














Monday	Tuesday	Wednesday	Thursday	Friday
Poached Chicken & Leeks  350 cals With a herb sauce & maldon sea salt	Pasta Bolognese 400 cals Traditional Italian ragu, slow simmered & finished with parmesan	Braised Shin of Beef with Borlotti Beans 485 cals Finished with soft herbs	Chicken Kiev 370 cals Tender chicken breast filled with garlic & parsley butter, lightly coated in breadcrumbs	Homemade Spiced Beef Meatballs  450 cals With garlic and mustard
Keema & Peas  500 cals Minced beef cooked in an Indian curry sauce, finished with coriander	Thai King Prawn Green Curry with Jasmine Rice 480 cals Fresh spicy dish finished with coconut & lime	Roasted Vegetable & Macaroni Primavera  305 cals Summer vegetables in a light tomato sauce	Poached Baby Gammon Joint  345 cals Succulent gammon served with pea risotto	Battered Haddock Fillet 545 cals with a choice of traditional accompaniments
Pakistani Potato Curry  375 cals Made with fresh chilli & chopped coriander, finished with fresh diced tomato	Sautéed Mixed Mushroom Bruschetta  350 cals With red wine & shallots on chargrilled focaccia croute	Roast Pumpkin with Ginger & Tamarind Sauce  295 cals Served with sautéed spinach	Cheese & Potato Pie 345 cals Made with olive oil pastry	Simply Grilled Haddock  340 cals also available cooked to order
Salmon & Tuna Salad Shaker Bar  350 cals	Stir Fry Bar Choice of noodles or rice with a selection of meats, sauces & fresh vegetables	International Wrap Station Featuring crispy calamari, cajun chicken & harissa vegetables	Omelette Station Two egg omelettes, cooked your way with a choice of fillings	Chick Pea & Sweet Potato Korma 380 cals Finished with fresh coriander & lemon juice
Mexican Chargrilled Tortilla Station  Filled, warm tortillas accompanied by guacamole, sour cream & fresh tomato & chilli salsa				

Also served with appropriate vegetable & potato choices

 Healthy option  Spicy

All calorie counts are approximate

7 Day Catering Ltd, Drayton Manor Business Park, Coleshill Road, Tamworth, Staffs, B78 3TL

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Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Parmigiana 460 cal Crispy breaded chicken breast with rich tomato sauce & melted cheese	Hickory Smoked Pork Loin 480 cal Served with creamed savoy cabbage	Homemade Traditional Lasagne 515 cal Minced beef flavoured with fresh garlic & herbs in rich tomato sauce with pasta layers finished with cheese sauce	Crispy Duck Leg Glazed with Hoisin Sauce 450 cal Served with cucumber, spring onion & Chinese pancakes	Battered Cod Fillet 545 cal With a choice of traditional accompaniment
Seared Fillet of Sea Bream 330 cal (H) Served with a light nicoise garnish	Curried Lamb Meatballs (S) 340 cal Spicy minced lamb served with rice pilaf	Bacon with Thyme Tomatoes & White Beans 405 cal Whole piece bacon in light tomato jus, carved to order	Smoked Haddock Kedgeree 340 cal Served with a light curry sauce	Homemade Sausage Roll 375 cal Seasoned with lemon zest & fresh herbs
Grilled Halloumi & Roasted Vegetables on Focaccia 350 cal Crusty bread topped with cheese & mixed vegetables	Whole Roasted Aubergine (H) 295 cal Stuffed with aubergine mousse, sun dried tomato & rocket pesto	Israeli Cous Cous & Baked Vegetable Ragout (H) 325 cal Spiced medley of vegetables with savoury cous cous	Roasted Vegetable & Macaroni Primavera (H) 305 cal Summer vegetables in light tomato sauce	Aloo Tikki (S) 315 cal Indian potato cake with spicy relish and condiments
Steak and Burger Bar Assorted varieties of burger & minute steak grilled to order - served with assorted salsas, sauces & garnish	Caesar Salad Bar Featuring chargrilled chicken, baby gem lettuce, croutons, caesar dressing, anchovies & shaved parmesan cheese	Risotto Station Arborio rice risotto served with a choice of seasonal vegetables	Curry Bar (S) Authentic Indian curry served with traditional accompaniments	Omelette Station Two egg omelettes, cooked your way with a choice of fillings

