

# 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	Mini Fry	French Toast & Maple Syrup	Scrambled eggs & Bacon
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 & Garlic Bread	Main Course 1 Roast pork Loin	Main Course 1 Cottage pie	Main Course 1 Chicken & Broccoli Bake	Main Course 1 Fish Fingers
	Main Course 2 Roast Chicken Fillets	Main Course 2 Braised Beef Sausages Yorkshire Pudding	Main Course 2 Chicken Stir fry Noodles	Main Course 2 Chilli Con Carne	Main Course 2 Chicken Fried Rice
	Vegetarian Tomato Pasta	Vegetarian Veggie Sausages	Vegetarian Veg stir fry Noodles	Vegetarian Vegan Chilli	Vegetarian Fishless Fingers
	Baby Potatoes Broccoli	Roast Potatoes Roast Carrots	Mixed Veg	Rice Naan	Chips Peas
	Sweet Wrapped Blueberry Mini Muffin	Sweet Fresh Cut Fruit	Sweet Traybakes	Sweet Mini Eclairs	Sweet Jelly Pot
	Main Course 1 Beef & Onion Pie	Main Course 1 Mushroom Risotto	Main Course 1 Sweet n sour Pork with rice	Main Course 1 Pulled Pork Baps	Main Course 1 Loaded Chilli Nachos
	Main Course 2 Roast Salmon	Main Course 2 Lasagne	Main Course 2 Salt and Chilli Chicken	Main Course 2 Chicken Wings	Guacamole, Salsa, Cheese
Mash/Gravy/Mixed Veg	Wedges / Garlic Bread	Prawn Crackers	Salad & Slaw	Mixed Leaf 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	Bacon Soda & Fried Eggs	Croissants & Hot Chocolate	Scrambled Eggs Veg Roll Hashbrowns	Mini Fry
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 Bacon Mac & Cheese	Main Course 1 Chicken & Mushroom Pie	Main Course 1 Roast Beef Yorkshire Puddings	Main Course 1 Chicken Tikka	Main Course 1 Spinach & Ricotta Ravioli Tomato sauce
	Main Course 2 Chicken Fajitas	Main Course 2 Cocktail Sausages, Mash & Beans	Main Course 2 Chicken Fillets & Gravy	Main Course 2 Beef & Mushroom Stroganoff	Main Course 2 Quorn Goujons
	Vegetarian Mac n Cheese	Vegetarian Sweet potato & Caramelised onion Tart	Vegetarian Roast Cauliflower steaks	Vegetarian Mushroom Tagliatelle	Vegetarian Fishless Fingers
	Rice / Wraps	Mash	Potatoes / Carrots	Rice / Mixed Veg	Skinny Fries / Sweetcorn
	Sweet Brodericks Traybakes	Sweet Fresh Cut Fruit	Sweet Jelly pots	Sweet Jam & Coconut Cake, Custard	Sweet Mini Doughnuts
	Main Course 1 Battered Cod	Main Course 1 Pasta bake	Main Course 1 Croque Monsieur	Main Course 1 Cajun Chicken	Main Course 1 Salt & Chilli Chicken
Main Course 2 Hotdogs	Main Course 2 Jambons	Main Course 2 ----	Main Course 2 Pork Chops	Main Course 2 Pulled Pork Noodles	
Criss cuts / Salad	Garlic bread / Salad	Chips / Coleslaw	Baby Potatoes / Garden Peas	Fried Rice	
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
	Cinnamon Swirl	Pancakes & Bacon	Sausage/bacon/eggs	French Toast	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 Spaghetti Carbonara	Main Course 1 Honey Glazed Ham	Main Course 1 Chicken Tikka	Main Course 1 Hotdogs	Main Course 1 Fish Fingers, Tartar Sauce
	Main Course 2 Steak Bake	Main Course 2 Lemon & Thyme Chicken	Main Course 2 Lasagne & Garlic bread	Main Course 2 Chicken Chow Mein	Main Course 2 Chicken & Chorizo Paella
	Vegetarian Tomato Pasta	Vegetarian Stuffed Portobello Mushroom	Vegetarian Vegetable Curry	Vegetarian Veg Hotdogs	Vegetarian Vegetable Biryani
	Garlic Bread Wedges	Roast Potatoes Carrots / Green Beans	Rice Naan	Criss Cuts	Chips Garden Peas
	Sweet Broderick traybakes	Sweet Fresh Cut Fruit	Sweet Apple Crumble & Custard	Sweet Jelly	Sweet Chocolate Muffin
	Main Course 1 Chicken Gyros Wraps	Main Course 1 Pizza	Main Course 1 Chicken & Ham Pie	Main Course 1 Chilli con Carne	Main Course 1 Piri Piri Chicken Thighs Prawn Skewers
	Main Course 2 ----	Main Course 2 ----	Main Course 2 ----	Main Course 2 Baked Salmon	Baked Potatoes Corn on the cob
Greek Feta Cheese Salad Sliced Tomato Salad	Chips & Coleslaw	Mash & Roast Carrots	Rice	Salad Bar Slaw	
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	