



Los Angeles - Sample Menu 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Orange Juice & Water Tea & Coffee Toast & Petit Pain Butter & Preserves Fruit, Cereal & Milk Chocolate Spread Croissant & Yoghurt	Orange Juice & Water Tea & Coffee Toast & Petit Pain Butter & Preserves Fruit, Cereal & Milk Chocolate Spread Croissant & Yoghurt	Orange Juice & Water Tea & Coffee Toast & Petit Pain Butter & Preserves Fruit, Cereal & Milk Chocolate Spread Croissant & Yoghurt	Orange Juice & Water Tea & Coffee Toast & Petit Pain Butter & Preserves Fruit, Cereal & Milk Chocolate Spread Croissant & Yoghurt	Orange Juice & Water Tea & Coffee Toast & Petit Pain Butter & Preserves Fruit, Cereal & Milk Chocolate Spread Croissant & Yoghurt	Orange Juice & Water Tea & Coffee Toast & Petit Pain Butter & Preserves Fruit, Cereal & Milk Chocolate Spread Croissant & Yoghurt	Orange Juice & Water Tea & Coffee Toast & Petit Pain Butter & Preserves Fruit, Cereal & Milk Chocolate Spread Croissant & Yoghurt
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Juice	Squash & Water	Squash & Water	Squash & Water	Squash & Water	Squash & Water	Squash & Water	
Salad	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	
Salad	Cold Meats & Cheese	Cold Meats & Cheese	Cold Meats & Cheese	Cold Meats & Cheese	Cold Meats & Cheese	Cold Meats & Cheese	
Meat Option	Shepherd's pie	Beef lasagne	beef burger	Chicken and mushroom pie	Breaded fish	Pasta and Sauce	Sandwich, Crisps
Vegeterian Option	quom bolognaise	Tomato,basil and pepper pasta	Spicy bean burger	Cheddar and onion pie	chick pea and spinach biryani	sweet chilli chicken	Fruit & 500ml water
Sides	Jacket Potato/Chips	Jacket Potato/Chips	Jacket Potato/Chips	Jacket Potato/Chips	Jacket Potato/Chips	vegetable stirfry	Chocolate / Biscuit Bar
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	noodles / rice	
Pasta	Pasta and Sauce	Pasta and Sauce	Pasta and Sauce	Pasta and sauce	Pasta and Sauce	Seasonal Vegetables	
Bread	petit pain	petit pain	petit pain	petit pain	petit pain	Selection of Bread Rolls	
Dessert	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt		
Packed lunch	sandwich, Crisps	sandwich, Crisps	sandwich, Crisps	sandwich,Crisps	sandwich , Crisps	sandwich , Crisps	sandwich , Crisps
Packed lunch	Fruit & 500ml water	Fruit & 500ml water	Fruit & 500ml water	Fruit & 500ml water	Fruit & 500ml water	Fruit & 500ml water	Fruit & 500ml water
Packed lunch	Chocolate / Biscuit Bar	Chocolate / Biscuit Bar	Chocolate / Biscuit Bar	Chocolate / Biscuit Bar	Chocolate / Biscuit Bar	Chocolate / Biscuit Bar	Chocolate / Biscuit Bar
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Juice	Squash & Water	Squash & Water	Squash & Water	Squash & Water	Squash & Water	Squash & Water	Squash & Water
Salad	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Salad	Cold Meats & Cheese	Cold Meats & Cheese	Cold Meats & Cheese	Cold Meats & Cheese	Cold Meats & Cheese	Cold Meats & Cheese	Cold Meats & Cheese
Pasta	Pasta and Sauce	Pasta and Sauce	Pasta and Sauce	Pasta and sauce	Pasta and Sauce	Pasta and Sauce	Pasta and Sauce
Meat Option	Cajun chicken stuffed pitta	pork steak in bbq sauce	chicken	Cottage pie	Grilled Chicken burgers	Beef enchilladas	Sausages with Red onion Gravy
Vegeterian Option	Tex mex veggie burrito	vegetable quiche	ratatouille	Macaroni cheese	Falafel burger sweetcorn relish	chilli bean enchilladas	onion Gravy
Sides	cous cous / chips	new potatoes/ chips	rice / chips	garlic bread/chips	new potatoes/ chips	wedges/rice	Roast new Potatoes
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Bread	Selection of Bread Rolls	Selection of Bread Rolls	Selection of Bread Rolls	Selection of Bread Rolls	Selection of Bread Rolls	Selection of Bread Rolls	Selection of Bread Rolls
Dessert	cake or fruit	cake or fruit	cake or fruit	cake or fruit	cake or fruit	Apple Crumble and custard	treacle sponge and custard

Week 1

Subject to change without notice.



