



# THE MANOR KITCHEN WEEKLY MENU

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<b>Ham or Cheese Omelettes</b> Toast Station, Cereal, Yoghurt & Fruit Pots	<b>Baked Beans, Fried Egg &amp; Sauté Potatoes</b> Toast Station, Cereal, Yoghurt & Fruit Pots	<b>French Toast Mushrooms &amp; Tomato</b> Toast Station, Cereal, Yoghurt & Fruit Pots	<b>Scrambled Eggs, Spaghetti Hoops &amp; Hash Brown</b> Toast Station, Cereal, Yoghurt & Fruit Pots	<b>Ham or Cheese Croissant Forest Fruit Smoothie</b> Toast Station, Cereal, Yoghurt & Fruit Pots	<b>Sausage &amp; Egg Muffin</b> Toast Station, Cereal, Yoghurt & Fruit Pots	<b>BRUNCH</b> Toast Station & Cereal
<b>LUNCH</b>	<b>Chicken Katsu Curry (Sausages for Pre Prep)</b> <b>Tempura Vegetable Wrap</b> <b>Fried Rice Curry Sauce</b> <b>Broccoli</b> <b>Freshly Made Bread</b> <b>Jacket Potatoes</b> <b>Baked Beans</b> <b>'No waste' Soup</b> <b>Mousse, Fruit &amp; Jelly Pots</b>	<b>Macaroni Cheese With Topping Selection</b> <b>Bacon Bits</b> <b>Roasted Pepper Salsa</b> <b>Crispy Onion</b> <b>Counter Vegetables Or Salad</b> <b>Freshly Made Bread</b> <b>Jacket Potatoes</b> <b>Baked Beans</b> <b>'No waste' Soup</b> <b>Frosted Carrot Cake</b>	<b>Chicken &amp; Pepper Burrito</b> <b>Roasted Vegetable Burrito</b> <b>Mexican Corn salad</b> <b>Seasoned Wedges</b> <b>Freshly Made Bread</b> <b>Jacket Potatoes</b> <b>Baked Beans</b> <b>'No waste' Soup</b> <b>Chocolate Crispy Cake</b>	<b>Pasta Bolognese</b> <b>Meat Free Bolognese</b> <b>Penne Pasta</b> <b>Cauliflower Cheese Peas</b> <b>Freshly Made Bread</b> <b>Jacket Potatoes</b> <b>Baked Beans</b> <b>'No waste' Soup</b> <b>Mousse, Fruit &amp; Jelly Pots</b>	<b>Manor Kitchen BBQ Outside</b> <b>Beef Burgers in a Bap</b> <b>Vegan/Veggi Burger</b> <b>(Fish Finger, Beans &amp; Chips for Pre Prep)</b> <b>Cheese Slices</b> <b>Cooked Onions</b> <b>Mixed Salad</b> <b>Chipped Potatoes</b> <b>'World Cup' Cakes</b>		<b>Manor Kitchen Brunch Menu</b> <b>Bacon Hash Brown</b> <b>Baked Beans</b> <b>Sausage</b> <b>Fried Egg</b> <b>Hot Chocolate</b>
<b>SUPPER</b>	<b>Pasta &amp; Toppings</b> <b>Selection Of toppings</b> <b>Grated Cheese Salad Selection</b> <b>Crusty Bread</b> <b>Chocolate Muffins</b>	<b>Mini Roast</b> <b>Roast Gammon</b> <b>Vegetable Kebabs</b> <b>Roast Potatoes</b> <b>Stuffing Balls</b> <b>Yorkshire Puddings</b> <b>Gravy</b> <b>Manor Mess with Berry Coulis</b>	<b>Pizza Selection (outside if sunny &amp; dry)</b> <b>Vegetarian Options</b> <b>Salad Selection</b> <b>Chips</b> <b>Cookie Selection</b>	<b>Chicken Chow Mein</b> <b>Vegetable Chow Mein</b> <b>Vegetable Stir Fry</b> <b>Prawn Crackers</b> <b>Belgian Waffles</b> <b>Ice Cream &amp; Chocolate Sauce</b>	<b>BBQ Chicken Wings</b> <b>Potato Wedges</b> <b>Salad Selection</b> <b>Assorted Cakes</b>	<b>TBC</b>	



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.