



THE MANOR KITCHEN WEEKLY MENU

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Bacon, Fried Egg & Baked Beans Toast Station, Cereal, Yoghurt, Fruit Pots	Omelette Selection Mushrooms & Tomatoes Toast Station, Cereal, Yoghurt, Fruit Pots	Sausage & Egg Muffins Toast Station, Cereal, Yoghurt, Fruit Pots	Hash Brown & Baked Beans Toast Station & Cereal Fruit Pots	Croissants Toast Station, Cereal, Yoghurt, Fruit Pots	Mini Rostis, Baked Beans & Bacon Toast Station, Cereal Fruit Pots	BRUNCH Toast Station & Cereal
LUNCH	Sesame & Soy Chicken with Peppers & Onions Cauliflower & Broccoli Cheese Braised Rice Green Vegetable Selection Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Victoria Sponge Cup Cakes	Minced Beef & Onion Pie Roasted Vegetable Cottage Pie Vegetable Selection 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 Bakewell Sponge (nut Free)	Chicken Chow Mein Vegetable Chow Mein Prawn Crackers Vegetable Selection Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Cereal Bar	Breaded Fish G/F Fish Vegan Fish Finger Falafel Balls With Sweet Chilli Dip Chipped Potatoes Peas Tartare Sauce Curry Sauce Freshly Made Bread Jacket Potatoes Baked Beans 'No Waste' Soup Selection Of Fruit, Jelly	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 Sausage Baked Beans Hash Brown Fried Egg & Hot Chocolate
SUPPER	Sliced Gammon Ham Fried Egg or Pineapple Grilled Paprika Halloumi Chipped Potatoes Baked Beans Chocolate Chip Cookies	Chicken Stroganoff Vegetable stroganoff Spaghetti Pasta Roasted Carrots Cake Selection	Pulled Pork Hot Dog Rolls Quorn Sausage Roll Potato Wedges Salad Selection Jelly or Yoghurt Pots	Smash Beef Tacos Roasted Vegetable Black Bean Taco Fried Rice Charred Corn Salad Homemade Biscuits	Beef Lasagne Vegetable Pasta Bake Salad Bar Crusty Bread Crispy Cup Cakes	Chicken Burger In a Bun Spicy Bean Burger Salad Selection Ripple fries Fresh fruit platter	Garlic & Rosemary Chicken Burrito Vegetable Burritos (v) Spiced Rice Sweetcorn BBQ Sauce Chocolate Brownie



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.