

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 Marinara Pasta Garlic bread	Main Course 1 Chicken Curry	Main Course 1 Pork Chops	Main Course 1 Cottage Pie	Main Course 1 Battered Cod Tartar Sauce
	Main Course 2 Sausage Rolls	Main Course 2 Honey & Garlic Baked Salmon	Main Course 2 Roast Beef Yorkshire Pudding	Main Course 2 BBQ Pork Belly	Main Course 2 Chicken Fajita Wraps
	Vegetarian Marinara Pasta & Garlic bread	Vegetarian Vegan Curry	Vegetarian Chestnut Roast	Vegetarian Cottage Pie	Vegetarian Vegetarian Fajitas
	Parmentier Potatoes Sweetcorn	Steamed Rice Broccoli	Roast Potatoes & Carrots Gravy	Sauté Potatoes Mixed Veg	Chips Peas
	Sweet Traybakes	Sweet Blueberry Muffin	Sweet Fresh Fruit Salad	Sweet Mini Eclairs	Sweet Chocolate Fudge Cake Whipped 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 Spaghetti Bolognese	Main Course 1 Roast Pork Loin	Main Course 1 Chicken Tikka Masala	Main Course 1 Sausages	Main Course 1 Piri Piri Chicken Thighs
	Main Course 2 Pulled Pork Loaded Potato Skins	Main Course 2 Chicken & Broccoli Bake	Main Course 2 Chinese Ribs	Main Course 2 Irish Stew	Main Course 2 Fish Fingers
	Vegetarian Vegan Bolognese	Vegetarian Vegan Steak	Vegetarian Vegetable Curry	Vegetarian Veggie Sausages	Vegetarian Fishless Fingers
	Baby Boiled Potatoes Broccoli	Cauliflower Cheese Roast Potatoes	Steamed Rice Mixed Veg	Mashed potatoes Baked Beans	Potato Wedges Peas
	Sweet Mini Donuts	Sweet Fresh Cut Fruit	Sweet Chocolate Muffins	Sweet Traybakes	Sweet Apple Crumble Custard
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 & Chorizo Pasta	Main Course 1 Korean BBQ Chicken	Main Course 1 Chicken & Ham Pie	Main Course 1 Swedish Meatballs Gravy	Main Course 1 Chicken Noodle Stir Fry
	Main Course 2 Steak Bake	Main Course 2 Chilli con Carne	Main Course 2 Herb crusted Cod	Main Course 2 Chicken Kiev	Main Course 2 Fish Fingers
	Vegetarian Veggie Pasta	Vegetarian Vegan Chilli	Vegetarian Vegan Steak	Vegetarian Vegan Sausages	Vegetarian Vegetable Stir Fry
	Sauté Potatoes Mixed Veg	Steamed Rice Sweetcorn	Boiled New Potatoes Seasonal Veg	Mashed Potatoes Broccoli	Chips Peas
	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
Evening Meal	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