



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Classic	Croissants, Pain au Chocolat Hot Chocolate Cured Ham Sliced Cheese	Local Butcher's Sausages Hash Browns Poached Eggs	American Pancakes Bacon Mushrooms	Sausages Poached Eggs Tomato Waffles	Bagels Smoked Salmon Cream Cheese and Crispy Bacon	Full English	Chef's Choice
Chilled	Cereals, semi skimmed milk, natural yoghurt & honey, fresh fruit & 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 fruit						

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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 Sautéed Courgette Mushrooms	Chicken Katsu Curry Jasmine Rice Stir-Fry Veg Prawn Crackers	Battered Cod Hotdogs in Rolls Chips Peas Baked Beans		
No meat	Gnocchi in an Italian Tomato Sauce with Rocket & Parmesan	Piri Piri Roasted Vegetables with Flat Bread	5 Vegetable Lasagne Garlic Bread	Sweet Potato Katsu Curry	Pizza		
Light, simple	Quiche Tuna Mayonnaise	Smoked Salmon & Cream Cheese Coronation Chicken	Prawn Mayonnaise Home Roasted Ham	Hummus Smoked Mackerel Fillets	Quiche Mexican Chicken & 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 fruit						

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Classic	Lemon Chicken Cajun Salmon Roasted new Potatoes Carrots Peas	Mac & Cheese BBQ Pulled Pork Broccoli Garlic Bread	Chicken Yaki Udon Prawn Crackers Spring Rolls & Sweet Chilli Sauce Veg Stir-Fry	Smoked Haddock Fish Cakes Roasted New Potato Peas Salad	Sticky Garlic Ginger and Sesame Chicken Rice	Chef's Special	Gravy Horseradish, Roast Potatoes Market Vegetables
	No meat	Risotto	Mac & Cheese	Mushroom Yaki Udon	Vegetable Frittata	Sticky Garlic Ginger & Sesame Quorn Chunks	Chef's 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 fruit					Seasonal Fruit Platter	Steamed Syrup Sponge Custard