

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 Flat bread Mexican rice Green beans Coleslaw	Beef lasagne, garlic bread  Sauteed courgette Mushrooms	Sweet & Sour Chicken Egg fried rice Stir fry veg Prawn crackers	Battered cod  Hotdogs in rolls chips peas baked Beans		
No meat	Gnocchi in an Italian tomato sauce with roquette & parmisan	Piri Piri roasted vegetables with Flat bread	5 vegetable lasagne, garlic bread	Vegetables in black bean sauce	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	Cornflake cake	Jam sponge & custard	Iced sponge		
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	chicken breasts Roasted new potatoes Carrots Peas	Carbonara Pasta bake Broccoli Garlic bread	Chicken Yaki udon Prawn crackers Spring rolls & sweet chilli sauce Veg stir fry	Kebab bar Pita bread Skinny fries Sliced salads Garlic Mayo	Tandoori Chicken With biryani rice and curry sauce Popadoms & chutneys	Chefs Special	gravy, horseradish, roast potatoes Market vegetables
	No meat	Red onion & Feta Quiche Ice cream bar	Mac & cheese Mushroom Yaki udon	Vegetable kebabs Ice cream bar	Vegetable biryani	Chefs Special	Cauliflower cheese, cheddar melt
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	