

BREAKFAST MENU

WEEK COMMENCING: 19th Sept & 10th Oct

Monday

Hot breakfast

Sausage, mushroom,
tomato, fried egg

pastry

Croissant

Everyday items

Daily smoothie

Natural yoghurt selection

Toast selection - White,
wholemeal , granary and
homemade breads,
selection of jams, honey &
spreads with bagels,
muffins and crumpets

Cereal selection - Selection
of high fibre & whole grain
cereals

Fresh & Healthy - Fresh
fruit, yoghurt bar

Porridge Bar - Freshly made
porridge with a selection of
toppings

Tuesday

Hot breakfast

Smoked streaky bacon,
hash browns, cheese and
marmite crumpets, baked
beans

Pastry

Pain Au Chocolate

Everyday items

Daily smoothie

Natural yoghurt selection

Toast selection - White,
wholemeal , granary and
homemade breads,
selection of jams, honey &
spreads with bagels,
muffins and crumpets

Cereal selection - Selection
of high fibre & whole grain
cereals

Fresh & Healthy - Fresh
fruit, yoghurt bar

Porridge Bar - Freshly made
porridge with a selection of
toppings

Wednesday

Hot breakfast

Bacon, tomato, scrambled
egg, baked beans

Pastry

Croissant

Everyday items

Daily smoothie

Natural yoghurt selection

Toast selection - White,
wholemeal , granary and
homemade breads,
selection of jams, honey &
spreads with bagels,
muffins and crumpets

Cereal selection - Selection
of high fibre & whole grain
cereals

Fresh & Healthy - Fresh
fruit, yoghurt bar

Porridge Bar - Freshly made
porridge with a selection of
toppings

Thursday

Hot Breakfast

Hash browns, soft boiled
eggs, vegan sausage, pork
sausage

Special

Smoked haddock kedgeree

Everyday items

Daily smoothie

Natural yoghurt selection

Toast selection - White,
wholemeal , granary and
homemade breads,
selection of jams, honey &
spreads with bagels,
muffins and crumpets

Cereal selection - Selection
of high fibre & whole grain
cereals

Fresh & Healthy - Fresh
fruit, yoghurt bar

Porridge Bar - Freshly made
porridge with a selection of
toppings

Friday

Hot breakfast

Bacon, mushrooms, baked
beans, tomato

Pastry

Croissant

Everyday items

Daily smoothie

Natural yoghurt selection

Toast selection - White,
wholemeal , granary and
homemade breads,
selection of jams, honey &
spreads with bagels,
muffins and crumpets

Cereal selection - Selection
of high fibre & whole grain
cereals

Fresh & Healthy - Fresh
fruit, yoghurt bar

Porridge Bar - Freshly made
porridge with a selection of
toppings



LUNCH MENU

WEEK COMMENCING: 19th Sept & 10th Oct

Monday

*Tomato and basil,
homemade bread*

Dish of the day

Classic cottage pie & gravy

Vegetarian dish of the day

*Lentil & mushroom
"cottage pie"*

Sides

*Flash fried greens
Carrots
Garden peas*

Keeping it simple bar

*Pasta with a choice of 2
homemade sauces*

Dessert

*Mississippi mud pie
Fresh fruit and yoghurt*

Tuesday

*A soup to fit in with the
theme, home made bread*

Dish of the day

Peri Peri chicken legs

Vegetarian dish of the day

Cajun Quorn jambalaya

Sides

*Not nandos rice
Chunky slaw
Corn on the cob
Seasoned skinny fries*

Keeping it simple bar

*Jackets with a choice of 2
homemade toppings, baked
beans and cheese*

Dessert

*Chocolate brownie &
whipped cream
Fresh fruit and yoghurt*

Wednesday

*lentil soup, homemade
bread*

Mac N cheese bar !

*Classic macaroni cheese
Vegan mushroom and truffle
mac and cheese*

*served with a choice of
meat and vegetarian*

*toppings including:
Chorizo
Crispy onion rings
Jalapeños
Mexican corn*

Sides

*Garlic focaccia
Crisp salad
Dirty corn*

Keeping it simple bar

*Jackets with a choice of 2
homemade toppings, baked
beans and cheese*

Desserts

*Chilled Vanilla Rice
pudding pots, choice of fruit
compote
Fresh fruit and yoghurt*

