WEEK No

St George's
Member of the BGE group
Business School & English Language Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
Boiled Eggs	**Fried Eggs**	**French Toast**	**Beans and sausages**	**Croissants**	**Scrambled Eggs**	**Full English**
Fresh Fruit – apples Orange, banana	Fresh Fruit – apples Orange, banana	Fresh Fruit – apples Orange, banana	Fresh Fruit – apples Orange, banana	Fresh Fruit – apples Orange, banana	Fresh Fruit – apples Orange, banana	Fresh Fruit – apples Orange, banana
Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee
Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant
Toast and Jam	Toast and Jam	Toast and Jam	Toast and Jam	Toast and Jam	Toast and Jam	Toast and Jam
Cereals: Coco pops, Frosties, Muesli	**Cereals**: Coco pops, Frosties, Muesli	**Cereals**: Coco pops, Frosties, Muesli	**Cereals**: Coco pops, Frosties, Muesli	**Cereals**: Coco pops, Frosties, Muesli	**Cereals**: Coco pops, Frosties, Muesli	**Cereals**: Coco pops, Frosties, Muesli
Morning Break - 1050 – 1105						
Biscuits and Tea	Biscuits and Tea	Biscuits and Tea	Biscuits and Tea	Biscuits and Tea	Biscuits and Tea	Biscuits and Tea
Lunch – 1255 -13.45						
Beef Mince Hotpot	**Sweet and Sour chicken balls and rice**	**Cheese burger and bun and chips**	**Shepherds pie**	**Chicken Nachos**	**Pasta salad and salads Muffins**	**Panini , salad and muffins**

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Mixed salad	Mixed salad	Mixed salad	Mixed salad	Mixed salad	Potato salad	
Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant
Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana

Afternoon Break 1530 – 1600

Muffins and Tea	Muffins and Tea	Muffins and Tea	Muffins and Tea	Muffins and Tea	Muffins and Tea	Muffins and Tea

Supper 1830

Lamb chop grill Tomatoes sweet corn Lattice fries	**Beef Taco's Wedges Guacamole Salsa**	**Chicken and Vegetable Pie New Minted Potatoes Coriander Carrots**	**Spaghetti Meatballs Parmesan**	**Roast Supper**	**Kebab, Pitta bread and salads**	**Chilli and Rice**
Desert: Ice cream and fruit salad	**Desert**: Ice cream and Muffins	**Desert**: Ice cream and sponge cake	**Desert**: Ice cream and Muffins	**Desert**: Ice cream and bread and butter pudding	**Desert**: Ice cream and Muffins	**Desert**: Ice cream and Muffins

Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana
Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee
Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant

WEEK No

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
Boiled Eggs	**Fried Eggs**	**French Toast**	**Beans and sausages**	**Croissants**	**Scrambled Eggs**	**Full English**
Fresh Fruit – Apple Orange, banana	Fresh Fruit – Apple Orange, banana	Fresh Fruit – Apple Orange, banana	Fresh Fruit – Apple Orange, banana	Fresh Fruit – Apple Orange, banana	Fresh Fruit – Apple Orange, banana	Fresh Fruit – Apple Orange, banana
Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee
Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant
Toast and Jam	Toast and Jam	Toast and Jam	Toast and Jam	Toast and Jam	Toast and Jam	Toast and Jam
Cereals: Coco pops, Frosties, Muesli	**Cereals**: Coco pops, Frosties, Muesli	**Cereals**: Coco pops, Frosties, Muesli	**Cereals**: Coco pops, Frosties, Muesli	**Cereals**: Coco pops, Frosties, Muesli	**Cereals**: Coco pops, Frosties, Muesli	**Cereals**: Coco pops, Frosties, Muesli
Morning Break - 1050 – 1105						
Biscuits and Tea	Biscuits and Tea	Biscuits and Tea	Biscuits and Tea	Biscuits and Tea	Biscuits and Tea	Biscuits and Tea
Lunch – 1255 -13.45						
Tomato and Mushroom Pasta	**Beef chow mein and noodles**	**Lamb Tagine Cous cous**	**Beef pie, potatoes and veg**	**Macaroni Cheese**	**Pasta salad and salads Muffins**	**Panini , salad and muffins**
Mixed salad	Mixed salad	Mixed salad	Mixed salad	Mixed salad	Potato salad	
Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant
Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana

