








2-4 Brook Street
Luton, Bedfordshire
Telephone : 01582 730510
www.trainingdepot.co.uk








Sample Menu 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast  8.00am	Brown Toast Unsaturated margarine Selection of fresh fruit Full fat milk or water	Wholemeal toast Unsaturated margarine Selection of fresh fruit Full fat milk or water	Brown toast Unsaturated margarine Selection of fresh fruit Full fat milk or water	White toast Unsaturated margarine Selection of fresh fruit Full fat milk or water	Wholemeal toast Unsaturated margarine Selection of fresh fruit Full fat milk or water
Morning Snack  9.30am	Plain crackers Carrot sticks Full fat milk or water	Selection of fresh fruit Full fat milk or water	Plain popcorn Full fat milk or water	Selection of fresh fruit Full fat milk or water	Bread fingers + marmite Cucumber Full fat milk or water
Lunch Only vegetable oil used in cooking process No salt added during cooking  11.45am Vegetarian Option	Coley fish fillets Lettuce Sweetcorn Sliced tomatoes Saute potatoes Cottage Cheese	Lentil and chickpea curry Broccoli Cauliflower Naan bread	Halal chicken in black bean sauce Brown rice Peas Quorn chicken	Halal lamb mince lasagne Courgettes Mushrooms Baked Beans Soya mince lasagne	Cheese Beetroot salad Pepper sticks Jacket potatoes
Pudding 	Rice pudding made with full fat milk Tinned peaches Full fat milk or water	Jam + coconut sponge Custard made with full fat milk Full fat milk or water	Chocolate sauce Bananas Cream Full fat milk or water	Full fat natural yoghurt Tinned pineapples Full fat milk or water	Apple pie Ice cream Full fat milk or water
Afternoon Drinks 2.30pm	Full fat milk or water	Full fat milk or water	Full fat milk or water	Full fat milk or water	Full fat milk or water
Afternoon Snack  3.30pm	White toast Unsaturated margarine Selection of fresh fruit Full fat milk or water	Pitta finger Cucumber slices Full fat milk or water	Brown bread sandwiches Tuna + sweetcorn Ham + pickle Egg + tomato Cheese spread Selection of fresh fruit Full fat milk or water	Cream crackers Unsaturated margarine Sliced tomato Selection of fresh fruit Full fat milk or water	Rice cakes Unsaturated margarine Celery sticks Selection of fresh fruit Full fat milk or water



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Sample Menu 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast  8.00am	White Toast Unsaturated margarine Selection of fresh fruit Full fat milk or water	Wholemeal toast Unsaturated margarine Selection of fresh fruit Full fat milk or water	White toast Unsaturated margarine Selection of fresh fruit Full fat milk or water	Wholemeal toast Unsaturated margarine Selection of fresh fruit Full fat milk or water	Brown toast Unsaturated margarine Selection of fresh fruit Full fat milk or water
Morning Snack  9.30am	Melba toasts Carrot sticks Full fat milk or water	Selection of fresh fruit Full fat milk or water	Breadsticks Tomato slices Full fat milk or water	Selection of fresh fruit Full fat milk or water	Cracker Unsaturated margarine Sugar snap peas Full fat milk or water
Lunch Only vegetable oil used in cooking process No salt added during cooking  Vegetarian Option	Halal chicken sausages Carrots Parsnips Rice Gravy Vegetarian sausages	Salmon pasta bake Mushrooms Onions Peas Chickpeas	Sweet and sour Halal chicken Peppers Mixed vegetables Noodles Quorn chicken	Cheese and Broccoli flan Baked beans Oven chips	Halal mince bolognaise Kidney beans Courgette Wholewheat spaghetti Cauliflower Mixed bean bolognaise
Pudding 	Rice pudding made with full fat milk + jam Full fat milk or water	Apple + sultana crumble Cream Full fat milk or water	Tinned mandarins Chocolate custard made with full fat milk Full fat milk or water	Banana milk whip Tinned fruit cocktail Full fat milk or water	Tinned pineapple Natural yoghurt Full fat milk or water
Afternoon Drinks 2.30pm	Full fat milk or water	Full fat milk or water	Full fat milk or water	Full fat milk or water	Full fat milk or water
Afternoon Snack  3.30pm	Wholemeal toast Sliced tomato Selection of fresh fruit Full fat milk or water	Cheese + Grain crackers Unsaturated margarine Celery sticks Selection of fresh fruit Full fat milk or water	Pitta bread Cucumber Selection of fresh fruit Full fat milk or water	White bread fingers Unsaturated margarine Raita Selection of fresh fruit Full fat milk or water	Bread sticks Grated carrot Selection of fresh fruit Full fat milk or water