

# WEEK BEGINNING

Vegetables in season

Prepared on site

## MENU ONE

06th January 2020 - 12th January 2020

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	LUNCH	DINNER
MONDAY	Porridge	Chilli Con Carne	Chinese Spare Ribs
	Continental	Macaroni Cheese	Beef Stroganoff
	Breakfast	Roasted Veg & Tofu with BBQ Sauce	Vegetable Stroganoff
	Bacon	Salad Bar	Salad Bar
	Fried Eggs	New Potatoes / Rice	Corn on the Cob/ Curly Fries
	Grilled Tomatoes	Peas/Sweetcorn	Rice/ New Potatoes
Hot Rolls/Toast	.....	.....	
Preserves	Apple & Raspberry Crumble and Custard	Belgian Waffles and Icecream	
Tea / Coffee	Fresh Fruit / Yoghurts / Cheese and Biscuits	Fresh Fruit / Yoghurts / Cheese and Biscuits	
TUESDAY	Yoghurt & Granola	Tray Bake Pizza	Spicy Beef Koftas
	Continental	Pasta & Sauce-Tomato or Salsa Verde	Jerk Chicken Kebab
	Breakfast	Vegetarian Pizza	Halloumi & Pepper Kebab
	Bacon	Salad Bar	Salad Bar
	Boiled Eggs	New Potato Salad/Coleslaw/Cous-Cous	Pitta Bread/ Thin Fries
	Pancake Bar	Mixed Salad	Coleslaw/Mixed Salad/New Potatoes
Toast	.....	.....	
Preserves	Chocolate Bread & Butter Pudding & Choc Custard	Fruit in Jelly	
Tea / Coffee	Fresh Fruit / Yoghurts / Cheese and Biscuits	Fresh Fruit / Yoghurts / Cheese and Biscuits	
WEDNESDAY	Porridge	Roast Chicken and Stuffing	Sausage Plait
	Continental	Tomato and Veg Bake	Beef Casserole & Dumplings
	Breakfast	Quorn & Stuffing Stack	Vegetable Pie
	Sausage	Salad Bar	Salad Bar
	Scrambled Egg	Savoy Cabbage / Carrots	Cauliflower & Broccoli Bake/ Peas
	Bagels	Roast Potatoes / New Potatoes	New Potatoes
Toast	.....	.....	
Preserves	Gingerbread & Custard	Cornflake Tart & Cream	
Tea / Coffee	Fresh Fruit / Yoghurts / Cheese and Biscuits	Fresh Fruit / Yoghurts / Cheese and Biscuits	
THURSDAY	Yoghurt & Granola	Battered Fish, Tartar Sauce & Tomato Sauce	Kentucky Style Chicken
	Breakfast	Pasta & Tomato Sauce	Paella
	Roasted Tomatoes	Vegetable Nuggets	Vegetable Kiev
	English Muffins	Salad Bar	Salad Bar
	Flat Mushrooms	Mushy Peas / Baked Beans	Corn on the cob/Green Beans
	Poached Eggs	Chips / New Potatoes	Curley Fries/New Potatoes
Preserves	.....	.....	
Tea / Coffee	Strawberry Cheesecake	Tinned Peaches & Ice Cream	
	Fresh Fruit / Yoghurts / Cheese and Biscuits	Fresh Fruit / Yoghurts / Cheese and Biscuits	
FRIDAY	Porridge	Shepherds Pie	Toad in the Hole
	Continental	Ham Cheese and Pasta Bake	Tuna Steak & Mango Salsa
	Breakfast	Veggie mince & vegetable Shepherds Pie	Vegi Toad in the Hole
	Bacon	Salad Bar	Salad Bar
	Boiled Eggs	Carrots / Roast Leeks	Sweetcorn/Broccoli
	Croissants	New Potatoes	Mashed Potato/New Potatoes
Hot Rolls/Toast	.....	.....	
Marmalade	Chocolate Sponge and Chocolate Sauce	Fruit Crumble & Custard	
Tea / Coffee	Fresh Fruit / Yoghurts / Cheese and Biscuits	Fresh Fruit / Yoghurts / Cheese and Biscuits	
SATURDAY	Smoothie	Pork Chop	Take Away Pizza
	Continental	Bolognese Pasta Bake	Four Cheese
	Breakfast	Vegetable Sausages and Onions	Pepperoni
	Bacon	Salad Bar	Chicken & Bacon
	Eggy Bread	Cabbage / Roasted Courgettes	Manhattan
	Spaghetti Hoops	Mashed Potatoes / New Potatoes	French Fries, Mixed Salad
Hot Rolls/Toast	.....	.....	
Marmalade	Chocolate Brownie	Doughnuts, Fresh fruit	
Tea / Coffee	Fresh Fruit / Yoghurts / Cheese and Biscuits	Assorted Drinks	
SUNDAY	House Breakfasts	Brunch	Roast Beef and Yorkshire Pudding
		Bacon, Sausages, Black Pudding	Glazed Gammon
		Grilled Tomatoes, Baked Beans	Vegetable Roulade
		Fried, Scrambled Eggs	Salad Bar
		Fried Bread, Hash Browns	Roast Vegetables/ Carrots
		Toast, Croissants, Pain au chocolat	Roast Potatoes/ New Potatoes
	.....	.....	
	Melon, Grapefruit, Fruit Salad	Lemon Drizzle Cake	
	Fresh Fruit / Yoghurts	Fresh Fruit / Yoghurts / Cheese and Biscuits	