



THE MANOR KITCHEN WEEKLY MENU

21st September

	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	Croissant Toast Station, Cereal, Yoghurt & Fruit Pots	Spaghetti Hoops & Sauté Potatoes Toast Station, Cereal, Yoghurt & Fruit Pots	BRUNCH Toast Station & Cereal
LUNCH	Chicken Enchilada Bake Roasted Squash & Black Bean Enchilada Paprika Rice Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Mousse, Fruit & Jelly Pots	BBQ Pulled Pork Cheese & Vegetable Loaded Nachos Roasted Sweetcorn Salsa Salad Cajun Wedges Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Fruit & Berry Crumble With Chantilly Cream	Macaroni Cheese With <u>Topping Selection</u> Bacon Bits Roasted Pepper Salsa Crispy Onion Plain Pasta Tomato & Basil Sauce Counter Vegetables Or Salad Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Frosted Carrot Cake	SCIENTIFIC THEMED LUNCH	Fish Variety Fish cakes, Goujons or Fish Fingers GF Pollock (Fish Finger, Beans & Chips for Pre Prep) Chips Peas Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Biscuit Selection	BBQ Chicken Wings Vegetable Cottage Pie Pasta Spirals Roasted Tomato Sauce Corn on the Cob Grated Cheese Fruit Platter	Manor Kitchen Brunch Menu Bacon Hash Brown Baked Beans Sausage Fried Egg Hot Chocolate
SUPPER	Ham, Tomato And Basil Pasta Bake Tomato & Basil Pasta Garlic Bread Mixed Salad Cereal Bar	Lamb Kebabs Chickpea & Onion Falafel Pilau Rice Minted Yoghurt & Cucumber Relish Chunky Salad Sour Cream Garlic & Coriander Naan Bread Jelly or Yoghurt Pots	Chicken & Pepper Burrito Roasted Vegetable Burrito Mexican Corn salad Mexican Potatoes Manor Mess With Berry Coulis		Slow Braised Gammon with Parsley Sauce Cauliflower, Cheddar & Leek Gratin Steamed Carrots Mashed Potato Cherry Bakewell Sponge	Pizza & Various Toppings Herby Diced Potatoes Salad Selection Viennetta Ice Cream	BBQ Pork Ribs BBQ Vegetarian Sausages Coleslaw & Cucumber Sweetcorn Chips Iced Cup Cakes <u>Boarders Return.</u> Sandwich, Chips & Fruit



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.