

BREAKFAST

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

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|--------------------|--|-------------------------------|----------------------------------|---|-----------------------------------|-------------|--------------|
| 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 | Sweet & Sour Chicken Balls Rice Spring rolls Prawn crackers Soy stir fry veg | Beef lasagne, garlic bread Sauteed courgette Mushrooms | Cumberland pork sausages Croquette potato carrot & swede mash cabbage | Battered cod Pizza chips peas baked Beans | | |
| No meat | Gnocchi in an Italian tomato sauce with roquette & parmisain | Vegan sweet & Sour | 5 vegetable lasagne, garlic bread | Vegan sausages | 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 | Apple crumble, custard | Chocolate brownie & chocolate sauce | Iced sponge | Jam sponge & custard | Jam 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 | BBQ chicken breasts Roasted new potatoes Carrots Peas | Carbonara pasta bake Garlic bread Broccoli | Chicken Chow mein Prawn crackers Spring rolls & sweet chilli sauce Veg stir fry | Chilli con carne tortillas, sour cream, grated cheese, rice | Tandoori Chicken With biryani rice and curry sauce Popadoms & chutneys | Chefs Special | gravy, horseradish, roast potatoes Market vegetables |
| | No meat | Red onion & Feta Quiche | Mac & cheese Ice cream bar | Mushroom chow mein | Mixed bean chilli Ice cream bar | Vegetable biryani | 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 | |