



# THE MANOR KITCHEN WEEKLY MENU

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Spaghetti Hoops & Tater Bites Toast Station & Cereal Fruit Pots	Porridge & Toppings Toast Station & Cereal Fruit Pots	Hash Brown & Bacon Toast Station & Cereal Fruit Pots	Baked beans & Poached Egg Toast Station & Cereal Fruit Pots	Croissant Toast Station & Cereal Fruit Pots	American Pancakes Toast Station & Cereal Fruit Pots	BRUNCH Toast Station & Cereal
LUNCH	Pasta with Beef and Vegetable Bolognaise Vegan Bolognaise Counter Vegetables Mixed Salad Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup  In Celebration of The STEAM Building... STEAMED Sticky Toffee Pudding & Pouring sauce	Chicken & Vegetable Curry Butternut Squash Curry  STEAMED Rice & STEAMED Broccoli & Peas  Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup	Pork, Sage & Apple Casserole Roasted Vegetable Quesadilla  Roast Diced Potatoes STEAMED Carrots & Swede  Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup  Banana Bread	Mac 'N' Cheese With Various Toppings Counter Vegetables Mixed Salad  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	Mixed Bean Chilli Con Carne Vegetable Pakora Pasta or Rice Salad Selection  Cookie Selection	Manor Kitchen Brunch Menu  Potato Hash Sausage Bacon Baked Beans Scrambled Egg & Hot Chocolate
SUPPER	Sliced Ham Roasted Vegetable Pasty  Fried Egg/Pineapple  Chips Salad Selection  Jelly Pots	Meatball Pasta Bake Pasta & Provencale Sauce  Crusty Bread Salad Selection  Chocolate Cupcakes	Keema Curry Steamed Rice Quorn Keema Curry  Onion Bhaji  Crudities  Cheesecake Pots	Mexican Chicken Tortilla Bake Roasted Vegetable Bake  Seasoned Wedges  Sweetcorn  Melon Pots	Chicken Burger In A Bun Veggi Burger In A Bun Salad Selection Oven Potatoes Rocky Road	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.