Afternoon Break 1530 – 1600

WEEK No

Muffins and Tea	Muffins and Tea	Muffins and Tea	Muffins and Tea	Muffins and Tea	Muffins and Tea	Muffins and Tea

Supper 1830

Southern Fried Chicken **Potato Wedges** **Sweet corn**	**Turkey Tarragon Pie** **New Potatoes** **Carrots and Green Beans**	**Chicken Tortilla Wraps** **Spicy Wedges** **Guacamole , salsa, soured cream** **Cheese**	**Beef Stroganoff and Rice** **Soured cream**	**Roast Supper**	**Kebab, Pitta bread and salads**	**Chilli and Rice**
Desert: Ice cream and apple pie	**Desert**: Ice cream and Muffins	**Desert**: Ice cream and rice pudding	**Desert**: Ice cream and muffins	**Desert**: Ice cream and sponge cake	**Desert**: Ice cream and Muffins	**Desert**: Ice cream and Muffins

Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana
Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee
Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant

WEEK No

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
Boiled Eggs	**Fried Eggs**	**French Toast**	**Beans and sausages**	**Croissants**	**Scrambled Eggs**	**Full English**
Fresh Fruit – Apple, Orange, banana	Fresh Fruit – Apple, Orange, banana	Fresh Fruit – Apple, Orange, banana	Fresh Fruit – Apple, Orange, banana	Fresh Fruit – Apple, Orange, banana	Fresh Fruit – Apple, Orange, banana	Fresh Fruit – Apple, Orange, banana
Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee
Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant
Toast and Jam	Toast and Jam	Toast and Jam	Toast and Jam	Toast and Jam	Toast and Jam	Toast and Jam
Cereals: Coco pops, Frosties, Muesli	**Cereals**: Coco pops, Frosties, Muesli	**Cereals**: Coco pops, Frosties, Muesli	**Cereals**: Coco pops, Frosties, Muesli	**Cereals**: Coco pops, Frosties, Muesli	**Cereals**: Coco pops, Frosties, Muesli	**Cereals**: Coco pops, Frosties, Muesli
Morning Break - 1050 – 1105						
Biscuits and Tea	Biscuits and Tea	Biscuits and Tea	Biscuits and Tea	Biscuits and Tea	Biscuits and Tea	Biscuits and Tea
Lunch – 1255 -13.45						
Lasagne Potatoes Wedges and Garlic Bread	**Chicken legs New potatoes Carrots and Green Beans**	**Chicken Noodle Soup Fresh Rolls**	**Stir Fry noodles and beef**	**Spaghetti Bolognaise Parmesan Cheese**	**Pasta salad and salads Muffins**	**Panini , salad and muffins**
Mixed salad	Mixed salad	Mixed salad	Mixed salad	Mixed salad	Potato salad	
Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant
Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana

WEEK No

Afternoon Break 1530 – 1600

Muffins and Tea	Muffins and Tea	Muffins and Tea	Muffins and Tea	Muffins and Tea	Muffins and Tea	Muffins and Tea

Supper 1830

Beef Stew New Potatoes and Veg	**Pizza, Chips and Pasta Salad**	**Vegetable Ravioli Bread – home made**	**Chicken Korma Ginger rice Nan Bread**	**Roast Supper**	**Kebab, Pitta bread and salads**	**Chilli and Rice**
Desert: Ice cream and Sponge	**Desert**: Ice cream and Muffins	**Desert**: Ice cream and rice pudding	**Desert**: Ice cream and muffins	**Desert**: Ice cream and Donuts	**Desert**: Ice cream and Muffins	**Desert**: Ice cream and Muffins

Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana
Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee
Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant