

WEEK BEGINNING

Vegetables in season

Prepared on site

MENU 3

PLEASE NOTE THAT ALL CHOICES MAY NOT BE AVAILABLE TO LAST SITTING BUT THERE WILL ALWAYS BE TWO HOT OPTIONS AVAILABLE AND ACCESS TO SECOND HELPINGS

DAY	BREAKFAST		REFECTORY
MONDAY	Porridge	Turkey Meatballs and Sweet Chilli Sauce	Mince Beef Pie
	Continental	Pasta Carbonara	Braised Sausages
	Breakfast	Vegetarian Meatballs	Quorne Sausages
	Bacon	Salad Bar	Salad Bar
	Pancakes	Stirfry Vegetables	Peas / Carrots
	Boiled Eggs	Noodles / New Potatoes	Saute Potatoes / New Potatoes
Hot Rolls/Toast	
Marmalade	Apple Crumble & Custard	Arctic Roll	
Tea / Coffee	Fresh Fruit / Yoghurts / Cheese and Biscuits	Fresh Fruit / Yoghurts / Cheese and Biscuits	
TUESDAY	Continental	Breaded Fish	Chicken Kiev's
	Breakfast	Pasta Sauce - Tomato and Pesto Cream	Lamb Balti & Garlic & Coriander Naan Bread
	Bacon	Vegetable Nuggets	Vegetarian Kiev's
	Scrambled Egg	Salad Bar	Salad Bar
	Potato Waffles	Baked Beans/Peas	Green Beans / Mixed Vegetables
	Hot Rolls/Toast	Chips/ New Potatoes	Rice / New Potatoes
Marmalade	
Tea / Coffee	Banana Splits	Pineapple Upsidedown Cake	
	Fresh Fruit / Yoghurts / Cheese and Biscuits	Fresh Fruit / Yoghurts / Cheese and Biscuits	
WEDNESDAY	Porridge	Roast Beef and Yorkies/Horseradish Sauce	Pork Schnitzel
	Continental	Tomato and Roasted Veg Pasta Bake	Sweet and Sour Chicken Nuggets
	Breakfast	Vegetarian Roast	Vegetarian Nuggets
	Bacon / Kippers	Salad Bar	Salad Bar
	Poached Eggs	Cauliflower and Broccoli Bake / Carrots	Vegetable Medley
	Spaghetti Hoops	Roast Potatoes / New Potatoes	Curly Fries / New Potatoes /Rice
Hot Rolls/Toast	
Marmalade	Chocolate Crostata and Chocolate Fudge Sauce	Assorted Cookies	
Tea / Coffee	Fresh Fruit / Yoghurts / Cheese and Biscuits	Fresh Fruit / Yoghurts / Cheese and Biscuits	
THURSDAY	Porridge	Sausage and Mash	Spaghetti Bolognaise
	Continental	Pasta Sauce - Tomato and Garlic Lemon and Rocket	Tortellini and Sauce
	Breakfast	Alternative to Toad In The Hole	Vegetable Bolognaise
	Bacon / Croissants	Salad Bar	Salad Bar
	Mushrooms	Broccoli/Sweetcorn	Roasted Vegetables
	Fried Eggs	Mashed Potatoes/New Potatoes	Roasted New Potatoes / Garlic Bread
Hot Rolls/Toast	
Marmalade	Jelly & Cream	Butterscotch Whip	
Tea / Coffee	Fresh Fruit / Yoghurts / Cheese and Biscuits	Fresh Fruit / Yoghurts / Cheese and Biscuits	
FRIDAY	Porridge	Smothered Chicken	
	Continental	Tomato and Basil Pasta	
	Breakfast	Smothered Quorn Fillets	
	Bacon	Salad Bar	
	Boiled Eggs	Mini Corn on the Cob / Mange Tout	
	Grilled Tomatoes	Jacket Wedges / New Potatoes	
Hot Rolls/Toast		
Marmalade	Sticky Toffee Pudding and Custard		
Tea / Coffee	Fresh Fruit / Yoghurts / Cheese and Biscuits		
SATURDAY			
SUNDAY			