

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 egg, tomato, waffles	Bagels, smoked salmon, cream cheese, crispy bacon	Full English	Chef's choice
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Chilled

Cereals, semi skimmed milk, natural yoghurt, honey, fresh fruit & fruit juice
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Everything else...

In addition to our menu, we also offer daily: sliced breads for topping or toasting, butter, spreads, jams & toast toppers, filtered water & seasonal fruit
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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	Piri Piri chicken, flat bread, diced potatoes, green beans, coleslaw	Beef lasagne, garlic bread, sauteed courgette, mushrooms	Chicken Katsu curry, jasmine rice, stir-fry veg, prawn crackers	Meatballs in marina sauce, pasta, Sweetcorn, medley of green vegetables	Battered cod, hotdogs in rolls, chips, peas, baked beans		
No meat	Piri Piri roasted vegetables with flat bread	5 vegetable lasagne, garlic bread	Sweet potato Katsu curry	Gnocchi in an Italian tomato sauce with roquette & parmesan			
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 with chocolate Sauce						
Everything else...	In addition to our menu, we also offer daily: baked potatoes, freshly baked breads, filtered water, yoghurts, jellies & seasonal fruit						

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Classic

	Mac & cheese, BBQ pulled pork, broccoli. garlic bread	Chicken yaki udon, prawn crackers, spring rolls & sweet chilli sauce, veg stir-fry	Smoked haddock fishcakes, roasted new potato, peas, salad	Sticky garlic ginger and sesame chicken, rice	Chef's special	Roast beef, gravy, horseradish, roast potatoes, market vegetables
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No meat

Risotto	Mac & cheese	Mushroom yaki udon	Vegetable frittata	Sticky garlic ginger and sesame Quorn chunks	Chef's special	Cauliflower cheese, cheddar melt
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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 & seasonal fruit					Seasonal fruit platter	Steamed syrup sponge, custard
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