Also served with appropriate vegetable & potato choices

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<p>Shepherds Pie 390 cal Minced lamb & vegetables in light jus with a grilled mashed potato topping</p>	<p>Traditional Roast Beef 445 cal Served with Yorkshire pudding</p>	<p>Chicken, Mushroom & Haricot Bean Ragout 480 cal Light & dark chicken meat in creamy sauce finished with chives</p>	<p>Lemon & Thyme Roast Turkey Breast (H) 355 cal Juicy slow cooked turkey basted with lemon & herb butter</p>	<p>Battered Haddock Fillet 545 cal With a choice of traditional accompaniments</p>
<p>Malaysian Laksa with Sliced Tuna Steak & Noodles (S) 360 cal Spicy malay broth & noodles finished with coconut milk</p>	<p>Sea Bream with Thyme (H) 275 cal With mashed potatoes, lentils & basil oil</p>	<p>Poached Haddock with Lemon Butter Sauce & Pea Shoots (H) 305 cal With lightly spiced kedgeree</p>	<p>Rajasthan Beef Curry (S) 480 cal Hot, deeply flavoured curry, with naan or chappathi and indian relishes & condiments</p>	<p>Slow Roasted Pork Loin 500 cal Served with café de paris butter</p>
<p>Stir Fried Chard, Ciabatta Croute & Poached Egg (H) 315 cal Crusty ciabatta with fresh cooked chard & an egg</p>	<p>Cheese and Mustard Crolesky & Herb Roasted Vegetables 385 cal Crispy cheese croquette with fondant filling</p>	<p>Vegetable Lasagne 390 cal With goats cheese & sun blush tomatoes</p>	<p>Vegetable Risotto 350 cal Creamy arborio rice cooked with tomato passata & fresh vegetables</p>	<p>Pakistani Potato Curry (S) 375 cal Made with fresh chilli & chopped coriander, finished with fresh diced tomato</p>
<p>American Diner Experience Cheeseburgers, hotdogs & chicken, served with curly fries & cornbread</p>	<p>International Wrap Station Featuring crispy calamari, cajun chicken & harissa vegetables</p>	<p>Mixed Grill Bar Collection of British favourites featuring:- cumberland sausage, pork steak, black pudding, grilled tomato & fried egg</p>	<p>Fish Bar Selection of chargrilled fish & vegetables served with salads, appropriate sauces & relish</p>	<p>Noodles Bar Noodles with a choice of chargrilled accompaniment, served with hot & fragrant soup, finished with lime & coriander</p>

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Sweet Cured Roast Bacon Joint 470 cals Served with honey glazed roasted root vegetables	Spicy Pork Meatballs 🌶️ 450 cals Served with saffron cous cous	Chilli Con Carne 460 cals Hot & smoky slow cooked beef chilli finished with chopped coriander	Roast Leg of Pork 490 cals Served with traditional accompaniments	Battered Haddock Fillet 545 cals With a choice of traditional accompaniments
Beef Stroganoff 425 cals Traditional Russian beef dish finished with cream & mustard	Seared Salmon Steak 🍏 310 cals Dusted with Cajun spice & served with noodles	Chinese Glazed Pork Belly 400 cals Served with stir fried rice & bok choi	Chicken Penne Florentine 410 cals Chicken in creamy white sauce tossed with penne & fresh baby spinach	Homemade Hamburgers 385 cals Seasoned fresh minced beef on a floured bap with salad & relish
Roasted Pumpkin & Cauliflower Cassoulet 🍏 325 cals Chunky vegetables in spicy tomato relish with beans	Vegetable Chilli 320 cals Chunky vegetables cooked in a spicy tomato sauce	Apricot & Vegetable Tagine 🌶️ 340 cals Slightly sweet, slightly spicy Moroccan casserole served with cous cous or rice	Mushroom Stroganoff 335 cals Vegetable version of the Russian favourite	Pakistani Potato Curry 🌶️ 375 cals Made with fresh chilli & chopped coriander, finished with fresh diced tomato
Pasta Bar Choice of authentic pastas & sauces tossed to order	Wrap Station Choice of savoury fillings served with salad	Chicken Caesar Bar Classic salad to order with parmesan dressing, cos lettuce & croutons	Stir Fry Bar Choice of noodles or rice with a selection of meats, sauces & fresh vegetables	Omelette Station Two egg omelettes, cooked your way with a choice of fillings

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