



THE MANOR KITCHEN WEEKLY MENU

WEEK 1

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|---|--|---|--|--|--|---|
| BREAKFAST | Eggy Bread Toast Station & Cereal & Fruit Pots | Bacon & Baked Beans Toast Station & Cereal & Fruit Pots | Porridge & Toppings Toast Station & Cereal & Fruit Pots | Egg Muffin Toast Station & Cereal & Fruit Pots | Croissant Toast Station & Cereal & Fruit Pots | Ham Or Cheese Omlettes Toast Station & Cereal & Fruit Pots | BRUNCH Toast Station & Cereal |
| LUNCH | Beef Bolognese Vegetable Bolognese Spaghetti Mixed Salad Grated Cheese Fruit, Yoghurt & Jelly Pots | Chicken Katsu Curry or Vegetable Katsu Curry Steamed Long Grain Rice Steamed Broccoli Chocolate Sponge with Chocolate Custard | Ham & Mature Cheddar Pasta Bake Vegetable Pasty Sweetcorn & Peas Garlic Bread Assorted Cookies | Traditional Beef Lasagne Vegan Cottage Pie Cauliflower cheese & Carrots Fruit, Yoghurt & Jelly Pots | Breaded Fish Fillet G/F fish fillet Vegan Fish Fingers Or Roasted Vegetable Frittata Fries Peas Baked Beans Curry sauce Assorted topped Cheesecake Pots | Manor Kitchen Grazing Bar | Manor Kitchen Brunch Menu Sausage Bacon Hash Brown Baked Beans Scrambled Egg |
| SUPPER | Chicken Burrito Or Vegetable Burrito Seasoned Wedges Sweet Corn Pineapple Upside Cake & Custard | Mixed Bean Chilli Con Carne Pasta Mixed Salad Cheese Jelly Pots | Chicken Chow Mein Noodles Or Crispy Mushroom Wrap with Cucumber and Dipping Sauce Steamed Rice Prawn Crackers Peach Crumble & Cream | Sausage & Mash Bar Selection of Sausage, Mashed Potato, Onion Rings, Gravy & Vegetables Vanilla Cupcakes | Beef Burger Or Spicy Bean Burger With Cheese, Salad & Smoked BBQ Mayonnaise Herby Dice Potatoes Ice Cream Bar | Roast Gammon Cauliflower Cheese Roast Vegetables Gravy Yorkshire Pudding Apple Turnover & Cream | Beef & Onion Pasty Or Vegetable Pasty Salad options & New Potatoes Warm Chocolate Brownie |



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.