

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Are you Hungary ?	The Thigh's the Limit!	Perky Not Pinky	TRADS	Fishysaurus	On the LARGE side	Brunch Munch
Soupa!	Courgette and Red Pepper soup	French Onion with Cheesy Croutons	Pumpkin & haricot bean soup	Tuscan Tomato soup	Chinese Chicken Noodle	Red Lentil soup	<p>The Aldenham Brunch Bar Bacon & Brie Panini Scrambled Eggs with Smoked Salmon Fresh Sausage Patties Roasted Vegetable & Mozzarella Panini Homemade Potato Wedges Danish Pastries Fresh Strawberry Milkshakes</p> <p>Full English Breakfast Sausages, Bacon, Fried Eggs, Baked Beans, Hash Browns, Fried Bread, Mushrooms, Grilled Tomatoes, Black Pudding</p>
Main Event	Hungarian style Beef Goulash with Paprika & Baby Onions	Boneless Chicken Thighs marinated in a light BBQ sauce	Tender Strips of Pork in a Crème Fraiche Sauce	Roast Breast of Turkey with Seasoning, Cranberry and Home Made Gravy	Deep Fried Cod in a Home Made Batter served with Lemon, Parsley & Tartare Sauce Steamed Hoki Fillets	Large Jacket Potatoes filled with A choice of fillings Lamb chilli Creamy chicken	
Meat Free Zone	Fresh poached egg on a potato cake & a fresh spinach sauce	Fresh Asparagus and Feta Cheese Wholemeal Flan	Fresh Mushroom and Black Bean Risotto cakes with Black Olive Salsa	Home Made Leek, Potato and Cream Cheese Country Bake	Summer Ratatouille with Brown Rice	Vegetable bolognaise Fresh vegetable curry	
And to go with....	Steamed Basmati Rice Pan Fried Leeks Sweet Corn	Whole Grain Mustard Mash Fresh Broccoli Roasted Aubergines	New Potatoes Fresh Green Beans Cauliflower	Roasted Sage Potatoes Green Cabbage Baton Carrots	Crispy Lite Fries New Potatoes Mushy Peas Spaghetti Hoops	Feta Cheese Salad Home Made Garlicky Bread Run around our 100% fresh salad bar	
Scrummy Puds!	Luxury Apricot Bread & Butter Pudding with a Custard Sauce	Homemade Fresh Apple Pie with pouring cream	Fruits of the Forest Flapjack	Chocolate Pudding with Chocolate Sauce	Autumn Fruits Crumble with Vanilla Sauce	Fresh Fruit Flan with Whipped Cream	
Evening Main Event							
Evening Main Event	Home Made Moussaka	Home Made Focaccia Style Pizza topped with Pepperoni	Traditional Cornish Pasties with homemade onion gravy	Spicy Chicken Burrito's	Home Made Turkey and Ham Pie	Beef Stroganoff with Baby Onions, Cream and Garlic	Roast Leg of Chicken with seasoning and gravy
Meat Free Zone	Roasted Teriyaki Tofu with Stir Fry Vegetables	Home Made Focaccia Style Cheese and Tomato Pizza	Traditional Cornish Style Fresh Vegetable Pasties	Black Bean and Butternut Squash Burrito's	Afghani Aubergine Casserole	Home Made Cheese and Bean Patties	Home Made Vegetable Spring Rolls with Sweet Chilli Dip
To go with	Roasted Diced Potatoes Roasted Red Onion	Crispy Potato Wedges Roasted Fresh Vegetables	Sliced potatoes & onions in vegetable stock Baby Corn and Carrots	Saffron Rice Stir Fried Vegetables	Fondant Potatoes Pan Fried Courgettes	Steamed Basmati Rice Chunky Carrots with Caraway	Roasted Potatoes Chefs Vegetable Selection
Srummy Pud	Banana Crumble tart with a vanilla sauce	Sultana Suet Sponge With a custard sauce	Homemade Apricot Oat Cookies	Muffins	Homemade Old fashioned Ginger bread cakes	Lemon Swirl Cheesecake	Home Made Cherry Pie
<p>Available Daily: Salad Bar with Various Dressing/ Toppings plus a Protein item of the Day Fresh Fruit Salad and Home Made Yoghurts with Toppings also Available</p>							

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 2	Come on Larry !	Spicy Dayz !	Oh! Babe !	Crispy Crunchy	The Old Bangers	Plenty of Ying but no Yang !	Brunch Munch
Soupa!	Leek and Potato Soup with Horseradish	Warming spiced parsnip soup	Mushroom & tarragon soup	Balinese vegetable Soup	Homemade Oxtail soup	Courgette and Parmesan soup	The Aldenham Brunch Bar
Main Event	Autumn Braised Lamb and Barley Hot Pot	Warming Chicken korma	Roast Leg of Pork with Apple Sauce, Seasoning & homemade Gravy	Breaded Turkey Escalope with a Home Made Red Onion Marmalade	Selection of Butchers sausages, choose from Chicken or Lamb & Mint	Singapore Style Pork with Sweet and Sour sauce	Homemade Galletes Tomato soup with various breads Baked brie wedges Pain au chocolate Kippers with melted butter Homemade Smoothies
