



THE MANOR KITCHEN WEEKLY MENU

Week 2

	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 & Bacon Toast Station, Cereal, Yoghurt & Fruit Pots	Hash Brown & Poached Egg Toast Station, Cereal, Yoghurt & Fruit Pots	Croissant Toast Station, Cereal, Yoghurt & Fruit Pots	Sauté potatoes & Spaghetti Hoops Toast Station, Cereal, Yoghurt & Fruit Pots	BRUNCH Toast Station & Cereal
LUNCH	Pasta Bar Bolognese Carbonara or Tomato & Basil Penne Pasta Vegetable selection (Gammon Pasta Bake & salad bowls For Pre Prep) Grated Cheese Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Cake Selection Fresh Fruit Pots	Chicken Curry Vegetable Curry Steamed Rice Vegetable Selection Prawn Crackers Mango Chutney Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Assorted Pot Selection Fresh Fruit Pots	Braised Sausages Vegan & Gluten free Sausages Available Roast Potatoes Yorkshire pudding Vegetable Selection Onion Gravy Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Warm Apple & Summer Fruit Oaty Crumble With Chantilly Cream	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	BBQ Chicken Goujons Or Chicken Breast in Battered Coating (Fish Fingers, Chips & Beans For Pre Prep) Chipped Potatoes Tempura Vegetables & Sweet Chilli Dip Peas Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Tomato Soup Rocky Road	Jacket Potato or Pasta With Choice Of Toppings Salad Selection Crusty Bread Fresh Fruit Platter	Manor Kitchen Brunch Menu Bacon Hash Brown Baked Beans Sausage Fried Egg Hot Chocolate
SUPPER	Sliced Ham Griddled Halloumi With Fried Egg Or Griddled Pineapple & Chips Baked Beans Shortbread Fingers	Gammon Pasta Bake Plain Pasta & Sauce Salad Bar Crusty Bread Ice Cream Sundae	Kentucky Fake away Quorn Vegan Nuggets Potato Spirals BBQ Beans Coleslaw Jelly Pots	Indian Supper Chicken Tikka Masala Chickpea & Potato Curry Pilau Rice Onion Bhajis Cucumber Raita Chocolate Iced Cup cakes	Mexican Fajita Vegetable Fajita Tortillas Corn on the Cob Cake Selection	Selection of French Bread Pizzas Crudities Potato Wedges Homemade Cookie	Boarders Choice



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.