

WEEKLY MENU

BREAKFAST	MON	TUES	WEDS	THURS	FRI	SAT	SUN
COOKED BREAKFAST	Sausage Fried bread, Fried egg	Poached egg, Plum tomato, Diced Potato	Bacon, Hash Browns, Mushrooms	Fried egg, Sausage, Baked Beans	Sausage, Scrambled Egg, Grilled Tomato	Poached Egg, Fried Bread, Baked Beans	Bacon, Buttered Croissant, Mushrooms
CEREALS	Frosted Flakes, Cornflakes, Muesli, Sugar Puffs, Rice Crispies, Shredded Wheat, Malt Crunchies, Wheatabix, Fruit and Fibre, Shreddies and Porridge						
DRINKS	Tea, Coffee, Orange Juice, Apple Juice, Milk, Filtered water						
TOAST	A choice of White and Wholemeal bread Toasted with Butter, Marmalade, Jam Marmite and Honey.						
OTHERS	A choice of Fresh Fruits, Natural Yoghurt						

LUNCH	MON	TUES	WEDS	THURS	FRI	SAT	SUN
MAIN COURSE	Chicken Fajitas With Salsa & Guacamole	Beef Lasagne With Garlic bread	Roast Chicken With Gravy And stuffing	Pork Steak Jardinaire	Battered Cod or Fresh fish Dish of the Day	Chicken Tikka Masala with naan bread & Poppodoms	Roast Lamb And mint Sauce with Gravy and Yorkshire Pudding
VEGETARIAN	Vegetable Balti	Roasted Vegetables	Chinese Vegetables With noodles	Macaroni Cheese	Broccoli and pasta Devan	Vegetarian Sausage With Gravy	Lentil Loaf With a Parsley and cream sauce
VEGETABLES	Peas and sweet corn	Fresh Broccoli	Fresh Cabbage	Fresh Green Beans	Peas	Fresh Carrots	Fresh Broccoli
POTATO/RICE/PASTA	Buttered New Potatoes	Jacket Potato	Roast Potatoes	Parsley Potato	French Fried potatoes	Rice and Croquette Potatoes	Roast Potatoes
SALAD BAR MAIN CHOICE	Every day at least 8 meat and vegetarian main choices including- Home cooked local Ham, Roast Beef, Pork, Salami, Turkey, Ham and Pasta, Tuna Pasta, Sardines, Pilchards, Quiche, Oriental Beef salad, Coronation Chicken, Various Cheeses, Avocadoes, Prawns etc						
SALAD BAR SELECTION	A choice of salads every day including, lettuce, cucumber, tomato, Roasted Sweet Potato Salad with Chilli, Roasted Mushroom Salad, Asparagus and French bean salad, Tomato feta and basil salad, coleslaw, waldorf salad, mixed bean salad, North African cous cous salad, eggs, noodles, bean sprouts, mixed peppers, mixed roasted pepper, beetroot and orange, carrot and celery.						
SALAD BAR HOT	On a Rota system to include at least 3 choices every day ,including: Pasta with various Home cooked sauces, Jacket Potatoes, Chilli con Carne, Baked Beans, Sausage Rolls, Meat pies, Quiche, Sesame Lamb, Sweet Chilli Chicken, Macaroni Cheese/Provencale, Garlic Bread, Pizza						

MAIN SWEET	Bakewell Tart and Custard	Roly Poly Pudding & Custard	Apples in Honey & Custard	Banana Surprise	Jam Sponge & Custard	Bread and Butter Pudding	Sherry Trifle and Cream
FRUIT	A choice of at least 4 seasonal fruits including, apples, oranges, satsumas, melon, pineapple, kiwi fruit, plums, peaches, nectarines, bananas, pears, strawberries, and grapes						
COLD SWEET	A choice of various Yoghurts. Also a choice of home cooked cold sweets including:- caramel shortbread, gateaux, jellies, chocolate crispy cake, Tarts and scones with cream						

SUPPER	MON	TUES	WEDS	THURS	FRI	SAT	SUN
MAIN CHOICE	Austrian Supper (Grostl)	Goujons Of Haddock	French bread Pizza	Chicken Pie and Gravy	Savoury Mince	Home made Beef Burger in a bap.	Croque Monsieur
VEGETARIAN	Pasta in Mushroom & cream sauce	Stuffed Courgettes	Sweetcorn Pancake With cheese sauce	Spicy Carrot Puffs	Cheese & Baked Beans	Vegetable Burger or Egg noodles With Chinese vegetables	Mushroom Omelette
VEGETABLE	Baked Beans	Spaghetti in Tomato sauce	Peas	Sweetcorn	Mixed Salad	Baked Beans	Peas
POTATOES		Waffle Potato	Chips	Mashed Potatoes	Jacket Potatoes	Julienne Fries	Jacket Potato
SALAD BAR	A full selection of Cheese, meats, Fish and vegetarian salad dishes. See Lunch selection for full details.						
SALAD BAR EXTRAS	Tortilla Wrap with a choice of fillings	Baguette With a choice of fillings	Jacket Potato & Baked Beans	Baguette with a choice of fillings	Tortilla Wrap with a choice of fillings		Baguette with a choice of fillings
SOUP		Soup of the day	Soup of the day				Soup of the day
FRUIT	A full fruit basket selection- See lunch menu for details						
HOT & COLD DRINKS	Tea, coffee, Hot chocolate, Milk, Orange Squash, Blackcurrant Squash, Fresh Water						