

THE MANOR KITCHEN WEEKLY MENU

WEEK 1

47 C	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Porridge & Toppings	Bacon & Baked Beans	Omelette Selection Toast Station, Cereal	Sausage & Hash Browns	Croissant Toast Station, Cereal & Fruit	Poached Egg & Spaghetti Hoops	BRUNCH
BRE	Toast Station, Cereal & Fruit Pots	Toast Station, Cereal & Fruit Pots	& Fruit Pots	Toast Station, Cereal & Fruit Pots	Pots	Toast Station, Cereal & Fruit Pots	Toast Station & Cereal
LUNCH	Gammon & Mature Cheddar		Chicken & Pepper Burrito	Pasta Bar & Toppings Tomato Basil Sauce	Breaded Fish G/F Fish	Manor Kitchen Grazing Bar	
			Vegetable Burrito	Penne Pasta Bacon & Cheese Sauce	Vegan Fish Finger Or Roasted Vegetable		Manor Kitchen Brunch Menu
	Vegetable Pasta Bake	& Roasted Carrots	Seasoned Wedges	Crispy Onions	Frittata Chipped Potatoes		Sausage Bacon Hash Brown Baked Beans
	Sweetcorn & Peas	Sweetcorn & Peas No Waste' Soup	Salad Selection Sour Cream & Chive	Diced Crunchy Vegetables	Peas		
	'No Waste' Soup Freshly Made Bread Jacket Potatoes	Freshly Made Bread Jacket Potatoes	Dressing No Waste' Soup Freshly Made Bread	No Waste' Soup Freshly Made Bread	Tartare Sauce Curry Sauce No Waste' Soup		Scrambled Egg Hot Chocolate
	Chaus Shauthuad	Fruit, Yoghurt &	Jacket Potatoes	Jacket Potatoes Rocky Road	Freshly Made Bread Jacket Potatoes		
	Cherry Shortbread	Jelly Pots	Assorted Cookies	,	Fruit, Yoghurt and		
SUPPER	Mild Butter Chicken Marsala Chickpea & Spinach	Marsala Mixed Vegetable Chickpea & Spinach &	Fish Finger Sub Roll Vegan Fishless Sub	Chicken Chow Mein Noodles Or	Beef Burger Or	Roast Gammon Cauliflower Cheese	Beef & Onion Pie Or Vegetable Pasty
	Curry Steamed Rice Roasted Vegetables	Halloumi Kebab Fried Egg or Pineapple	Criss Cross Potatoes Crudites	Crispy Mushroom Wrap with Cucumber and Dipping Sauce	With Cheese, Salad &	Roast Vegetables Gravy Yorkshire Pudding	Broccoli &
	Medley	Slice Chipped Potatoes	Chocolate Pots	Steamed Rice Prawn Crackers	Smoked BBQ Mayonnaise Herby Dice Potatoes	Apple Turnover & Cream	New Potatoes
	Pineapple Upside Cake	Ice Cream Bar	333	Peach Crumble & Cream	Cheesecake Pots		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.