

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 Spaghetti & Meatballs	Main Course 1 Roast Beef Yorkshire Puddings	Main Course 1 Chicken Curry	Main Course 1 Grilled Chicken Fillet Peppercorn Sauce	Main Course 1 Battered Cod Tartar Sauce
	Main Course 2 Pork schnitzel with creamy mushroom sauce	Main Course 2 Chicken & Leek Pie	Main Course 2 Beef Stroganoff	Main Course 2 Baked Salmon with Lemon & Caper Butter	Main Course 2 Chicken Shawarma Pitta Bread
	Vegetarian Spaghetti and vegan 'meatballs'	Vegetarian Leek & Mushroom Pie	Vegetarian Vegetable Curry	Vegetarian Vegetable Stir Fry	Vegetarian Vegetarian Shawarma
	Sauté Potatoes Sweetcorn	Roast Potatoes Carrots	Steamed Rice Seasonal Veg	Mashed Potatoes Green Beans	Chips Peas
	Sweet Traybakes	Sweet Blueberry Muffin	Sweet Fresh Fruit Salad	Sweet Profiteroles with Chocolate Sauce	Sweet Jelly & Ice Cream
Evening Meal	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

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 Pasta Carbonara	Main Course 1 Teriyaki Chicken	Main Course 1 Roast Turkey with Sage & Onion Stuffing	Main Course 1 Hotdogs Fried Onions	Main Course 1 Chilli con Carne
	Main Course 2 Lemon & Paprika Chicken Roast Peppers & Green Beans	Main Course 2 Honey & Garlic Glazed Salmon	Main Course 2 Cottage Pie	Main Course 2 Piri Piri Chicken Thighs	Main Course 2 Pulled Pork Quesadillas
	Vegetarian Mushroom Carbonara	Vegetarian Teriyaki Stir Fried Tofu	Vegetarian Vegetable Cottage Pie	Vegetarian Veggie Hotdog	Vegetarian Sweet Potato & Black Bean Quesadillas
	Garlic Potato Cubes	Jasmin Rice Stir Fried Vegetables	Boiled New Potatoes Seasonal Veg	Baked Potato Wedges Roasted Corn	Baked Potato Wedges Roasted Corn
	Sweet Chocolate muffins	Sweet Fresh Cut Fruit	Sweet Apple Crumble & Custard	Sweet Mini Jam Donuts	Sweet Ice Lolly
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 Chicken Chow Mein	Main Course 1 Roast Gammon with Honey & Mustard Sauce	Main Course 1 Chicken Kiev	Main Course 1 Sausages	Main Course 1 Salt & Chilli Chicken
	Main Course 2 Steak Bakes	Main Course 2 Chicken Cacciatore	Main Course 2 Loaded Potato Skins	Main Course 2 Spinach & Ricotta Ravioli Tomato Sauce	Main Course 2 BBQ Pork Belly
	Vegetarian Vegetable Chow Mein	Vegetarian Vegetable Cacciatore	Vegetarian Loaded Potato Skins	Vegetarian Vegan Sausages	Vegetarian Salt & Chilli Vegan Strips
	Sauté Potatoes Mixed Veg	Roast Potatoes Seasonal Veg	Steamed Broccoli Corn on the Cob	Mashed Potatoes Baked Beans	Steamed Rice Pak Choi
	Sweet Gingerbread Men	Sweet Custard Donuts	Sweet Traybakes	Sweet Fresh Cut Fruit	Sweet Sprinkle Cake
	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 Rotatouille
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					