#### Breakfast Menu

| ı  |           | Monday  | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday  | Sunday   |
|--|-----------|---|---|---|--|--|---|--|
| THE STATE OF THE S | Hot Item  | Poached Free range<br>egg<br>Grilled Bacon          | Freshly baked<br>croissant<br>Sliced Ham<br>Sliced Cheese<br>Porridge | Waffles<br>Forest fruits<br>Maple syrup             | Pork sausage Grilled bacon Baked beans Scrambled egg Hash browns | American Pancakes Forest fruits Maple syrup Porridge | French toast<br>"Eggy bread"<br>Bacon               | Pork sausage<br>Grilled bacon<br>Baked beans<br>Fried egg<br>Hash browns |
|  | Every Day | Toast<br>Jam, Marmalade,<br>Cereals,<br>Fruit juice | Toast<br>Jam, Marmalade,<br>Cereals,<br>Fruit juice                   | Toast<br>Jam, Marmalade,<br>Cereals,<br>Fruit juice | Toast<br>Jam, Marmalade,<br>Cereals,<br>Fruit juice              | Toast<br>Jam, Marmalade,<br>Cereals,<br>Fruit juice  | Toast<br>Jam, Marmalade,<br>Cereals,<br>Fruit juice | Toast<br>Jam, Marmalade,<br>Cereals,<br>Fruit juice                      |
|  | Every Day | Fresh cut fruit, &<br>yoghurt                       | Fresh cut fruit, & yoghurt  | Fresh cut fruit, &<br>yoghurt                       | Fresh cut fruit, & yoghurt                                       | Fresh cut fruit, & yoghurt                           | Fresh cut fruit, & yoghurt                          | Fresh cut fruit,&<br>yoghurt   |

### Week One Menu

| Caro 1000    |  |                                  | FORRES SA                            | ANDLE MANOR   |  |  |                 |
|--------------|--|----------------------------------|--------------------------------------|---|--|--|-----------------|
| eunia. V. VI | Monday   | Tuesday                          | Wednesday                            |   | Friday   | Saturday   | Sunday          |
| Soup         | Tomato & basil   | Broccoli                         | Carrot & Coriander                   | Mushroom  | Winter Vegetable                                     |  |                 |
| Main Meal    | Pasta Bar  Beef bolognaise  Vegan Bolognaise  Roasted Tomato | Sticky sweet 'n' sour<br>Chicken | Shepherd's Pie                       | Classic Roast  Roast Turkey  Sage & onion stuffing  Gravy               | MSC breaded Pollock                                  | Panko breaded<br>chicken with a<br>homemade Katsu<br>curry sauce     | Sandwich buffet |
| Meat Free    | sauce<br>Pasta<br>Homemade Garlic<br>bread                   | Sticky sweet 'n' sour<br>Tofu    | Vegan Cottage pie                    | Vegetable Lentil Loaf   | Fishless Fingers                                     | Bang Bang<br>Cauliflower steak with<br>homemade Katsu<br>curry sauce |                 |
| On The Side  | Broccoli<br>Caesar Salad                                     | Noodles<br>Stir fried vegetables | Roast carrots<br>Garden peas         | Skin on Roast<br>potatoes<br>Carrot and Swede<br>mash<br>Steamed Greens | Chips<br>Garden peas<br>Baked beans<br>Tartare sauce | Coconut rice<br>Tempura vegetables<br>Raw slaw                       |                 |
| Dessert      | Fruit crumble and custard                                    | Fresh fruit salad                | Sticky toffee pudding<br>and custard | Fresh fruit salad   | Chocolate Brownie                                    | Japanese Purin pot   |                 |
| Every Day    | Fresh cut fruit<br>& yoghurt                                 | Fresh cut fruit<br>& yoghurt     | Fresh cut fruit<br>& yoghurt         | Fresh cut fruit<br>& yoghurt  | Fresh cut fruit<br>& yoghurt                         | Fresh cut fruit<br>& yoghurt   |                 |

