



THE MANOR KITCHEN WEEKLY MENU

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Omelettes Cheese or Ham Toast Station, Cereal, Yoghurt	Poached Egg & Sauté Potatoes Toast Station, Cereal, Yoghurt & Fruit Pots	Porridge & Toppings Toast Station, Cereal, Yoghurt & Fruit Pots	Hash Brown & Spaghetti Hoops Toast Station, Cereal, Yoghurt & Fruit Pots	Croissant Toast Station, Cereal, Yoghurt & Fruit Pots	American Pancakes Toast Station, Cereal, Yoghurt & Fruit Pots	BRUNCH
LUNCH	Chicken Chow Mein Vegetable Chow Mein Prawn Crackers Vegetable Selection Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Pot Selection	Home Made Pizza Selection Vegetarian & Gluten Free Options Spicy Bean Quesadilla Potato Wedges Baked Beans 'No waste' Soup with Croutons Oaty Fruit Crumble With Custard	Beef Lasagne Lasagne Verdi (Egg Free) Gluten Free & Dairy Free Vegan Lasagne Counter Vegetables Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Rocky Road	Roast Gammon Vegan Sausage Cauliflower Cheese Roast Potatoes Green Beans Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Vanilla Sponge With Biscoff Topping	Battered Fish G/F Fish Vegan Fish Fingers with Tartare Sauce Fries Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Tomato Soup Peas Fruit, Yoghurt & Jelly Pots		Manor Kitchen Brunch Menu Bacon Hash Brown Baked Beans Sausage Poached Egg
SUPPER	Gammon Pasta Bake Plain Pasta & Sauce Salad Bar Crusty Bread Homemade Cookie Selection	Sausage & Mash Bar Selection of Sausages, Mashed Potato, Onion Rings, Gravy & Vegetables Shortbread Fingers	Indian Supper Chicken Tikka Masala Chickpea & Potato Curry Pilau Rice Onion Bhajis Cucumber Raita Jelly Pots	Mexican Fajita Vegetable Fajita Potato Wedges Sweetcorn Banana Bread	Chicken Burger In A Bap Veggie Burger Herby Dice Potatoes Salad Selection Cake Selection	Manor Kitchen Grazing Bar	Beef & Onion pasty Vegetable Pasty New potatoes Peas Chocolate Sponge & Chocolate Sauce.



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.