</sup> May

<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main Meal</b>	Chicken and Vegetable Curry 	Meatballs in a BBQ Sauce 	Roast Chicken with Stuffing & Gravy	<b>Concept Day</b>  On this day each week you must run <b>ONE</b> concept in line with the Brand Standards   	Catch of the Day with Home Made Tartare Sauce
<b>Vegetarian Meal</b>	Cauliflower Gratin with a Crispy Topping	Cheese and Leek Quiche	Quorn Sausages with Gravy 		Spinach & Feta Goujons 
<b>On the Side – You Must</b> 1. have at least 1 fresh vegetable daily Mon - Thurs 2. always have salad as an alternative vegetable & offer it! 3. You must always have a home baked bread – once a week this must be wholemeal	Turmeric Rice	Spaghetti	Crispy Roast Potatoes		Chips
	New Potatoes	½ Jacket Potato	Mash		Garden Peas
	Green Beans	Broccoli	Glazed Carrots	Baked Beans	
<b>There must always be a 2<sup>nd</sup> fresh vegetable available on these days unit choice, change it daily</b>					
A Mixed Side Salad must always be available as an alternative to vegetables from the main counter <b>make sure your team offer this to all customers.</b>					
Home Baked Bread must always be available from the main counter once a week this must be wholemeal, it can be any flavour or style					
<b>Must be Available Daily Pasta / Jacket Bar</b>	Customers choose a Base; Pasta, Jacket, Rice, or other then add their choice of Hot Topping from our freshly prepared selection; <b>You must offer both a meat &amp; vegetarian choice daily, each day should be different and not clash with other offers</b>				
<b>Snack Pot – Rice Week</b>	Rice with Sweet n Sour Vegetables	Rice with Vegetable Curry	Rice with Beef Bolognese	Rice with Vegetable Chilli	Just Chips and Ketchup
<b>Family Favourites</b>	Apple & Cinnamon Crumble & Custard	Chocolate Sponge & Chocolate Sauce	Red Cherry Pancake with Whipped Cream	Syrup Sponge with Custard	Apricot Flapjack with Custard

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27<sup>th</sup> February; 20<sup>th</sup> March; 10<sup>th</sup> April; 1<sup>st</sup> May; 22<sup>nd</sup> May

<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
<b>Main Meal</b>	Butchers Sausages served with a Red Onion Gravy	<b>Concept Day</b> On this day each week you must run <b>ONE</b> concept in line with the Brand Standards	Honey Roast Gammon	Traditional Lasagne	Catch of the Day with Home Made Tartare Sauce	
<b>Vegetarian Meal</b>	Quorn and Vegetable Chow Mein 		Vegetable and Bean Goulash 	Sweet Potato, Cauliflower & Spinach Curry 	Vegetable Enchilada	
<b>On the Side – You Must</b> 1. have at least 1 fresh vegetable daily Mon - Thurs 2. always have salad as an alternative vegetable & offer it! 3. You must always have a home baked bread – once a week this must be wholemeal	Mash	  	Crispy Roast Potatoes	Pilau Rice	Chips 	
	Broccoli		Rice	Garlic Bread	Garden Peas	
	<b>There must always be a 2<sup>nd</sup> fresh vegetable available on these days unit choice, change it daily</b>				Baked Beans	
	A Mixed Side Salad must always be available as an alternative to vegetables from the main counter <b>make sure your team offer this to all customers.</b>					
	Home Baked Bread must always be available from the main counter once a week this must be wholemeal, it can be any flavour or style					
<b>Must be Available Daily Pasta / Jacket Bar</b>	Customers choose a Base; Pasta, Jacket, Rice, or other then add their choice of Hot Topping from our freshly prepared selection; <b>You must offer both a meat &amp; vegetarian choice daily, each day should be different and not clash with other offers</b>					
<b>Snack Pot – Wedge Week</b>	Wedges with BBQ Sauce	Spicy Wedges & Sour Cream	Margherita Wedges	Herby Wedges with Ketchup	Just Chips	
<b>Family Favourites</b>	Lemon Sponge with Vanilla Sauce	Apple and Rhubarb Pie with Custard	Chocolate & Beetroot Brownie with Chocolate Sauce	Mixed Fruit Crumble with Custard	Banoffee Pudding with Custard	



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6<sup>th</sup> March; 27<sup>th</sup> March; 17<sup>th</sup> April; 8<sup>th</sup> May

<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main Meal</b>	Chicken a la King 	Quarter Pounder in a Bun with our House Sauce and Salad	Roast Pork with Sage & Onion Stuffing and Gravy	<b>Concept Day</b> On this day each week you must run <b>ONE</b> concept in line with the Brand Standards   	Catch of the Day with Home Made Tartare Sauce
<b>Vegetarian Meal</b>	Feta and Vegetable Wellington	Butternut Squash and Chick Pea Tagine 	Spring Vegetable Risotto 		Boston Beans with Quorn Sausage 
<b>On the Side – You Must</b> 1. have at least 1 fresh vegetable daily Mon - Thurs 2. always have salad as an alternative vegetable & offer it! 3. You must always have a home baked bread – once a week this must be wholemeal	Rice	Cous Cous	Crispy Roast Potatoes		Chips
	Broccoli	Herby Wedges			Sweet Potato Mash
		Roast Vegetables	Greens / Cabbage		Garden Peas
	<b>There must always be a 2<sup>nd</sup> fresh vegetable available on these days unit choice, change it daily</b>				Baked Beans
	A Mixed Side Salad must always be available as an alternative to vegetables from the main counter <b>make sure your team offer this to all customers.</b>				
Home Baked Bread must always be available from the main counter once a week this must be wholemeal, it can be any flavour or style					
<b>Must be Available Daily Pasta / Jacket Bar</b>	Customers choose a Base; Pasta, Jacket, Rice, or other then add their choice of Hot Topping from our freshly prepared selection; <b>You must offer both a meat &amp; vegetarian choice daily, each day should be different and not clash with other offers</b>				
<b>Snack Pot – Noodle Week</b>	Kung Po Noodles	Noodle Pot with Sweet and Sour Chicken	Mushroom Chow Mein	Sweet Chilli Noodles with Peppers	Cheesy Chips
<b>Family Favourites</b>	Chocolate & Orange Marble Sponge with Chocolate Sauce	Spiced Pear & Sultana Crumble with Custard	Vanilla Sponge with Mixed Berries & Vanilla Sauce	Carrot Cake with Custard	Blueberry Bake with Custard