



THE MANOR KITCHEN WEEKLY MENU

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Eggy Bread Toast Station & Cereal & Fruit Pots	Sausage & Baked Beans Toast Station & Cereal & Fruit Pots	Porridge & Toppings Toast Station & Cereal & Fruit Pots	Hash Brown & Spaghetti Hoops Toast Station & Cereal & Fruit Pots	Croissant Toast Station & Cereal & Fruit Pots	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 Sauce	Ham & Mature Cheddar Pasta Bake Vegetable Pasty Sweetcorn & Peas Garlic Bread Assorted Cookies	Honey Roast Gammon Cauliflower Cheese Roast Vegetables Yorkshire Pudding Gravy Fruit, Yoghurt & Jelly Pots	Breaded Fish Fillet G/F fish fillet Vegan Fish Fingers Or Roasted Vegetable Frittata Fries Peas Baked Beans Curry sauce Chocolate Mousse		
SUPPER	Chicken Chow Mein Noodles Or Crispy Mushroom Wrap with Cucumber and Dipping Sauce Stir Fry vegetables Prawn Crackers Peach Crumble & Cream	Pulled Pork Bap Oven Potatoes Crudites Coleslaw Jelly Pots	Chicken Burrito Or Vegetable Burrito Mexican Rice Sweet Corn Cobs Ice Lollies	Pizza Bar Selection of hand stretched meat & Veggie Pizza Slices Cajun Potato Wedges Salad Selection Assorted topped Cheesecake Pots			



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.