



THE MANOR KITCHEN WEEKLY MENU

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Omelettes Cheese or Ham Toast Station, Cereal, Yoghurt & Fruit Pots	Porridge & Toppings Toast Station, Cereal, Yoghurt & Fruit Pots	Poached Egg & Sauté Potatoes Toast Station, Cereal, Yoghurt & Fruit Pots	Hash Brown & Spaghetti Hoops Toast Station, Cereal, Yoghurt & Fruit Pots	Croissant Toast Station, Cereal, Yoghurt & Fruit Pots	Toast Station, Cereal, Yoghurt & Fruit Pots	BRUNCH Toast Station & Cereal
LUNCH	Chicken Chow Mein Vegetable Chow Mein Prawn Crackers Stir Fry Vegetables Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Pot Selection	BBQ Pulled Pork With Pitta Bread Or Tortilla Wrap Mild Bean & Vegetable Chilli Fried Rice with Spring Onions Sweetcorn Baked Beans Jacket Potatoes 'No waste' Soup Oaty Fruit Crumble With Custard	Home Made Pizza Selection Vegetarian & Gluten Free Options Spicy Bean Quesadilla Potato Wedges Baked Beans 'No waste' Soup with Croutons Biscuit Assortment	Beef Lasagne Lasagne Verdi (Egg Free) Gluten Free & Dairy Free Vegan Lasagne Counter Vegetables Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Fruit, Yoghurt & Jelly Pots	Selection Of Sausages Vegan & Gluten Free Available With Curry Sauce Or BBQ Sauce Chipped Potatoes Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Tomato Soup Peas Mini Doughnuts & Ice Cream	Toast Station, Cereal, Yoghurt & Fruit Pots	Toast Station & Cereal
SUPPER	Sausage & Mash Bar Selection of Sausages, Mashed Potato, Onion Rings, Gravy & Peas Shortbread Fingers	Kentucky Fake away Quorn Vegan Nuggets Ripple Fries BBQ Beans Coleslaw Jelly Pots	Mexican Fajita Vegetable Fajita Mexican Spiced Potatoes Corn on the Cob Banana Bread	Indian Supper Chicken Tikka Masala Chickpea & Potato Curry Pilau Rice Onion Bhajis Cucumber Raita Smoothie Pots	Toast Station, Cereal, Yoghurt & Fruit Pots	Toast Station, Cereal, Yoghurt & Fruit Pots	Toast Station & Cereal



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.