



# THE MANOR KITCHEN WEEKLY MENU

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<b>Omelette Selection</b> Toast Station, Cereal, Yoghurt & Fruit Pots	<b>Porridge &amp; Toppings</b> Toast Station, Cereal, Yoghurt & Fruit Pots	<b>Baked Beans &amp; Bacon</b> Toast Station, Cereal, Yoghurt & Fruit Pots	<b>Spaghetti Hoops &amp; Sauté Potatoes</b> Toast Station, Cereal	<b>Croissant</b> Toast Station, Cereal, Yoghurt & Fruit Pots	<b>American Pancakes</b> Toast Station, Cereal, Yoghurt & Fruit Pots	<b>BRUNCH</b> Toast Station & Cereal
<b>LUNCH</b>	<b>Cheese &amp; Tomato Pasta Bake</b>  <b>Plain Pasta &amp; Provençale Sauce</b> Counter Vegetables Or Salad  <b>Freshly Made Bread</b> Jacket Potatoes Baked Beans 'No waste' Soup  <b>Fruit Crumble</b> With Oaty Topping & Custard	<b>Chicken Katsu Curry</b>  <b>Vegan Meatballs</b> With Vegetable Rice  <b>Green Beans</b> Rice  <b>Freshly Made Bread</b> Jacket Potatoes Baked Beans 'No waste' Soup  <b>Fruit, Yoghurt &amp; Jelly Pots</b>	<b>Toad In the Hole</b> Gluten Free & Meat Free Sausages Available  <b>Mashed Potato</b> Steamed Broccoli Onion Gravy  <b>Freshly Made Bread</b> Jacket Potatoes Baked Beans 'No waste' Soup  <b>Bakewell Sponge</b>	<b>Spaghetti Bolognese</b> Vegetable Cottage Pie  <b>Spaghetti</b> Roasted Vegetables Peas  <b>Freshly Made Bread</b> Jacket Potatoes Baked Beans 'No waste' Soup  <b>Cinnamon Bread &amp; Butter</b> Pudding with Chocolate Chips & Cream	<b>Battered Fish</b> G/F Fish <b>Vegan Fish Fingers</b> with Tartare Sauce Or  <b>Fries</b> <b>Freshly Made Bread</b> Jacket Potatoes Baked Beans 'No waste' Soup Peas  <b>Fruit, Yoghurt &amp; Jelly Pots</b>	<b>Pasta &amp; Toppings</b>  <b>Vegetarian &amp; Gluten Free</b> Available  <b>Crusty Bread</b>  <b>Salad Selection</b>  <b>Fruit Platter</b>	<b>Manor Kitchen Brunch Menu</b>  <b>Bacon</b> <b>Hash Brown</b> <b>Baked Beans</b> <b>Sausage</b> <b>Poached Egg</b>
<b>SUPPER</b>	<b>Pizzas</b> With Various Toppings  <b>Herby Dice</b> Salad  <b>Homemade Biscuit</b> Selection	<b>Pasta &amp; Chorizo</b>  <b>Roasted Pepper</b> Pasta Bake  <b>Crusty Bread</b> <b>Mixed Leaves</b> <b>Grated Cheese</b>  <b>Cake Selection</b>	<b>Fish Finger Sub Roll</b> <b>Vegan Finger Sub</b>  <b>Potato Wedges</b>  <b>Peas</b>  <b>Chocolate</b> <b>Cheesecake Pots</b>	<b>Chicken Meatballs</b>  <b>Grilled Mediterranean</b> Vegetable Wrap  <b>Tomato Sauce</b> <b>Rice</b> <b>Garlic Bread</b> <b>Sweetcorn</b>	<b>Beef Burger in a Bap</b> <b>Cheese Slices</b> <b>Veggi Burger</b>  <b>Oven Potatoes</b> <b>Salad Bar</b>  <b>Mini Doughnuts</b> & <b>Chocolate Sauce</b>	<b>Assorted Filled Panini</b>  <b>&amp; Sides</b>  <b>Assorted Cookies</b>	<b>Chilli &amp; Rice</b>  <b>Vegan Option</b>  <b>Salsa</b> <b>Sour Cream</b> <b>Nachos</b> <b>Mixed Leaves</b>  <b>Chocolate Cup Cakes</b>



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.