



THE MANOR KITCHEN WEEKLY MENU

WEEK 3

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|---|--|---|---|--|--|--|
| BREAKFAST | <p>Potato Waffles & Poached Egg</p> <p>Toast Station, Cereal, Yoghurt, Fruit Pots</p> | <p>Porridge & Toppings</p> <p>Toast Station, Cereal, Yoghurt, Fruit Pots</p> | <p>Omelette Selection</p> <p>Toast Station, Cereal, Yoghurt, Fruit Pots</p> | <p>Bacon & Hash Brown</p> <p>Toast Station & Cereal Fruit Pots</p> | <p>Croissants</p> <p>Toast Station, Cereal, Yoghurt, Fruit Pots</p> | <p>Sausage & Spaghetti Hoops</p> <p>Toast Station, Cereal, Yoghurt, Fruit Pots</p> | <p>BRUNCH</p> <p>Toast Station & Cereal</p> |
| LUNCH | <p>Pre Prep</p> <p>Sausage, Jacket Potato & Baked Beans</p> <p>Berry Cheese Cake Pots</p> <p>Year 3 Upwards</p> <p>Beef Tortillas Quorn Tortilla</p> <p>Potato Wedges</p> <p>Vegetable or Salad Selection</p> <p>Berry Cheese Cake pots</p> | <p>Chicken Curry</p> <p>Chickpea, Cauliflower & Spinach Curry</p> <p>Pilau Rice</p> <p>Steamed Broccoli</p> <p>Homemade Bread</p> <p>Fruit, Yoghurt and Jelly Pots</p> | <p>Mac N Cheese Station</p> <p>Selection Of Toppings</p> <p>Sweetcorn</p> <p>Crusty Bread</p> <p>Rocky Road</p> | <p>BBQ Pulled Pork</p> <p>In A Bap</p> <p>Quorn Burger</p> <p>Herby Dice Potatoes Crispy Onions Coleslaw Mixed Leaves</p> <p>Lemon Fool & Sponge Finger</p> | <p>Breaded Fish G/F Fish Vegan Fish Finger Or Tempura Vegetables</p> <p>Chipped Potatoes</p> <p>Peas Tartare Sauce Curry Sauce</p> <p>Pi Cup Cakes</p> | <p>Chicken Burger Veggi Burger Chipped Potatoes & Salad Selection</p> <p>Make Your Own Pancakes & Toppings</p> | <p>Manor Kitchen Brunch Menu</p> <p>Sausage Bacon Baked Beans Hash Brown Fried Egg</p> |
| SUPPER | <p>Gammon & Pasta Bake</p> <p>Butternut Squash</p> <p>Mixed Salad</p> <p>Crusty Bread</p> <p>Cereal Bar</p> | <p>Sausage & Mash Bar</p> <p>Selection Of Sausages Mashed Potato Onion Rings Rich Gravy & Vegetables</p> <p>Belgian Waffles & Ice Cream</p> | <p>Assorted French Bread Pizzas</p> <p>Salad Selection Oven Potatoes</p> <p>Jelly Or Fruit Pots</p> | <p>Chilli Beef</p> <p>Sour Cream Mixed Vegetable Risotto</p> <p>Steamed Rice Green Beans Or Salad</p> <p>Yoghurt with Toppings</p> | <p>Boarders Choice</p> <p>Please let us know by Wednesday lunchtime, You need to choose something that you will all eat .</p> | <p>Lasagne Or Pasta and Provençale Sauce</p> <p>Garlic Bread Crudities</p> <p>Chocolate Chip Cookies</p> | |



ADULTS NEED AROUND 2,000 CALORIES A DAY

DISCLAIMER: We follow best practices in safe food handling to prevent cross-contamination. However, unfortunately, we cannot guarantee our products are 100% free of any specific allergen. Allergens are listed on the matrix and/or menus, which refer to the ingredients we use. We also cannot guarantee an allergen free environment where some of our ingredients from suppliers or products may have been produced in an environment with other allergens. Please double-check with a member of staff. Please note, the terms Vegan/Plant-based do not indicate that a food is free of food allergens.