



# THE MANOR KITCHEN WEEKLY MENU

Week 2

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