

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Classic	Croissants, cured ham, sliced cheese	Back bacon, sautéed mushrooms	Scrambled eggs, roasted tomatoes	Local butchers sausages, hash browns poached eggs	Pain au chocolat, boiled hen eggs	continental	Full english
Chilled	Cereals, semi skimmed milk, natural yoghurt & honey, fresh fruits & fruit juice						
Everything else...	In addition to our menu we also offer daily: sliced breads for topping or toasting, butter, spreads, jams & toast toppers, filtered water & lots of seasonal fruits						

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Soup	Homemade soup of the day						
On the side...	Wholemeal bread	Baguettes	Flat breads	Focaccia	White bloomer		
Classic	Local Butchers sausages Mash Onion gravy Green beans Carrots	Braised beef & mushrooms in a Yorkshire Roast potatoes Gravy Cabbage Roasted root veg	Chicken and vegetable pie in a rich gravy sauce Croquette Potatoes Broccoli Sweetcorn	Beef bolognaise and fusilli pasta Garlic bread mushrooms Roasted Mediterranean veg	Battered Cod, lemon wedges Chicken strips Chips, Peas, Baked beans		
No meat	Quorn sausage	Braised Quorn pieces with root vegetable	Cauliflower leek & cheese bake	Quorn Bolognaise	Omelettes		
Light, simple	Cheese and bacon flan Tuna and sweetcorn Hen egg salad	Grated Cheese Chicken Wings Feta & Olives	Shaved ham Tuna & sweetcorn Hummus	Coronation chicken Chef's quiche Smoked mackerel	Home roast beef Grated Cheese		
Chilled	Fresh salad bar, all the favourites, market specials, daily protein, dressings & drizzles. SELF HELP, CREATE YOUR OWN SALAD						
Pudding & desserts	Spiced apple crumble & custard	Lemon Drizzle Cake	Chocolate sponge, chocolate sauce	Syrup sponge & custard	American style glazed doughnuts		
Everything else...	In addition to our menu we also offer daily: baked potatoes, freshly baked breads, filtered water, yoghurts, jellies & lots of seasonal fruits						

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Classic	Beef bolognaise pasta	Aromatic chicken fajitas Sour cream tortillas, Tacos Jacket wedges green beans	Cajun salmon Roasted cherry tomatoes courgettes new potatoes	Chicken Goujons Skinny fries sweetcorn	Butter chicken Pilau rice Naan Samosa	Chefs Special	Chicken chasseur, roast potatoes Market vegetables
	No meat	Tomato & basil pasta bake	Mixed bean & vegetable fajitas	Pea & spinach risotto	Quorn and vegetable nuggets	Cauliflower and spinach curry	Chefs Special
Chilled	Fresh salad bar, all the favourites, market specials, daily protein, dressings & drizzles. SELF HELP, CREATE YOUR OWN SALAD						
Everything else...	In addition to our menu we also offer daily: freshly baked breads, soup in the winter months, filtered water, yoghurts, jellies & lots of seasonal fruits					Seasonal fruit platter	Fruit crumble, custard