Meat Free Zone	Mixed Cheese, Veggie Mince & Spring Onion Rolls	Crispy Pan Fried Vegetables topped with Crispy Tofu	Fresh Roasted Mushroom and Butternut Squash Lasagne	Wild Mushroom and Parmesan Risotto with Basil Oil	Fresh Cauliflower, Red Onion and Broccoli Bake	Singapore Vegetable Noodles with and Tofu	Full English Breakfast Sausages, bacon, fried eggs, baked beans, hash browns, fried bread, mushrooms, grilled tomatoes, black pudding
And to go with....	New Potatoes Mixed Vegetables Broccoli florets	Steamed Basmati Rice Roasted Aubergines Sag aloo Mini Poppadoms	Roasted Potatoes Braised Red Cabbage Mashed Swede	Minted New Potatoes Roasted vegetables Cauliflower florets	Crispy Lite Fries Parsley Potatoes Baked Beans Chunky Carrots	Oodles of Noodles Braised pak Choi Prawn Crackers	
Scrummy Puds!	Light lemon sponge with a light lemon sauce	Spiced Fresh Fruit with a Vanilla Sauce	Fruity Muffin Cake	Mixed Autumn Fruit Pie with vanilla sauce	Strawberry Yoghurt Pudding with Orange Marmalade Sauce	Goey Carrot Cake	
Evening Main Event							
Evening Main Event	Home made Mexican Style Chimichangas	Crunchy Topped Cottage Pie	Marinated Fillet of Salmon with A Herby Crust served with a lime Mayonnaise	Home Made Steak and Onion Flaky Pie	Mexican Style Meatballs	Home Made Turkey Sage and Cranberry Roll	Home Made Chicken Kiev
Meat Free Zone	Fresh Roasted Vegetable Mexican Style Chimichangas	Spaghetti All Arrabiata	Sweet Potato and Courgette Rosti with Veggie Mince and Fresh Coriander	Large Yorkshire Pudding filled with Fresh Roasted Vegetables and Mozzarella	Caramelised Onion and Lentil Wellington	Home Made Fresh Vegetable Rolls	Vegetable Cutlets with a Fresh Mint Dip
To go with	Spicy Wedges Root Vegetable Medley	Grilled Tomatoes Mixed roasted onions Baked Beans	Sliced Potatoes with Vegetable Stock Mange Tout	Cheesy Mash Cajun Honey Roast Squash	Mexican Style Rice Pan Fried Garlic Bean Shoots	Whirly Potatoes Braised Leeks Home Made Gravy	Oven Baked Sliced Potatoes Corn on the Cob
Srummy Pud	Victoria sponge with mascarpone & jam	Sultana Scones	Chocolate and Orange Mousse	Fruit Meringues	Citrus Curd Tart	Fig and Plum Tart with Crème Fraiche	Banana Cake
Available Daily: Salad Bar with Various Dressing/ Toppings plus a Protein item of the Day Fresh Fruit Salad and Home Made Yoghurts with Toppings also Available							

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 3	On a wing & a prayer	Fix It Again Tony	Czech it out	The Brookwood Special Day Menu Positive... ...eating.... ...positive....living	The cods war		Brunch Munch
Soupa!	Wild Garlic Soup	Homemade Minestrone Soup	Czech fish soup		Cock-a-leekie soup	Courgette & dill soup	The Aldenham Brunch Bar
Main Event	Marinated Chicken Breast with a red Onion Gravy	Italian style Lamb Lasagne	Spiced Beef & Oregano Navarin topped with a Couscous Crumble		Deep fried cod in a crispy batter, lemon, parsley & tartare sauce Steamed salmon	Choice of toppings Beef & mange tout Chicken Carbonara	Sweet waffles with fruit sauces Eggs Benedict Homemade beef burgers Potato wedges Danish pastries Pomegranate juice Slices of fresh melons Full English Breakfast Sausages, bacon, fried eggs, baked beans, hash browns, fried bread, mushrooms, grilled tomatoes, black pudding
Meat Free Zone	Fresh Vegetable Rosti with Red Onion Marmalade	Roasted Vegetable Roulade with a Sweet Chilli Sauce on the side	Roasted Quorn Sausages with Caramelised Red Onions		Spanish style vegetable Omelette with a Sweet Corn Relish	Tomato & Onion Vegetable Carbonara	
And to go with....	Olive oil mash Sliced Carrots Broccoli	Homemade garlic bread Sweet corn	Skinless new potatoes Green beans Roasted fresh vegetables		Crispy lite fries New potatoes French style peas	Pasta linguine Garlic bread Corn on the cob	
Scrummy Puds!	Mixed Jellies & Ice Cream	Pineapple upside-down pudding with custard sauce	Lemon Meringue Pie		Rhubarb & raspberry crumble with a vanilla sauce	Apricot & sultana flapjack	
