|  |  |  | BROMSGROVE |  | $\begin{gathered} \text { Flair } \\ \text { DISCIPLine } \\ \text { ACADEmiC RIGOUR } \end{gathered}$ |  |  |
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| Week 2 - Breakfast | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Juices \& Smoothies | Iced Caffe Latte | Orange and Mango Juice | Aqua Fresca with Lime and Mint | Apple and Raspberry Juice | Good For You Banaberry Smoothie | Pineapple Juice | Brunch <br> (See Lunch Menu) |
| Hot Items | Pork Sausage and Vegetarian Sausage | Pork Sausage and Vegetarian Sausage | Pork Sausage and Vegetarian Sausage | Pork Sausage and Vegetarian Sausage | Pork Sausage and Vegetarian Sausage | Pork Sausage and Vegetarian Sausage |  |
|  | Bacon | Bacon | Bacon | Bacon | Bacon | Bacon |  |
|  | Grilled Tomatoes | Sauté Mushrooms | Grilled Tomatoes | Sauté Mushrooms | Grilled Tomatoes | Sauté Mushrooms |  |
|  | Baked Beans | Baked Beans | Baked Beans | Baked Beans | Baked Beans | Baked Beans |  |
|  | Fried Eggs | Boiled Eggs |  | Fried Eggs | Scrambled Eggs | Boiled Eggs |  |
|  | Sauté Potatoes | Hash Browns | Sauté Potatoes | Hash Browns |  | Hash Browns |  |
| Daily Specials | Banana Chocolate Pancakes | French Toast with <br> Berries and Syrup | Ham and Cheese Fritatta | Cinnamon and Apple Twists | Chorizo and Potato Hash | Selection of Pastries |  |
| Daily Breakfast Items | Porridge and Cereal Bar | Porridge and Cereal Bar | Porridge and Cereal Bar | Porridge and Cereal Bar | Porridge and Cereal Bar | Porridge and Cereal Bar |  |
|  | Continental Selection \& Breads | Continental Selection \& Breads | Continental Selection \& Breads | Continental Selection \& Breads | Continental Selection \& Breads | Continental Selection \& Breads |  |
|  | Yoghurt, Compote and Granola | Yoghurt, Compote and Granola | Yoghurt, Compote and Granola | Yoghurt, Compote and Granola | Yoghurt, Compote and Granola | Yoghurt, Compote and Granola |  |
|  | Whole Fruit | Whole Fruit | Whole Fruit | Whole Fruit | Whole Fruit | Whole Fruit |  |



|  | FOUNDED 1553 |  | flatr <br> discipline <br> academic rigour |  |  |  |  |
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| Week 2 - Supper | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Soup | Soup of the Day served with Croutons or Sliced Bread |  |  |  |  |  |  |
| Main course 1 | Chicken Massaman Curry | Fajita Fiesta | Ramen Miso Broth | Oregano and Honey Pulled Pork | Beef Chilli con Carne | Chef's Choice Menu | Butter Chicken Curry |
| Main course 2 | Tom Yum Soup | Chicken or Tofu Roasted with Peppers, Onions and Lime served on a Tortilla Wrap | Soy and Honey Marinated Chicken | Sweet Chilli Shredded Chicken Thigh | Quorn and Five Bean Chilli |  | Quorn Balti |
| Main Course 3 | Thai Red Sweet Potato and Aubergine Curry |  | Glazed Five Spice Mushrooms | Cajun Roasted and Pulled Jackfruit | Nachos, Sour Cream, Guacamole and Salsa |  |  |
| On the side | Fragrant Jasmine Rice | Corn on the Cob | Noodles | Skinny Fries | Braised Rice |  | Pilau Rice |
|  | Roasted Carrot, Peppers and Onions | Potato Wedge Nacho Bake, Sour Cream, Salsa and Melted Cheese | Soy Marinated Egg | Warm Khobez Wrap | Monterey Jack Cheese Sauce |  | Poppadoms and Mango Chutney |
|  |  | Pico de Gallo | Shredded Vegetables | Cabbage, Iceberg, Onion, Cucumber and Tomato |  |  | Fried Greens |
| Pasta Bar | Pasta Station, Jackets, Beans and Cheese | Pasta Station, Jackets, Beans and Cheese | Pasta Station, Jackets, Beans and Cheese | Pasta Station, Jackets, Beans and Cheese | Pasta Station, Jackets, Beans and Cheese |  | Pasta Station, Jackets, Beans and Cheese |
| Salad Bar | Mixed Leaf, Tomato, Cucumber and Slaw | Mixed Leaf, Tomato, Cucumber and Slaw | Mixed Leaf, Tomato, Cucumber and Slaw | Mixed Leaf, Tomato, Cucumber and Slaw | Mixed Leaf, Tomato, Cucumber and Slaw |  | Mixed Leaf, Tomato, Cucumber and Slaw |
| Dessert | Raisin and Apricot Tiffin | Vanilla Pannacotta and Biscuit Crumble | Black Forest Gateau | Carrot Cake | Pineapple UpsideDown Cake |  | Plum Sponge |

