



THE MANOR KITCHEN WEEKLY MENU

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Omelette Selection Toast Station, Cereal, Yoghurt & Fruit Pots	Porridge & Toppings Toast Station, Cereal, Yoghurt & Fruit Pots	Baked Beans & Hash Browns Toast Station, Cereal, Yoghurt & Fruit Pots	Poached Egg & Sauté Potatoes Toast Station, Cereal,	Croissant Toast Station, Cereal, Yoghurt & Fruit Pots	Bacon & Spaghetti Hoops Toast Station, Cereal, Yoghurt & Fruit Pots	BRUNCH Toast Station & Cereal
LUNCH	Chicken Katsu Curry Vegan Meatballs With Vegetable Rice Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Fruit, Yoghurt & Jelly Pots	Toad In The Hole Gluten Free & Meat Free Sausages Available Mashed Potato Steamed Broccoli Onion Gravy Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Fruit Crumble With Oaty Topping & Custard	Bacon & Tomato Pasta Bake Plain Pasta & Provençale Sauce Counter Vegetables Or Salad Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Bakewell Sponge	Spaghetti Bolognese Vegetable Cottage Pie Spaghetti Roasted Vegetables Peas Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Fruit, Yoghurt & Jelly Pots	Battered Fish G/F Fish Vegan Fish Fingers with Tartare Sauce Or Fries Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Peas Cinnamon Bread & Butter Pudding with Chocolate	Chilli & Rice Vegan Option Salsa Sour Cream Nachos Mixed Leaves Fruit Platter	Manor Kitchen Brunch Menu Bacon Hash Brown Baked Beans Sausage Poached Egg Hot Chocolate
SUPPER	Pasta & Chorizo Roasted Pepper Pasta Bake Crusty Bread Mixed Leaves Grated Cheese Homemade Biscuit Selection	Beef Meatballs Grilled Mediterranean Vegetable Wrap Tomato Sauce Tagliatelle Garlic Bread Peas Pineapple Sponge Cake	Chicken Burritos Roasted Vegetable Burritos Coriander Rice Sweetcorn Fruit Flapjack	Beef Burger in a Bun Cheese Slices Sliced Onions Veggi Burger Potato Wedges Salad Bar Cheesecake Pots	Pizza With Various Toppings Herby Diced Potatoes Salad Selection Mini Doughnuts & Chocolate Sauce	Fish Finger Sub Roll Vegan Finger Sub Roll Ripple Fries Sweetcorn Blueberry Muffins	Home Made Sage And Onion Pork Sausage Rolls Vegan Sausage Roll Potato Wedges Cake Selection



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.