

# Rockport Menu - Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey
	Cinnamon Swirl	Bacon and Egg Muffin	French Toast & Maple Syrup	Mini Fry	Croissants
Lunch	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
	Salad & Sandwich Bar	Salad & Sandwich Bar	Salad & Sandwich Bar	Salad & Sandwich Bar	Salad & Sandwich Bar
	Main Course 1 Pasta Marinara	Main Course 1 Honey Roast Ham	Main Course 1 Butter Chicken Curry Naan	Main Course 1 Lasagne Garlic Bread	Main Course 1 Battered Cod Tartar Sauce
	Main Course 2 Sausage Rolls	Main Course 2 Mince Beef & Onion Pie	Main Course 2 Hotdog & Fried Onions	Main Course 2 Mediterranean Baked Fish	Main Course 2 Chicken Gyros Wraps
	Vegetarian Pasta Marinara	Vegetarian Cauliflower Steak	Vegetarian Spinach & Lentil Dhal	Vegetarian Vegetable Lasagne	Vegetarian Vegetable Kebabs
	Sauté Potatoes Mixed Veg	Mashed Potato Savoy Cabbage	Steamed Rice Tender Stem Broccoli	Boiled Baby Potatoes Roast Veg	Chips Peas
	Sweet Traybakes	Sweet Blueberry Muffin	Sweet Fresh Fruit Salad	Sweet Jelly	Sweet Chocolate Fudge Cake
	Main Course 1 Chilli Con Carne & Taco Shells	Main Course 1 Chicken Chow Mein	Main Course 1 Croque Monsieur	Main Course 1 Chicken Kiev	Main Course 1 BBQ Ribs
	Main Course 2 Quesadilla	Main Course 2 Sweet & Sour Prawns	Main Course 2 Pasta Bake	Main Course 2 Braised Steak Peppercorn Sauce	Main Course 2 Chicken Wings
Guacamole, Salsa, Salad, Cheese	Egg Fried Rice	Wedges & Salad	Sauté Potatoes & Veg	Cob, Coleslaw, Salad	
Fresh Fruit	Fresh Fruit	Fresh Fruit	Cheesecake	Fresh Fruit	
Evening Meal					

# Rockport Menu - Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey
	Pain Au Chocolate	Scrambled Eggs Veg Roll Hashbrowns	Pancakes & Bacon	Sausage & Egg Soda	Cinnamon Swirl
Lunch	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
	Salad & Sandwich Bar	Salad & Sandwich Bar	Salad & Sandwich Bar	Salad & Sandwich Bar	Salad & Sandwich Bar
	Main Course 1 Creamy Chicken Pasta	Main Course 1 Roast Pork Loin	Main Course 1 Chicken Chow Mein	Main Course 1 Braised Beef Sausages Onion Gravy	Main Course 1 Fish Fingers
	Main Course 2 Steak Bake	Main Course 2 Chicken Fricassee	Main Course 2 Chilli Con Carne	Main Course 2 Chicken & Mushroom Pie	Main Course 2 Chicken Goujons
	Vegetarian Rotatouille Pasta	Vegetarian Chestnut & Seed Roast	Vegetarian 5 Bean Chilli	Vegetarian Vegan Sausages	Vegetarian Quorn Goujons
	Baby Boiled Potatoes	Roast Potatoes Cauliflower Cheese	Steamed Rice Broccoli	Mashed Potatoes Peas	Skinny Fries Beans
	Sweet Mini Donuts	Sweet Fresh Cut Fruit	Sweet Chocolate Muffin	Sweet Traybakes	Sweet Jam & Coconut Sponge Custard
Evening Meal	Main Course 1 Beef Curry	Main Course 1 Paninis	Main Course 1 Cajun Salmon	Main Course 1 Southern Fried Chicken	Main Course 1 Burritos
	Main Course 2 Pulled Pork in BBQ Sauce Udon Noodles	Main Course 2 ---	Main Course 2 Lemon & Thyme Roast Chicken	Main Course 2 Lasagne	Main Course 2 Chicken Fajitas
	Steamed Rice	Criss Cuts & Salad	Sauté Potatoes Green Beans	Jacket Wedges, Salad & Slaw	Salsa, Guacamole & Tortillas
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Cheesecake	Fresh Fruit

# Rockport Menu - Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey
	Croissant Hot Chocolate	Mini Fry	Breakfast Wrap	Poached Eggs Potato Bread	Pain Au Chocolat
Lunch	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
	Salad & Sandwich Bar	Salad & Sandwich Bar	Salad & Sandwich Bar	Salad & Sandwich Bar	Salad & Sandwich Bar
	Main Course 1 Pasta Bolognese	Main Course 1 Roast Beef Yorkshire Pudding	Main Course 1 Garlic & Ginger Sticky Pork	Main Course 1 Chicken Fajita Wraps	Main Course 1 Cheese Burger
	Main Course 2 BBQ Chicken Skewers	Main Course 2 Roast Chicken & Stuffing	Main Course 2 Macaroni Cheese	Main Course 2 Swedish Meatballs Cream Sauce	Main Course 2 Fish Fingers
	Vegetarian Vegan Bolognese	Vegetarian Vegan Steak	Vegetarian Macaroni Cheese	Vegetarian Vegan Meatballs	Vegetarian Veggie Burger
	Sauté Potatoes Sweetcorn	Dauphinoise Potatoes Broccoli	Steamed Rice	Mashed Potatoes Mixed Vegetables	Chips Garden Peas
	Sweet Mini Chocolate Eclair	Sweet Fresh Cut Fruit	Sweet Traybakes	Sweet Apple Crumble & Custard	Sweet Jam Donut
	Main Course 1 Seabass & Caper Butter	Main Course 1 Pepperoni Pizza	Main Course 1 Chicken & Mushroom Pie	Main Course 1 Katsu Chicken Curry	Main Course 1 Pasta Bake
	Main Course 2 Pork Chops & Gravy	Main Course 2 Margarita Pizza	Main Course 2 Sausages & Onion Gravy	Main Course 2 Gyoza	Main Course 2 Ratatouille
Crushed New Potatoes Asparagus	Potato Wedges	Champ Peas & Carrots	Sticky Rice	Garlic Bread Salad / Slaw	
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
Evening Meal					