Thursday

*Pea and mint soup,
homemade bread*

Dish of the day

*Chicken Shawarma kebab,
wholemeal pitta, selection
of cold mezze*

Vegetarian dish of the day

*Grilled vegetables ,
wholemeal pitta, selection
of cold mezze*

Sides

*Rice pilaf
A selection of fresh steamed
seasonal vegetables*

Keeping it simple bar

*Pasta with a choice of 2
homemade sauces*

Dessert

*Sicilian orange cake
Fresh fruit and yoghurt*

Friday

*Vegetable Mulligatawny,
homemade bread*

Fish and chip shop Friday

*Hand battered fillet of
market fish
Battered sausage
Crispy halloumi*

Sides

*Chunky chips
Curry sauce
Tartare sauce
Garden peas
Mushy peas
Lemon wedges*

Keeping it simple bar

*Jackets with a choice of 2
homemade toppings, baked
beans and cheese*

Desserts

*Seasonal fruit Cheesecake
pot
Fresh fruit and yoghurt*



SUPPER MENU

WEEK COMMENCING: 19th Sept & 10th Oct

Monday

Dish of the day

Teriyaki chicken
Soy, honey and chilli
glazed chicken breast,
spring onions and crispy
garlic

Vegetarian dish of the day

Oven baked vegetable
spring roll

Sides

Vegetables and rice noodle
stir fry
Broccoli in ginger sauce

Fresh salad bar

Desserts

Chocolate brownie pot,
strawberry sauce
Fresh fruit and yoghurt

Tuesday

Dish of the day

Cajun or lemon and black
pepper pork schnitzel

Vegetarian dish of the day

Deep filled seasonal
vegetable quiche

Sides

Peas with mint and feta
Potatoes roasted with
lemon and parsley
Fresh steamed seasonal
vegetables

Dessert

Naturally sweet, Vanilla,
pea and lemon cake
Fresh fruit and yoghurt

Wednesday

Dish of the day

Slow braised beef Brisket
Ragu

Vegetarian dish of the day

Stuffed mushroom, galette
of courgette

Sides

Summer vegetable risotto
Shaved parmesan
Fresh steamed vegetables

Fresh salad bar

Dessert

Fresh fruit and yoghurt
Tennessee grasshopper pie

Thursday

Dish of the day

Spaghetti and meatballs
with shaved parmesan

Vegetarian dish of the day

Lentil Bolognese with
spaghetti and vegan cheese

Sides

Rocket salad
Garlic bread

Fresh salad bar

Dessert

Toffee mousse, chocolate
shavings and whipped
cream
Fresh fruit and yoghurt

Friday

Tonight's fake away

KESW fried Chicken
Buttermilk chicken or
Cajun spiced Quorn fillet

Served with;

BBQ beans
Kale "Caesar" salad,
yoghurt dressing
American biscuits
Mashed potatoes
American gravy

Fresh salad bar

Dessert

Fresh fruit and yoghurt
Strawberries and cream
cupcake



WEEKEND MENU

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Saturday Breakfast

Toast selection
White, wholemeal & granary
breads, selection of jams,
honey & spreads

Cereal selection
Selection of high fibre &
whole grain cereals

Baked
Morning pastry selection

Hot items
Full English

Fresh & healthy
Fresh fruit, yoghurt bar

Porridge bar
Freshly made porridge with a
selection of toppings

Saturday Lunch

Fajita bar
Choose from :
Carnitas (pulled pork)
Smokey chicken
Vegetable and mixed bean
Served with a soft tortilla
Cheese
Soured cream
Guacamole
Pico de gallo
Shredded iceberg lettuce

Fresh salad bar

Jam doughnuts
Fresh fruit and yoghurt

Saturday Supper

Dish of the day
Surf and Turf
Seared hand cut steak, garlic
king prawns

Vegetarian dish of the day
Grilled vegan Quorn fillet

Sides

Onion loaf
Wedge salad
Mushroom sauce (vegan)
Grilled tomato
Garlic mushrooms
Pepper sauce

Fresh salad bar

Dessert

Chocolate Sundae
Fresh fruit and yoghurt

Sunday Breakfast/Brunch

Toast selection
White, wholemeal & granary
breads, selection of jams,
honey & spreads

Cereal selection
Selection of high fibre &
whole grain cereals

Baked
Morning pastry selection,
waffles, crumpets and more!

Hot breakfast

Continental breakfast items

Fresh & healthy
Fresh fruit, yoghurt bar

Porridge bar
Freshly made porridge with a
selection of toppings

Sunday lunch

Sunday Supper
Chefs roast of the week
and vegetable
Wellington served with
Crispy roughed up
roasties,
Seasonal vegetables and
gravy
Chef's choice of
vegetables

