



THE MANOR KITCHEN WEEKLY MENU

WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Ham or Cheese Omelette Toast Station & Cereal Fruit Pots	Porridge & Toppings Toast Station & Cereal Fruit Pots	Hash Brown & Baked Beans Toast Station & Cereal Fruit Pots				BRUNCH
LUNCH	Pasta & Jacket Potato Bar With Assorted Hot & Cold Toppings Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Cereal Bar	Chicken Katsu Curry Or Vegetable Curry Steamed Rice Roasted Carrots Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Fruit, Yoghurt &	BBQ Pulled Pork Bap Quorn Burger (Pre Prep to have Sausage or Fish Fingers) Chips Crispy Onions Coleslaw Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Vanilla Sponge with				
SUPPER	Smash Beef Tacos Black Bean Charred Mini Corn Cobs Salad Selection Cake Selection	Boarders Make Their Own SUSHI Supper Traditional Belgian Dessert					



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.