

BREAKFAST MENU

week commencing 23.01.23

Monday

Hot breakfast

Sausage, mushroom,
tomato, fried egg

Pastry

Croissant

Everyday items

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 bacon, hash
browns, baked beans
Eggs

Pastry

Pain Au Chocolate

Everyday items

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

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

Pastry

Apple Lattice

Everyday items

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, Omelette

Pastry

Croissant

Everyday items

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:05.12.22

Monday

*Carrot & Lentils soup
homemade bread*

Dish of the day
*Classic Lamb shepherd's
pie*

Vegetarian dish of the day
*Lentil & Aubergine Cottage
Pie*

Sides
*Garden peas
Steamed Broccoli
Roasted Carrots*

Keeping it simple bar
*Pasta with a choice of 2
homemade sauces*

Dessert
*Apple & Rhubarb Crumble
and Custard
Fresh fruit and yoghurt*

Tuesday

*Cauliflower soup
home made bread*

Dish of the day
Hungarian Pork Goulash

Vegetarian dish of the day
*Winter Vegetable Stew &
Herb Dumplings*

Sides
*Parsley New Potatoes
Green Beans
Roasted Peppers*

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

*Minestrone and Beans soup
homemade bread*

Dish of the day
Penne Bolognese

Vegetarian dish of the day
*Lentil & mushroom
bolognese*

Sides
*Garlic bread
Garden peas
Leaves salad*

Keeping it simple bar
*Pasta with a choice of 2
homemade sauces*

Dessert
*Sicilian Lemon & Orange
Cake
Fresh fruit and yoghurt*

Thursday

*Mushrooms & Onions soup
Homemade bread*

Dish of the day
*West Indian Chicken Legs
with Sauce Chien*

Vegetarian dish of the day
*West Indian spiced
Aubergines
Naan Bread*

Sides
*Yellow Pilau Rice
Green beans
Roasted Bombay potatoes*

Keeping it simple bar
*Pasta with a choice of 2
homemade sauces*

Dessert
*Goan Baath|Coconut Cake
Fresh fruit and yoghurt*

Friday

*Broccoli & Stilton soup
homemade bread*

Fish and chip shop Friday
*Hand Breadcrd fillet of
market fish*

Vegetarian dish of the day
Crispy halloumi Tacos

Sides
*Chunky chips
Tartare sauce
Garden peas
Mushy peas*

Keeping it simple bar
*Jackets with a choice of 2
homemade toppings, baked
beans and cheese*

Desserts
*Caramel Cheesecake pot
Fresh fruit and yoghurt*



SUPPER MENU

WEEK COMMENCING:05.12.22

Monday

Dish of the day

*Honey & Mustard Chicken
Thighs*

Vegetarian dish of the day

*Oven baked vegetable
spring roll*

Sides

*Rosmary roasted potatoes
Steamed broccoli
Thyme honey Carrots*

Fresh salad bar

Desserts

*Chocolate Brownie pot
Fresh fruit and yoghurt*

Tuesday

Dish of the day

*Parmesan & Herbs pork
Milanese*

Vegetarian dish of the day

Aubergine Parmigiana

Sides

*Mushroom sauce
French fries
Steamed broccoli*

Fresh salad bar

Dessert

*Strawberries cupcakes
Fresh fruit and yoghurt*

Wednesday

Dish of the day

Chicken Legs Puttanesca

Vegetarian dish of the day

*Potatoes & Spinach bake in
Cream Sauce*

Sides

*Creamy Crushed Potatoes
Flat bread
Green Beans*

Fresh salad bar

Dessert

*Chocolate Rocky Road
Jellies selection*

Thursday

It's a Wrap

*Fish Cajun Wrap with
Guacamole*

Vegetarian dish of the day

Crispy Tofu Fajita wrap

Sides

*Mexican rice
Pickled Vegetables
Chunky Chips*

Fresh salad bar

Dessert

*Seeded Honey Flapjack
Fresh fruit and yoghurt*

Friday

Dish of the day

*Slow cooker pulled Chicken
Burger*

Vegetarian dish of the day

*Portobrillo Mushrooms &
Halloumi Burger*

Sides

*BBQ beans
Chunky slaw
Cajun wedges*

Fresh salad bar

Dessert

*Molly's Blondie
Fresh fruit and yoghurt*

