



THE MANOR KITCHEN WEEKLY MENU

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Toast & Cereal Trolley	Omelette Selection Toast Station, Cereal, Yoghurt, Fruit Pots	Porridge & Toppings Toast Station, Cereal, Yoghurt, Fruit Pots	Bacon & Baked Beans Toast Station & Cereal Fruit Pots	Croissants Toast Station, Cereal, Yoghurt, Fruit Pots	Sauté Potatoes & Spaghetti Hoops Toast Station, Cereal, Yoghurt, Fruit Pots	BRUNCH Toast Station & Cereal
LUNCH	Brunch @ 10.45am Sausage Bacon Baked Beans Hash Brown Scrambled Egg & Hot Chocolate	Minced Beef & Onion Shortcrust Pastry Pie Roasted Vegetable Cottage Pie Steamed Carrots & Swede Roast Potatoes Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Selection Of Fruit, Jelly, Mousse Or Yoghurt Pots	Jacket & Pasta Bar With Assorted Hot & Cold Toppings Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Chocolate Fudge Cake	Chicken Chow Mein Vegetable Chow Mein Prawn Crackers Vegetable Selection Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Selection Of Fruit, Jelly Or Yoghurt Pots	Breaded Fish G/F Fish Vegan Fish Finger Chipped Potatoes Peas Tartare Sauce Curry Sauce Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Bakewell Sponge (nut Free)	Chilli Beef Sour Cream Vegan Vegetable Chilli Steamed Rice Or Jacket Potato Salad Selection American Pancakes Maple Syrup & Ice Cream	Manor Kitchen Brunch Menu Bacon Baked Beans Hash Brown Fried Egg Mushrooms & Tomatoes & Hot Chocolate
SUPPER	Weekend Boarders Supper @5.30pm Lasagne Chips & Salad Veggi/Vegan option Ice cream Sundaes Grazing Sandwiches & Chips for Returning Boarders	Chicken Burger In a Bap Veggie Burger Herby Dice Salad Selection Cereal Bar	Chicken Kebabs Halloumi Kebabs Pitta Bread Cous Cous Stree Slaw Tomato & Cucumber Salad Minted Yoghurt Jelly Pots	Smash Beef Tacos Roasted Vegetable Black Bean Taco Fried Rice Charred Corn Salad Homemade Biscuits	Garlic & Rosemary Chicken Burrito Vegetable Burritos (v) Spiced Rice Sweetcorn BBQ Sauce Chocolate Brownie	Panini Selection Vegetarian Options Oven Potatoes Crudities Fruit Platter	BBQ Sausages BBQ Quorn Sausages Penne Pasta Mixed Salad Garlic Bread Jam Sponge



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.