Evening Main Event	Vienna style beef cutlet with a mushroom sauce	Szechuan style turkey strips with green peppers & onions	Ciabatta style pizzas Choose from pepperoni	Tandoori style chicken with a coriander yoghurt dip	Butterfly pork steak with char grilled apple rings	Homemade toad in the hole with Onion gravy	Five spiced pork spare ribs with a sweet 'n' sour sauce
Meat Free Zone	Homemade Cheese & Broccoli filo parcels	Fresh vegetables with Quorn topped with sweet potatoes	Cheese & tomato Roasted vegetables	Homemade Fresh vegetable strudel	Fresh Seasonal vegetable Kebabs with Haloumi Cheese	Vegetarian Toad in the Hole with Onion Gravy	Homemade tofu & lime balls with sweet 'n' sour sauce
To go with	Dreamy sliced Potatoes Cajun Squash with Pumpkin Seeds	Tagliatelle Verdi Cauliflower	Homemade Jacket Wedges Fresh pasta salad	Pilau rice Roasted onions Naan bread	5 onion mash Sweet 'n' sour cabbage	Crushed New Potatoes Chunky Honey Carrots	Egg fried rice Crispy Chinese leaves Prawn crackers
Strummy Pud	Homemade Welsh cakes	Fruit of the forest pancakes	Homemade cookies	Homemade apple pie	Homemade Posh shortbread	Fresh Seasonal Fruit Platter	Ginger, mango & lime trifle
Available Daily: Salad Bar with Various Dressing/ Toppings plus a Protein item of the Day Fresh Fruit Salad and Home Made Yoghurts with Toppings also Available							

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Mamma Mia	Where's that Truffle	Ringa Ding Ding	Baa Baa Baran	Burger Bar	Over the Boarder	Brunch Munch
Soupa!	Courgette and Dolcelatte	Scotch Broth	Country Vegetable	Butternut Squash	Asparagus & Tomato	Mexican style Chilli Con Carni Vegetable Chilli Jacket Potatoes Cheese and Beans Mexican style Rice Sour Cream and Salas Tacos Pan Fried Beans Poached Smoked Haddock Home Made Galettes Chocolate Croissants Cheesy Jacket Halves Grilled Gammon with Fresh Pineapple Fresh Smoothies Full English Breakfast	
Main Event	Swedish Style Turkey Meatballs in a Tomato Sauce	Marinated Pork Escalope with a Red Currant Sauce	Tasty Beef Rendang with Coriander and Ginger	Roast Leg of Lamb with Seasoning, Mint Sauce and Gravy	Beef and Lamb Burgers in a seedless Bun		
Meat Free Zone	Potato, Spinach and Tofu Dhal with Mango Chutney	Mushroom Strudel	Tortellini Ricotta in a Rich Fruity Tomato Sauce	Butterbean and Mushrooms Risotto with Fresh Parmesan	Home Made Black Bean Burgers		
And to go with....	Veggie Spiked Rice Pan Fried Leeks Sweet Corn	Coriander and Chilli Mash Baton Carrots Braised Red Cabbage	5ive Onion Rice Naan Bread Roasted Aubergines	Roasted Potatoes Honeyed Parsnips Bashed Swede	Crispy Lite Fries Diced Potatoes Pan Fried Onions Beans that really Mean		
Scrummy Puds!	Apricot Sponge with Butterscotch Sauce	Wholemeal Peach Melba Tart with Crème Fraiche	Jamaican Ginger Cake with a Light Ginger Sauce	Creamed Rice Pudding with a Orange and Honey Sauce	Fresh Brambly Apple Crumble with Custard Sauce		Lemon and Lime Mousse
Apricot Sponge with a Butterscotch Sauce							
Evening Main Event	Freshly baked Baguette filled with Roasted mixed Meats And Pickles	Tuna and Pasta Bake with a Mascarpone Crust	Turkey Steak with Cracked Pepper served With a Salsa Sauce	Southern Fried Chicken Pieces with Banana Fritters	Deep dish Bacon and Onion Flan	Oven baked Breaded Chicken with a Herby Crust	Roast Leg of Pork Seasoning Apple Sauce Homemade Gravy
Meat Free Zone	Freshly baked Baguette filled with Roasted Vegetables and melted Mozzarella	Vegetable Pasta Bake with a Mascarpone Crust	Stuffed Roasted Peppers with a Savoury Couscous	Tomato and Yellow Lentil Spaghetti Bolognaise	Deep dish Goats Cheese and Tomato Flan	Vegetable Moussaka	Home made Falafal in a warm Pitta Bread With a Mint and Yoghurt Dip
To go with	Country diced Potatoes Coleslaw	Garlic Bread Corn on the Cob Mixed Salad	Steamed New Potatoes Broccoli Florets	Oven Roasted Baked sliced Potatoes Garden Peas	Creamy Garlic Potatoes Honey Roasted Carrots	Cheese topped Potatoes Broccoli Florets Redcurrent Sauce	Sage roasted Potatoes Chunky Green Cabbage
Srummy Pud	Treacle Tart with a Custard Sauce	Crème Caramel Yoghurt	Rock Cakes	Doughnuts	Fresh Fruit Platter	Banoffee Pie	Selection of Ice Creams and Fruit Sauce Toppings
SALAD BAR FRESH CUT BREADS CONDIMENTS SEEDS AND SAUCES							