



THE MANOR KITCHEN WEEKLY MENU

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Omelette Selection Toast Station & Cereal Fruit Pots	Porridge & Toppings 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	American Pancakes & Maple Syrup Toast Station & Cereal Fruit Pots	BRUNCH Toast Station & Cereal
LUNCH	Sausage & Mash Bar Selection of Sausages Including Vegetarian & Gluten Free Mashed Potato Onion Gravy Roasted Carrots & Peas Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Cherry Flapjack	Garlic & Rosemary Baked Chicken Garlic & Rosemary Vegetable Bake New Potatoes Steamed Broccoli Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Fruit, Yoghurt & Jelly Pots	Pasta & Jacket Potato Bar With Assorted Toppings & Sauces Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Baked Rice Pudding	Cottage Pie Topped with Carrot & Swede Mash Cauliflower Cheese Sweetcorn Freshly Made Bread Baked Beans 'No Waste' Soup Apple Crumble With Oaty Topping	Breaded Fish Vegan Fish Finger G/F Sausage 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 Salad Selection Crusty Bread Pot Selection	Manor Kitchen Brunch Menu Hash Brown Sausage Bacon Baked Beans Fried Eggs & Hot Chocolate
SUPPER	Gammon Ham Quorn Balls Fried Egg or Pineapple Peas Chips Jelly Pots	Chorizo Pasta Roasted Pepper Pasta Bake Sweetcorn Crusty Bread Chocolate Shortbread Fingers	Chicken Burger Quorn Burger Salad Selection Potato Wedges Blueberry Muffins	Toad In the Hole Vegan Option Available Diced Potatoes Steamed Carrots Gravy Mousse Pots	BBQ Chicken Fajita Vegetable Fajita Coriander Rice Salad Selection Homemade Biscuit	Manor Kitchen Grazing Bar	Beef & Onion Pie Vegetable Pasty Vegetable Selection Mini Roast Potatoes Apple 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.