

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Classic	Croissants, cured ham, sliced cheese	Local butchers sausages, hash browns poached eggs	American pancakes Bacon	Local butchers sausages, Scrambled eggs, roasted tomatoes	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	Beef chilli Rice Tortilla chips Sour cream Guacamole Salsa Sweetcorn Green beans	Roast chicken breast with stuffing and chipolata roast potatoes broccoli, squash Gravy	Bolognaise Fusilli pasta Garlic bread Mushrooms Roasted veg	BBQ pulled pork Tortilla wraps Diced potato Mixed green vegetables Coleslaw	Battered Cod, lemon wedges Chicken strips Chips, Peas, Baked beans		
No meat	Vegetable & Bean Chilli	Sweet potato chick pea & spinach pie	Veg mince bolognaise	BBQ roasted Vegetables with Quorn	Vegetable nuggets		
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	Syrup sponge & custard	Lemon Drizzle Cake	Chocolate sponge, chocolate sauce	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	<p>Chicken & pepper pasta bake Garlic bread Broccoli</p>	<p>Cajun salmon Lemon & herb Chicken Roasted cherry tomatoes courgettes new potatoes</p>	<p>Chicken fajitas Tortilla wraps Jacket wedges Sliced salad Sour cream salsa</p>	<p>Chicken Goujons Skinny fries sweetcorn</p>	<p>Opor Ayam Indonesian chicken curry With rice egg & green beans</p>	<p>Chefs Special</p>	<p>Chicken chasseur, roast potatoes Market vegetables</p>
	No meat	<p>Tomato & basil pasta bake</p>	<p>Pea & Spinach Risotto Ice cream bar</p>	<p>Mixed bean & vegetable fajitas</p>	<p>Quorn and vegetable nuggets Ice cream bar</p>	<p>Sayur Lodeh Indonesian veg curry</p>	<p>Chefs Special</p>
Chilled	<p>Fresh salad bar, all the favourites, market specials, daily protein, dressings & drizzles. SELF HELP, CREATE YOUR OWN SALAD</p>						
Everything else...	<p>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</p>					<p>Seasonal fruit platter</p>	<p>Fruit crumble, custard</p>