



THE MANOR KITCHEN WEEKLY MENU

7th SEPTEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Omelettes Cheese or Ham Toast Station, Cereal, Yoghurt & Fruit Pots	Porridge & Toppings Toast Station, Cereal, Yoghurt & Fruit Pots	Hash Browns & Poached Egg Toast Station, Cereal, Yoghurt & Fruit Pots	Baked Beans & Bacon Toast Station, Cereal, Yoghurt & Fruit Pots	Croissant Toast Station, Cereal, Yoghurt & Fruit Pots	Sauté Potatoes & Spaghetti Hoops Toast Station, Cereal, Yoghurt & Fruit Pots	BRUNCH
LUNCH	Beef Meatballs in a Rich Tomato & Basil Sauce Penne Pasta Counter Vegetables Vegetable Burrito Freshly Made Bread Jacket Potatoes Baked Beans 'No waste soup' Fruit Crumble & Custard	Sticky Honey & Soy Chicken Thigh Asian Style Noodles Roasted Broccoli Honey & Soy Quorn Sausages Freshly Made Bread Jacket Potatoes Baked Beans 'No waste soup' Selection of Assorted Pots	PASTA BAR Bolognaise Carbonara or Roasted Pepper & Tomato Counter Vegetables Freshly Made Bread Jacket Potatoes Baked Beans 'No waste soup' Lemon Drizzle Sponge Fruit Pots	Chicken Ham & Leek Pie Roasted New Potatoes Broccoli, Leek & Pepper Sauté Potato Pie Sweetcorn Freshly Made Bread Jacket Potatoes Baked Beans 'No waste soup' Selection of Assorted Pots	Breaded Pollock Gluten Free Fish Falafel Ball Selection With sweet Chilli Dip Chunky Chips Peas Freshly Made Bread Jacket Potatoes Baked Beans 'No waste soup' Chocolate Chip Cookies Fruit Pots	Crispy Chicken Schnitzel With Mustard Sauce Mushroom & Pepper Stroganoff Braised Rice Vegetable Selection Pot Selection	Manor Kitchen Brunch Bacon Hash Brown Baked Beans Sausage Fried Egg Hot Chocolate
SUPPER	Chicken & Vegetable Masala Roasted Cauliflower & Vegetable Masala Pineapple Upside Down Cake	Cottage Pie With Herby Mash Lentil & Vegetable Pie Peas & Glazed Carrots Mango Yoghurt Fool	Beef Chilli Con Carne Smokey Three Bean Chilli Steamed Rice Tortilla Chips & Salsa Salad Option Shortbread Fingers	Pork Sausage & Caramelized Onion Tray bake Vegetable Sausage & Red Onion Tray bake Creamy Mash Potato Green Beans Iced Cupcake	Fajita Selection Vegetarian Option Mexican Rice Sweetcorn Sour Cream Salad Selection Chocolate Doughnuts	Beef Lasagne Roasted Vegetable Lasagne Garlic Bread Dressed Salad Baked Vanilla Rice Pudding & Berry Compote	Slow Roasted Pork Shoulder Mushroom, Lentil & Thyme Wellington Duchess Potatoes Seasonal Vegetables Treacle Sponge & Custard



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.