## Supper Menu week one

|             | Monday   | Tuesday                              | Wednesday                                    | Thursday  | Friday  | Saturday            | Sunday  |
|-------------|--|--------------------------------------|--|---|---|---------------------|---|
| Main Meal   | Homemade Pizza  Margherita  Ham & Pineapple (it's wrong, but try it) | BBQ pulled pork                      | Baked Jacket<br>potatoes<br>Savoury fillings | Pasta Bar<br>Roasted tomato<br>sauce<br>Carbonara sauce | Nacho bar<br>Chilli beef<br>Bean chilli<br>Cheese<br>Tortilla chips | Boarders'<br>Choice | Roast Top Rump of<br>Beef<br>Homemade Yorkshire<br>Puddings |
| On the Side | Baked wedges<br>Mixed salad  | Baked Macaroni<br>cheese<br>Coleslaw | Baked beans<br>Grated cheese                 | Mixed Salad<br>Homemade garlic<br>bread                 | Sour cream Jalapenos Salsa Wedges                                   | Boarders'<br>Choice | Skin on roast potatoes<br>Roast Parsnips<br>Steamed Greens  |
| Pudding     | Jelly pots, fresh fruit  | Chocolate brownie                    | Cheesecake                                   | Carrot cake   | Fresh fruit salad   | Boarders' choice    | Crumble & custard   |

### Week Two Menu

|       | Con Sil  |  |  | FORRES SA                            | ANDLE MANOR   |  |                                      |                 |
|-------|--|--|--|--------------------------------------|---|--|--------------------------------------|-----------------|
|       | THE STATE OF THE S | Monday   | Tuesday                                      | Wednesday                            | Thursday  | Friday   | Saturday                             | Sunday          |
| lui l | Soup   | Leek and potato  | Mushroom and herb                            | Autumn vegetable                     | Tomato & basil  | Creamy carrot  |                                      |                 |
|       | Main Meal  | Beef and vegetable<br>casserole                        | Shepherd's pie                               | Turkey meat balls in<br>tomato sauce | Classic Roast Sugar Baked Gammon Gravy                                  | Battered<br>Pollock fillet                           | Chicken in black bean<br>sauce       | Sandwich buffet |
|       | Meat Free  | Vegetable sausage<br>casserole                         | Vegan cottage pie                            | Gnocchi baked in<br>tomato sauce     | Vegetable Lentil Loaf   | Battered<br>Fish Free fillet                         | Tofu in black bean<br>sauce          |                 |
|       | On The Side  | Broccoli<br>Sweet potato,<br>carrot and potato<br>mash | Steamed greens<br>Roasted root<br>vegetables | Pasta<br>Garlic bread<br>Mixed salad | Skin on Roast<br>potatoes<br>Carrot and Swede<br>mash<br>Steamed Greens | Chips<br>Garden peas<br>Baked beans<br>Tartare sauce | Steamed rice<br>Soy Roasted broccoli |                 |
|       | Dessert  | Golden syrup<br>sponge & custard                       | Fresh fruit salad                            | Coconut jam sponge                   | Fresh fruit salad   | Lemon polenta cake                                   | Cherry cheesecake                    |                 |
| 17    | Every Day  | Fresh cut fruit<br>& yoghurt                           | Fresh cut fruit<br>& yoghurt                 | Fresh cut fruit<br>& yoghurt         | Fresh cut fruit<br>& yoghurt  | Fresh cut fruit<br>& yoghurt                         | Fresh cut fruit<br>& yoghurt         |                 |

## Supper Menu week two

| ı  |             | Monday   | Tuesday                               | Wednesday                                    | Thursday   | Friday  | Saturday            | Sunday   |
|--|-------------|--|---------------------------------------|--|--|---|---------------------|--|
| THE STATE OF THE S | Main Meal   | Homemade Pizza<br>Margherita<br>Chicken and<br>sweetcorn | Toad in the whole<br>with onion gravy | Baked Jacket<br>potatoes<br>Savoury fillings | Pasta Bar<br>Roasted tomato<br>sauce<br>Bolognaise | Mexican chicken<br>Burrito                                  | Boarders'<br>Choice | Roast pork loin<br>Apple sauce and<br>crackling            |
| )  | On the Side | Baked wedges<br>Mixed salad                              | Mashed potato Peas Carrots            | Baked beans<br>Grated cheese                 | Mixed Salad<br>Homemade garlic<br>bread            | Spiced Wedges<br>Fresh salsa<br>Guacamole<br>Tortilla chips | Boarders'<br>Choice | Skin on roast potatoes<br>Roast Parsnips<br>Steamed Greens |
|  | Pudding     | Jelly pots, fresh fruit                                  | Chocolate brownie                     | Cheesecake                                   | Carrot cake  | Fresh fruit salad   | Boarders' choice    | Crumble & custard  |

