



# THE MANOR KITCHEN WEEKLY MENU

WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Poached Egg & Bacon 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	Bacon & Hash Brown Toast Station & Cereal Fruit Pots	BRUNCH Toast Station & Cereal
LUNCH		Chicken Katsu Curry Or Vegetable Curry Steamed Rice Roasted Carrots Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Fruit, Yoghurt &	Pasta & Jacket Potato Bar With Assorted Hot & Cold Toppings Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Coconut & Jam Sponge	Let's Try Again Summer BBQ Outside On the Lawn In The Sunshine in The Manor Front Garden	Breaded Fish Vegan Fish Finger G/F fish Tartare Sauce Or Roasted Vegetable Frittata Fries Peas Baked Beans Curry Sauce 'No Waste' Soup Freshly Made Bread Jacket Potatoes Fruit, Yoghurt & Jelly Pots	Manor Kitchen Grazing Bar	Manor Kitchen Brunch Menu Potato Hash Sausage Bacon Baked Beans Scrambled Egg & Hot Chocolate
SUPPER	Spaghetti Bolognese Pasta Bake Sweetcorn Home Made Garlic Bread Jelly Pots	Toad In the Hole Vegan Sausage & Vegan Yorkie Peas Herby Dice Potatoes Assorted Home Made Biscuits	Breaded Chicken Goujons Mixed Vegetable Pasty & Chipped Potatoes Carrot & Cucumber Sticks Banana Muffins	Pizza Quesadilla Veggi Options Salad Selection Paprika Wedges Lemon Meringue Pots	Mild Butter Chicken Marsala Chickpea & Spinach Curry Steamed Rice Roasted Tumeric Vegetables Mini Doughnuts & Chocolate sauce	Pork Meatballs Or Quorn Meatballs Tomato & Basil Sauce Pasta Mixed Leaves Crudities Yoghurt Pots Various Toppings	Gammon Pasta Bake Pasta & Provencale Sauce Crusty Bread Salad Selection Melon 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.