



THE MANOR KITCHEN WEEKLY MENU

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Ham or Cheese Omelettes	Porridge & Toppings Toast Station, Cereal, Yoghurt & Fruit Pots	Baked Beans & Poached Egg Toast Station, Cereal, Yoghurt & Fruit Pots	Bacon & Hash Brown Toast Station, Cereal, Yoghurt & Fruit Pots	Ham or Cheese Croissant Toast Station, Cereal, Yoghurt & Fruit Pots	Spaghetti Hoops & Sauté Potatoes Toast Station, Cereal, Yoghurt & Fruit Pots	BRUNCH Toast Station & Cereal
LUNCH	Chicken Katsu Curry (Sausages for Pre Prep) Vegan Meatballs Fried Rice Curry Sauce Broccoli Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Mousse, Fruit & Jelly Pots	Macaroni Cheese With Topping Selection Bacon Bits Roasted Pepper Salsa Crispy Onion Counter Vegetables Or Salad Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Frosted Carrot Cake	Chicken & Pepper Burrito Roasted Vegetable Burrito Mexican Corn salad Seasoned Wedges Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Fruit & Berry Crumble With Chantilly Cream	Pasta Bolognaise Meat Free Bolognaise Penne Pasta Cauliflower Cheese Peas Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Mousse, Fruit & Jelly Pots	Home Made Pizza Slice Selection Vegetarian & Gluten Free Options Spicy Bean Quesadilla (Fish Finger, Beans & Chips for Pre Prep) Chips Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Chocolate Chip Sponge	BBQ Chicken Wings Vegetable Cottage Pie Pasta Spirals Roasted Tomato Sauce Corn on the Cob Grated Cheese Cake Selection	Manor Kitchen Brunch Menu Bacon Hash Brown Baked Beans Sausage Fried Egg Hot Chocolate
SUPPER	Mini Roast Roast Gammon Vegetable Kebabs Roast Potatoes Stuffing Balls Yorkshire Puddings Gravy Banana Muffins	Pulled Pork 'Dog' Roll Vegan Hot Dog Salad Selection Potato Skins Jelly or Yoghurt Pots	Beef Burger In a Bap With Onions Veggie Burger Sliced Cheese Crudities Chips Fruit Kebabs & Biscuit	Pork Meatballs Grilled Mediterranean Vegetable Wrap Tomato Sauce Saag Aloo Potatoes Garlic Bread Mixed Leaves Manor Mess With Berry Coulis	Spanish Chicken Paella Roasted Vegetable Paella Lemon & Lime wedges Crispy Onion Rings Crusty Baguettes Mini Doughnuts	Fish Finger Sub Roll Vegan Finger Sub Potato Wedges Crudities Biscuit Selection	Chicken Korma Spiced Vegetable Tagine Steamed Rice Broccoli Iced Cup Cakes



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.