



THE MANOR KITCHEN WEEKLY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Omelette Selection Toast Station, Cereal, Yoghurt & Fruit Pots	Porridge & Toppings Toast Station, Cereal, Yoghurt & Fruit Pots	Baked Beans & Hash Brown Toast Station, Cereal, Yoghurt & Fruit Pots	Bacon & Poached Egg Toast Station, Cereal, Yoghurt & Fruit Pots	Croissant Toast Station, Cereal, Yoghurt & Fruit Pots	American Pancakes Toast Station, Cereal, Yoghurt & Fruit Pots	BRUNCH Toast Station & Cereal
LUNCH	Jacket Potato & Pasta Bar With Various Toppings Counter Vegetables Mixed Salad Freshly Made Bread 'No waste' Soup Oaty Fruit & Berry Crumble With Custard	Toad In The Hole Vegetarian Toad in the Hole Vegan Sausages Green Vegetable Selection Mash Potatoes Onion Gravy Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Pot Selection	Sesame & Soy Chicken Sesame & Soy Vegan Meatballs Braised Rice Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup	Selection of Pizza Slices Ham, Tomato or Pineapple Vegan Cheese Pizza Available Potato Wedges Assorted Salad options Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Creamed Rice Pudding &	Breaded Fish G/F Fish Vegan Fish Fingers with Tartare Sauce Or Squash & Courgette Gratin Fries Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Peas	BBQ Chicken Wings BBQ Roasted Vegetable Cous Cous Oven Potatoes Salad Selection Mini Doughnuts & Chocolate Sauce	Manor Kitchen Brunch Menu Bacon Hash Brown Baked Beans Sausage Poached Egg Hot Chocolate
SUPPER	Garlic & Herb Crumbed Chicken Breast Steamed Rice Salad Selection Jelly Pots	Mixed Bean Chilli Con Carne Vegetable Chilli Tortilla Chips Grated Cheese Sour Cream Red Onion Salad Mixed Leaves Guacamole Mango Smoothie Pots	6pm Supper 6.30....Christmas Dinner In FOSM	Beef Burger in a Bap Cheese Slices Veggi Burger Oven Potatoes Salad Selection Homemade Biscuit Selection	Mexican Chicken Tortilla Bake Roasted Vegetable Bake Herby Dice Potatoes Sweetcorn Assorted Dessert Plates	Manor Kitchen Grazing Bar	Beef & Onion Pie Or Vegetable Pasty Mash Potatoes & Broccoli Cereal Bar



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.