



THE MANOR KITCHEN WEEKLY MENU

Week 3

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|--|--|--|---|--|---|---------------|
| BREAKFAST | Omelettes Cheese or Ham Toast Station, Cereal, Yoghurt | Porridge & Toppings Toast Station, Cereal, Yoghurt & Fruit Pots | Baked Beans & Sausage Toast Station, Cereal, Yoghurt & Fruit Pots | Hash Brown & Poached Egg Toast Station, Cereal, Yoghurt & Fruit Pots | Croissants Toast Station, Cereal, Yoghurt & Fruit Pots | American Pancakes & Maple Syrup Toast Station, Cereal, Yoghurt & Fruit Pots | BRUNCH |
| LUNCH | Gammon & Mature Cheddar Pasta Bake Vegetable Pasta Bake Roasted Vegetables Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Fruit, Yoghurt & Jelly Pots | Chicken & Pepper Burrito Vegetable Burrito Sweetcorn Seasoned Wedges Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Oaty Fruit Crumble With Custard | Pasta & Jacket Potato Bar With Assorted Hot & Cold Toppings Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Vanilla Sponge With Biscoff Topping | Traditional Cottage Pie Vegan Pie Broccoli & Cauliflower 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 Squash & Courgette Gratin Fries Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Peas Cereal Bar | | |
| SUPPER | Baked Jerk Chicken With Roast Pineapple & Peppers Butternut Squash, Spinach & Lentil Hot Pot Coconut Rice & Peas Mango Salsa Shortbread Fingers | Spaghetti Bolognese Vegan Option Salad & Grated Cheese Crusty Bread Cheesecake Pots | Midweek Mini Roast Meat Selection Vegan Quorn Fillet Roast Potatoes Yorkshires Assorted Vegetables Cake Selection | Chicken Chow Mein Vegetable Chow Mein Prawn Crackers Vegetable Selection Confetti Cupcakes | | | |



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.