THE MANOR KITCHEN WEEKLY MENU

2nd 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 Poached Egg 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	Tuscan Chicken Broccoli, Leek & Cheddar Bake Steamed Rice Vegetable Medley Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Fruit Crumble With Oaty Topping & Custard	Butchers Sausages Gluten Free, Pork Free & Meat Free Sausages Available Mashed Potato Steamed Broccoli Onion Gravy Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Fruit, Yoghurt, Or Mousse Pots	BBQ Chicken Roasted Squash & Black Bean Enchilada Cajun Wedges Peas & Sweetcorn Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Toffee Apple Sponge	Lasagne Lentil, Tomato & Roasted Vegetable Ragu With Tagliatelle Green Beans Roasted Carrots Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Fruit, Yoghurt, Or Mousse Pots	Breaded Pollock Fish Fingers Mexican Bean Loaded Potato Skins Chipped Potatoes Peas Freshly Made Bread Jacket Potatoes Baked Beans 'No waste' Soup Cereal Bar	Roast Chicken Vegan Quorn Fillet Sage & Onion Stuffing Yorkshire Pudding Steamed Carrots Roast Potatoes Gravy Fruit Platter	Manor Kitchen Brunch Menu Bacon Sauté Potatoes Baked Beans Sausage Fried Egg Hot Chocolate
SUPPER	Gammon, Tomato & Basil Pasta Bake Macaroni Cheese Crusty Bread Mixed Salad Chocolate Chip Muffin	Battered Fish Goujon Wrap & Smoked Paprika Mayo Falafel Wrap Ridge Potatoes Peas Mango Yoghurt Fool	Halloween Supper	Mild Chicken Madras Chickpea & Vegetable Madras Bombay Potatoes Onion Bhajis Vegetable samosa Cucumber Salad Jelly Coups	Pork Meatballs Marinara Vegan Meatball Marinara Penne Pasta Mixed Vegetables Homemade Biscuit Assortment	Pizza Selection Meat & Vegetarian Options Oven Potatoes Cucumber, Lettuce, Coleslaw Cake/Biscuit Assortment	Pork & Pineapple Sweet & Sour Vegetable Sweet & Sour Fried Rice Peas & Mange Tout 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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