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Orange Juice & Water Tea & Coffee Toast & crossiant Butter & Preserves Fruit, Cereal & Milk Chocolate Spread petit pain & Yoghurt	Orange Juice & Water Tea & Coffee Toast & crossiant Butter & Preserves Fruit, Cereal & Milk Chocolate Spread petit pain & Yoghurt	Orange Juice & Water Tea & Coffee Toast & crossiant Butter & Preserves Fruit, Cereal & Milk Chocolate Spread petit pain & Yoghurt	Orange Juice & Water Tea & Coffee Toast & crossiant Butter & Preserves Fruit, Cereal & Milk Chocolate Spread petit pain & Yoghurt	Orange Juice & Water Tea & Coffee Toast & crossiant Butter & Preserves Fruit, Cereal & Milk Chocolate Spread petit pain & Yoghurt	Orange Juice & Water Tea & Coffee Toast & crossiant Butter & Preserves Fruit, Cereal & Milk Chocolate Spread petit pain & Yoghurt	Orange Juice & Water Tea & Coffee Toast & crossiant Butter & Preserves Fruit, Cereal & Milk Chocolate Spread petit pain & Yoghurt
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Juice	Squash & Water	Squash & Water	Squash & Water	Squash & Water	Squash & Water	Squash & Water	
Salad	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Sandwich, Crisps
Salad	Cold Meats & Cheese	Cold Meats & Cheese	Cold Meats & Cheese	Cold Meats & Cheese	Cold Meats & Cheese	Cold Meats & Cheese	Fruit & 500ml water
Meat Option	Pork Stroganoff	beef burgers	Pepperoni pizza	chicken rogan josh	Breaded Fish		Chocolate / Biscuit Bar
Vegeterian Option	Mushroom Stroganoff	vegetable burger	Tomato,basil and pepper pasta	vegetable quiche	vegetable chilli		
Sides	Jacket Potato/Chips/rice	Jacket Potato/Chips	Jacket Potato/Chips/	Jacket Potato/chips/rice	Jacket Potato/Chips/rice		
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables		
Pasta	Pasta and Sauce	Pasta and Sauce	Pasta and Sauce	Pasta and Sauce	Pasta and Sauce	Seasonal Vegetables	
Bread	Petit Pain	Petit Pain	Petit Pain	Petit Pain	Petit Pain	Selection of Bread Rolls	
Dessert	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt	fruit cake yoghurt	
Packed lunch	Sandwich, crisps	Sandwich, Crisps	Sandwich,Crisps	Sandwich ,Crisps	Sandwich, Crisps	Sandwich, Crisps	Sandwich, Crisps
Packed lunch	Fruit & 500ml water	Fruit & 500ml water	Fruit & 500ml water	Fruit & 500ml water	Fruit & 500ml water	Fruit & 500ml water	Fruit & 500ml water
Packed lunch	Chocolate / Biscuit Bar	Chocolate / Biscuit Bar	Chocolate / Biscuit Bar	Chocolate / Biscuit Bar	Chocolate / Biscuit Bar	Chocolate / Biscuit Bar	Chocolate / Biscuit Bar
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Juice	Squash & Water	Squash & Water	Squash & Water	Squash & Water	Squash & Water	Squash & Water	Squash & Water
Salad	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Salad	Cold Meats & Cheese	Cold Meats & Cheese	Cold Meats & Cheese	Cold Meats & Cheese	Cold Meats & Cheese	Cold Meats & Cheese	Cold Meats & Cheese
Pasta	Pasta and Sauce	Pasta and Sauce	Pasta and Sauce	Pasta and Sauce	Pasta and Sauce	Pasta and Sauce	Pasta and Sauce
Meat Option	beef bolognaise	chicken madras	Beef lasagne	BBQ Chicken	bacon steaks	beef burger	Roast Marinated chicken
Vegeterian Option	Aubergine parmigiana	Three bean and pea tagine	mushroom,spinach lasagne	mixed bean burritos	vegetable spring rolls	Breaded vegetable burger	Spanish Tortilla Tart
Sides	spaghetti/ chips	rice/ chips	garlic bread / chips	cous-cous / wedges	chips/singapore noodless	garlic bread / chips	roasted potatoes/chips
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Bread	Selection of Bread Rolls	Selection of Bread Rolls	Selection of Bread Rolls	Selection of Bread Rolls	Selection of Bread Rolls	Selection of Bread Rolls	Selection of Bread Rolls
Dessert	cake or fruit	cake or fruit	cake or fruit	cake or fruit	cake or fruit	lemon sponge and custard	Giant choc chip cookie

Week 2

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