



THE MANOR KITCHEN WEEKLY MENU

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Hash Brown & Spaghetti Hoops Toast Station & Cereal Fruit Pots	Porridge & Toppings Toast Station & Cereal Fruit Pots	Baked Beans & Sausage Toast Station & Cereal Fruit Pots	Scrambled Egg & Bacon 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 Broccoli & Fresh Cabbage Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Mixed Fruit Crumble With Oaty Topping & Custard	Garlic & Rosemary Baked Chicken Garlic & Rosemary Vegetable Bake New Potatoes Steamed Carrots & Peas Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Fruit, Yoghurt & Jelly Pots	Coconut & Mango Pork Curry & Braised Rice Chickpea & Spinach Curry Green Beans Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Reduced Sugar Banana Bread	Roast Gammon Cauliflower Cheese Roast Potatoes Mashed Swede & Carrot Freshly Made Bread Baked Beans 'No Waste' Soup Cherry Flapjack	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	Lasagne Dietary Options Salad Selection Potato Wedges Fruit Platter	Manor Kitchen Brunch Menu Potato Hash Sausage Bacon Baked Beans Scrambled Egg & Hot Chocolate
SUPPER	Chicken & Chorizo Pasta Bake Roasted Pepper Pasta Bake Sweetcorn Crusty Bread Shortbread Fingers	Meatballs Or Quorn Meatballs Tomato & Basil Sauce Braised Rice Mixed Leaves Crudities Chocolate Mousse Pots	Halloween Supper	Toad In the Hole Vegan Option Available Diced Potatoes Broccoli Gravy Fruit Pots	Pork Fajitas Roast Vegetable Wraps Tortilla Wrap Mexican Rice Tomato Salsa Sour Cream Nachos Roasted Corn Cobs	Manor Kitchen Grazing Bar	Breaded Chicken Roasted Vegetable Pasty Salad Selection Herby Diced Potatoes Jelly 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.