



THE MANOR KITCHEN WEEKLY MENU

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Porridge & Toppings Toast Station & Cereal Fruit Pots	Poached Egg & Bacon Toast Station & Cereal Fruit Pots	Baked Beans & Sausage Toast Station & Cereal Fruit Pots	Hash Brown & Spaghetti Hoops Toast Station & Cereal Fruit Pots	Croissant Toast Station & Cereal Fruit Pots	Bacon Roll Toast Station & Cereal Fruit Pots	BRUNCH Toast Station & Cereal
LUNCH	Sausage & Mash Bar Selection of Sausages Including Vegetarian & Gluten Free Options Mashed Potato Onion Gravy Steamed Broccoli Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Assorted Pots	Baked Chicken Garlic & Rosemary Vegetable Bake New Potatoes Roasted Carrots & Peas Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Apple Crumble With Oaty Topping & Custard	Coconut & Mango Pork Curry & Braised Basmati Rice Chickpea & Spinach Curry Green Beans Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Cherry Flapjack	Traditional Beef Lasagne (Beef Lasagne Verdi..Egg Free) Vegan Cottage Pie Mixed Salad Counter Vegetables Freshly Made Bread Baked Beans 'No Waste' Soup	Breaded Fish Vegan Fish Finger G/F fish Tartare Sauce Or Cheese & Tomato Pizza Fries Peas Baked Beans Curry Sauce 'No Waste' Soup Freshly Made Bread Jacket Potatoes Fruit, Yoghurt & Jelly Pots	Gammon Pasta Bake Pasta & Sauce Salad Selection Crusty Bread Pot Selection	Manor Kitchen Brunch Menu Potato Hash Sausage Bacon Baked Beans Scrambled Egg & Hot Chocolate
SUPPER	Pork Meatballs Or Quorn Meatballs Tomato & Basil Sauce Braised Rice Mixed Leaves Crudities Chocolate Chip Shortbread Fingers	Chorizo Pasta Bake Roasted Pepper Pasta Bake Sweetcorn Crusty Bread Lemon Meringue	Pizza Quesadilla Veggi Options Salad Selection Oven Potatoes Doughnut pots	Toad In the Hole Vegan Option Available Diced Potatoes Steamed Carrots Gravy Jelly & Ice Cream	Chicken Burger Quorn Burger Salad Selection Potato Wedges Blueberry Muffins	Manor Kitchen Grazing Bar	Chicken Kebabs Halloumi Kebabs Pitta Bread Chickpea Hummus CousCous Street Slaw Tomato & Cucumber Salad Minted Yoghurt Victoria Sponge



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.