

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Classic	croissants, pain au choc, cured ham, sliced cheese	local butchers sausages, hash browns, poached eggs	American pancakes bacon	local butchers sausages, poached eggs, roasted tomatoes	sweet waffles, mixed berries & crème fresh	Full English	Smoked salmon and cream cheese bagels
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						

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	katsu chicken, jasmine rice, stir fry veg, spring rolls, prawn crackers	battered cod, mushy peas & gravy chicken goujons, chips, peas, baked beans		
No meat	gnocchi in an Italian tomato sauce with roquette & parmesan	piri piri roasted vegetables with flat bread	Five vegetable lasagne, garlic bread	Sweet potato katsu	veggie nuggets & filled omelettes		
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						

Special dietary requirements can be catered for – speak to the Chef

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Classic

Salmon, 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	haddock leek & cheddar fish cakes haddock & mozzarella fish cakes potatoes & peas	sticky ginger, garlic & sesame chicken Rice	Chefs special	Chefs special
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No meat

red onion & feta quiche	mac & cheese ice cream bar	mushroom yaki udon	vegetable frittata	sticky ginger, garlic & sesame quorn	Chefs Special	Chefs special
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Chilled

Fresh salad bar, all the favourites, market specials, daily protein, dressings & drizzles. SELF HELP, CREATE YOUR OWN SALAD						
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Everything else...

In addition to our menu we also offer daily: freshly baked breads, soup in the winter months, filtered water, yoghurts, jellies, dessert of the day & lots of seasonal fruits						
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