# Week Three Menu

|       | (Fall Sill    |  |  | FORDEC CA  | NDLE MANOR  |  |                                   |                 |
|-------|---------------|--|--|--|---|--|-----------------------------------|-----------------|
|       | Selliu. N. S. | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday                          | Sunday          |
| lui l | Soup          | Butternut & lentil                             | Tomato   | Spiced chickpea                                      | Broccoli  | Cream of vegetable                                   |                                   |                 |
|       |               | Jacket Potato<br>Bar                           | Turkey and chickpea                              | Beef meatballs in                                    | Butchers' sausage                                   | MSC breaded Pollock                                  | Beef Lasagne                      | Sandwich buffet |
|       | Main Meal     | Chilli con carne                               | curry  | tomato sauce   | Red onion gravy                                     | Misc breaded Pollock                                 | 200, 20003.10                     | Sandwich bullet |
|       | Meat Free     | Vegetable Bolognaise                           | Butternut squash,<br>spinach & chickpea<br>curry | Roasted cherry<br>tomato sauce                       | Quorn Sausage<br>Red onion gravy                    | Fishless Fingers                                     | Butternut and spinach<br>lasagne  |                 |
|       | On The Side   | Grated Cheese  Mixed tomato and cucumber salad | Steamed Rice Poppadom's Mango chutney            | Pasta Shells<br>Homemade garlic<br>bread<br>Broccoli | Mashed potato Savoy Cabbage Roast carrot & parsnips | Chips<br>Garden peas<br>Baked beans<br>Tartare sauce | Rosemary Focaccia<br>Caesar Salad |                 |
|       | Dessert       | Chocolate marble<br>cake                       | Fresh fruit salad                                | Cherry cheesecake                                    | Fresh fruit salad                                   | Old school cake                                      | Tiramisu pot                      |                 |
|       | Every Day     | Fresh cut fruit<br>& yoghurt                   | Fresh cut fruit<br>& yoghurt                     | Fresh cut fruit<br>& yoghurt                         | Fresh cut fruit<br>& yoghurt                        | Fresh cut fruit<br>& yoghurt                         | Fresh cut fruit<br>& yoghurt      |                 |

## Supper Menu week three

| ı |             | Monday                                     | Tuesday   | Wednesday                                    | Thursday                                | Friday  | Saturday            | Sunday   |
|---|-------------|--|---|--|---|---|---------------------|--|
|   | Main Meal   | Homemade Pizza<br>Margherita<br>Meat feast | Chicken and mushroom puff pastry topped pie  Cheese and Onion pasty | Baked Jacket<br>potatoes<br>Savoury fillings | Pasta Bar<br>Roasted tomato<br>sauce    | Deli Bar filled<br>baguettes with extra<br>toppings to make it<br>yours | Boarders'<br>Choice | Roast Chicken<br>Sage and Onion<br>stuffing                |
|   | On the Side | Baked wedges<br>Mixed salad                | Baked mash potato<br>Garden peas<br>Carrots                         | Baked beans<br>Grated cheese                 | Mixed Salad<br>Homemade garlic<br>bread | Coleslaw<br>Mixed salad<br>Potato wedges                                | Boarders'<br>Choice | Skin on roast potatoes<br>Roast Parsnips<br>Steamed Greens |
|   | Pudding     | Jelly pots, fresh fruit                    | Chocolate brownie   | Cheesecake                                   | Carrot cake                             | Fresh fruit salad   | Boarders' choice    | Crumble & custard  |