# THE MANOR KITCHEN WEEKLY MENU

9th November

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| BREAKFAST | Omelette Selection<br><br>Toast Station, Cereal, Yoghurt & Fruit Pots | Porridge & Toppings<br><br>Toast Station, Cereal, Yoghurt & Fruit Pots | Poached Egg<br>Mushrooms<br>Hash Brown<br><br>Toast Station, Cereal, Yoghurt & Fruit Pots | Baked Beans<br>Bacon<br>Poached Egg<br><br>Toast Station, Cereal, Yoghurt & Fruit Pots | Croissant<br><br>Toast Station, Cereal, Yoghurt & Fruit Pots | Hash Browns<br>&<br>Spaghetti Hoops<br><br>Toast Station, Cereal, Yoghurt & Fruit Pots | BRUNCH<br><br>Toast Station & Cereal |
| LUNCH | Chicken Katsu Curry<br><br>Quorn Katsu Curry<br><br>Steamed Broccoli<br><br>Rice<br><br>Freshly Made Bread<br>Jacket Potatoes<br>Baked Beans<br>'No waste' Soup<br><br>Fruit Crumble<br>With Oaty Topping<br>& | Sausage Selection<br><br>Gluten free, Pork Free<br>& Meat Free<br><br>Roast Potatoes<br>Peas & Sweetcorn<br>Yorkshire Puddings<br>Onion Gravy<br><br>Freshly Made Bread<br>Jacket Potatoes<br>Baked Beans<br>'No waste' Soup<br><br>Fruit, Cheesecake Pots<br>& Jelly Pots | Spaghetti Bolognaise<br><br>Tomato & Basil Sauce<br><br>Vegetable Cottage Pie<br><br>Spaghetti<br>Roasted Vegetables<br>Counter Vegetables<br>Mixed Salad<br><br>Garlic Forcaccia<br>Jacket Potatoes<br>Baked Beans<br>'No waste' Soup | Honey & Soy<br>Chicken<br>Broccoli, Leek &<br>Cheddar Pie<br><br>Steamed Carrots<br>Sesame Noodles<br><br>Freshly Made Bread<br>Jacket Potatoes<br>Baked Beans<br>'No waste' Soup<br><br>Fruit, Yoghurt & Mousse<br>Pots | Beef Burger in a Bap<br>Cheese Slices<br>Veggi Burger<br>(Fish Finger, Beans &<br>Chips for Pre Prep)<br><br>Fries<br>Peas<br>Freshly Made Bread<br>Jacket Potatoes<br>Baked Beans<br>'No waste' Soup<br><br>Banana Bread | Chicken & Pepperoni<br>Calzone<br>Cheese, Mushroom<br>&<br>Onion<br>Calzone<br><br>Skinny Fries<br>Salad Selection<br><br>Raspberry Ripple Ice<br>Cream Sponge | Manor Kitchen<br>Brunch Menu<br><br>Bacon<br>Sauté Potatoes<br>Baked Beans<br>Sausage<br>Fried Egg<br><br>Hot Chocolate |
| SUPPER | Cottage Pie<br><br>Lentil & Vegetable<br>Pie<br><br>Steamed Carrots<br><br>Cake Selection | Chicken &<br>Pepper Burrito<br><br>Roasted Vegetable<br>Burrito<br><br>Salad selection<br>Mexican Potatoes<br><br>Chocolate Chip Cookies | Chilli & Rice<br><br>Vegan Option<br><br>Salsa<br>Sour Cream<br>Nachos<br>Mixed Leaves<br><br>Cornflake Jam Tart | Toad In the Hole<br>Veggi Sausage Toad in the<br>Hole<br><br>Cauliflower & Broccoli<br><br>Herby Dice<br>Gravy<br><br>Jelly Pots | Meatballs Arrabiata<br><br>Baked<br>Aubergine & Courgette<br><br>Spicy Wedge Potatoes<br><br>Salad Selection<br><br>Mini Doughnuts<br>& | Beef Lasagna<br><br>Macaroni Cheese<br><br>Sweetcorn<br>Garlic Bread<br><br>Fruit Platter | Italian Chicken<br>Parmigiana<br><br>Baked Tofu<br><br>Spaghetti<br><br>Mixed Vegetables<br><br>Chocolate & Orange<br>Mousse |

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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