THE MANOR KITCHEN WEEKLY MENU 23rd NOVEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Omelette Selection Ham or Cheese Toast Station, Cereal, Yoghurt & Fruit Pots	Porridge & Toppings & Soft Boiled Egg & Soldiers Toast Station, Cereal, Yoghurt & Fruit Pots	Scrambled Egg Mushrooms Hash Brown Toast Station, Cereal, Yoghurt & Fruit Pots	Baked Beans Bacon Fried Eggs Toast Station, Cereal, Yoghurt & Fruit Pots	Croissant Toast Station, Cereal, Yoghurt & Fruit Pots	Hash Browns & Spaghetti Hoops Toast Station, Cereal, Yoghurt & Fruit Pots	BRUNCH Toast Station & Cereal
LUNCH	Lasagne Lentil, Tomato & Roasted Vegetable Ragu Pasta & Sauce Green Beans Roasted Carrots Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Fruit Crumble With Oaty Topping & Custard	Tuscan Chicken Carrot, Leek & Cheddar Bake Steamed Rice Broccoli Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Fruit, Jelly or Yoghurt Pots	PASTA BAR 3 Cheese Sauce Arrabbiata Sauce Ragu Bolognaise Penne Pasta Grated Cheese Roasted Vegetables Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Toffee Apple Sponge	Butchers Sausages Gluten Free, Pork Free & Meat Free Sausages Available Mashed Potato Carrots & Peas Onion Gravy Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Fruit, Yoghurt, Or Mousse Pots	BBQ Chicken Goujons Chicken Wings Breaded Chicken Cajun Halloumi & Vegetable Skewers Chipped Potatoes Peas Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Chocolate Brownie	Pasty Selection Vegetarian Chicken Beef Oven Potatoes Cucumber, Lettuce, Coleslaw Fruit Platter	Manor Kitchen Brunch Menu Bacon Sauté Potatoes Baked Beans Poached Egg Fried Bread Mushrooms/ Tomatoes Hot Chocolate
SUPPER	Chicken Chow Mein Vegetable Chow Mein Stir Fry Vegetables Prawn Crackers Mousse Pots	Smashed Beef Tacos Smashed Mushroom Tacos Cajun Wedges Salad Sauces Lemon Curd Sponge	BBQ Pork BBQ Tofu Steamed Rice Corn on the Cobs Belgian waffles & Hot Chocolate Sauce	Mild Chicken Madras Chickpea & Vegetable Madras Bombay Potatoes Onion Bhajis Vegetable samosa Cucumber Salad Jelly Coups	Beef Meatballs Marinara Vegan Meatball Marinara Penne Pasta Mixed Vegetables Salad Homemade Biscuit Assortment	Mac n Cheese With Toppings Crispy Onion Bacon Bits Sweetcorn Crusty Bread Cake/Biscuit Assortment	Toad In the Hole Veggie Sausage Toad In the Hole Peas Crushed, Roasted New Potatoes Gravy Cup Cakes

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.

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