



THE MANOR KITCHEN WEEKLY MENU

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Ham or Cheese Omelette Toast Station & Cereal Fruit Pots	Hash Brown & Baked Beans Toast Station & Cereal Fruit Pots	Porridge & Toppings Toast Station & Cereal Fruit Pots	Sausage & Spaghetti Hoops Toast Station & Cereal Fruit Pots	Croissant Toast Station & Cereal Fruit Pots	Bacon Rolls Toast Station & Cereal Fruit Pots	BRUNCH Toast Station & Cereal
LUNCH	Pasta & Jacket Potato Bar With Assorted Hot & Cold Toppings Freshly Made Bread 'No Waste' Soup Coconut & Jam Sponge	Chicken Katsu Curry Or Vegetable Curry Steamed Rice Roasted Carrots Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup	Mexican Tortilla Bake Roasted Vegetable Tortilla Bake Potato Wedges Green Salad Grated Cheese/Sheeze Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Fruit, Yoghurt &	Sweet & Sour Pork Sweet & Sour Vegan Sausages Stir Fry Plain Noodles Stir Fry Vegetable Noodles Prawn Crackers Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Vanilla Sponge with Biscoff Frosting	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	Pizza Selection Various Sides Fruit Salad	Manor Kitchen Brunch Menu Potato Hash Sausage Bacon Baked Beans Scrambled Egg & Hot Chocolate
SUPPER	Lamb Kofta BBQ Quorn Breast Spicy Moroccan Rice Street Slaw Cucumber Salad Sliced Red Onion Assorted Home Made Biscuits	Gammon Pasta Bake Pasta & Provencale Sauce Crusty Bread Salad Selection Chocolate Cupcakes	Breaded Chicken Goujons Onion Rings Mixed Vegetable Pasty Chipped potatoes Carrot & Cucumber Sticks Traditional Belgian Dessert	Keema Curry Steamed Rice Quorn Keema Curry Onion Bhaji Melon Pots		Boarders Grazing Buffet	Chicken & Chorizo Paella Vegan Paella Mixed Salad Crusty Bread Muffins



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.