

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...	Soda bread	White bloomer	Onion bread	Cheese scones	Wholemeal bread		
Classic	Meatballs in Marina Sauce Pasta sweetcorn medley of green vegetables	Piri piri chicken Diced potatoes broccoli, Carrots	Beef lasagne, garlic bread Sauted Courgette Mushrooms	Baguette, bar Chipolata Sausages Smoked bacon Southern fried chicken	Herb crusted cod  Pizza chips peas baked Beans		
No meat	Quorn meatballs in marina sauce	Spinach and mushroom risotto,	5 vegetable lasagne, garlic bread	Baguette Bar Roasted vegetables Quorn sausage & onion Quorn Goujons	pizza		
Light, simple	Quiche Tuna Mayonnaise	Smoked Salmon and cream cheese Coronation Chicken	prawn mayonnaise Home roasted ham	Hummus smoked mackerel fillets	Quiche  Mexican chicken and tacos		
Chilled	Fresh salad bar, all the favourites, market specials, daily protein, dressings & drizzles. SELF HELP, CREATE YOUR OWN SALAD						
Pudding & desserts	Chocolate brownie, chocolate Sauce	Apple crumble, cream	Eton mess	Jam sponge & custard	Sliced Melon Bar		
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	Chilli con carne tortillas, sour cream, grated cheese, rice	Bbq ribs Cajun Chicken wings Sweet potato wedges Coleslaw salad	Salmon & Prawn Risotto Garlic dough ball Buttered spinach Green beans	Roast Chicken quarters Roast new potato Broccoli Carrots	Chinese sweet and sour Chicken Rice Stir fry veg Prawn crackers	Chefs Special	gravy, horseradish, roast potatoes Market vegetables
	No meat	Mixed bean chilli	Tomato, mozzarella & pesto puff pastry tart	Vegetable Paella	Quorn fillet in gravy	Quorn with Peppers in a black bean sauce	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	Steamed syrup sponge, custard