



THE MANOR KITCHEN WEEKLY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Eggy Bread Toast Station & Cereal & Fruit Pots	Porridge & Toppings Toast Station & Cereal & Fruit Pots	Sausage & Baked Beans Toast Station & Cereal & Fruit Pots	Hash Brown & Bacon Toast Station & Cereal & Fruit Pots			BRUNCH
LUNCH	Beef Bolognese Vegetable Bolognese Spaghetti Mixed Salad Grated Cheese 'No Waste' Soup Freshly Made Bread Jacket potatoes Carrot Cake	CARIBBEAN LUNCH	Pasta & Jacket Potato Bar With Assorted Hot & Cold Toppings Sweetcorn & Peas Garlic Bread 'No Waste' Soup Freshly Made Bread Jacket potatoes Fruit, Yoghurt & Jelly Pots	Breaded Chicken Burger In a Bun (Pre prep..Fish fingers & Baked Beans) Vegetable Burger in a Bun Gluten free options available Various 'Sides' Chipped Potatoes 'No Waste' Soup Freshly Made Bread Jacket potatoes Peach Melba Pavlova	Croissant With Jam Or Chocolate Spread (nut free) Toast Station & Cereal & Fruit Pots Fruit Smoothie Shots	SEE YOU ALL IN SEPTEMBER HAVE A FABULOUS SUMMER HOLIDAY	
SUPPER	Chicken Chow Mein Noodles Or Crispy Mushroom Wrap with Cucumber and Dipping Sauce Stir Fry vegetables Prawn Crackers Fruit Crumble & Cream	Sausage & Mash Bar Selection Of Sausages Mashed Potato Onion & Curry Sauce Jelly Pots	Chicken Burrito Or Vegetable Burrito Mexican Rice Vegetable Sticks Ice Lollies	Pizza Bar Selection of hand stretched meat & Veggie Pizza Slices Cajun Potato Wedges Salad Selection Assorted Puddings			



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.