

MORNING MENU- WEEK 3

Week 3 commencing:
20/1/2025 & 10/2/2025

STAY HYDRATED

Help yourself to Tea, Coffee, Still Water and Selection of Fruit Juices (vg)

KITCHEN FAVOURITES

MARKET FRESH

(v) vegetarian, (vg) vegan

MONDAY

Cheese Omelette (V)
Mushrooms (VG)
Bacon
Beans (VG)

Yoghurt (2 Types), Fresh Cut Fruit, Granola, Porridge, Toppers, Juices, Cereals.

TUESDAY

Croissants – Ham & Cheese
Croissants (V)
Boiled Eggs (V)
Beans (VG)

Yoghurt (2 Types), Fresh Cut Fruit, Granola, Smoothies (2 Types), Porridge, Toppers, Fruit Compote, Boiled Eggs, Juices, Cereals.

WEDNESDAY

Scrambled Eggs (V)
Tomatoes (VG)
Sausages
Beans (VG)

Yoghurt (2 Types), Fresh Cut Fruit, Granola, Porridge, Toppers, Juices, Cereals.

THURSDAY

Muffins Bar
Bacon OR Sausage
Omelette (V)
Cheese Slices (V)
Beans (VG)

Yoghurt (2 Types), Fresh Cut Fruit, Granola, Smoothies (2 Types), Porridge, Toppers, Fruit Compote, Juices, Cereals.

FRIDAY

Bacon
Boiled Eggs (V)
Mushrooms (VG)
Beans (VG)

Yoghurt (2 Types), Fresh Cut Fruit, Granola, Porridge, Toppers, Juices, Cereals.

SATURDAY

Tortilla Wrap
Fried Onions (VG)
Bacon
Scramble Egg (V)
Salsa (VG), Guacamole (VG), Beans (VG)

Yoghurt (2 Types), Fresh Cut Fruit, Granola, Porridge, Toppers, Juices, Cereals.

SUNDAY BRUNCH

Sausage, Bacon, Fried Eggs, Mushroom, Beans, Tomato, Hash Browns, White Pudding

Yoghurt (2 Types), Fresh Cut Fruit, Granola, Porridge, Toppers, Juices, Cereals.

Pastries (Chef Choice)

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LUNCH MENU - WEEK 3

Week 3 commencing: 20/1/2025 & 10/2/2025

Salads - All vegan unless stated on counters

Desserts - All vegetarian unless stated on counters

Soups - Please check on the day for (V) or (VG)

(v) vegetarian, (vg) vegan

SOMETHING SWEET

MARKET FRESH

MONDAY KITCHEN FAVOURITES

MAINS
Beef Bourguignon
Normandy Chicken
Vegan Cassoulet (V)

SIDES
Buttered Mash Potato (V)
Garlic Green Beans With Red Onion(V)
Roasted Carrots (V)

SALAD BAR SELECTION
A Selection of Freshly Prepared Salads
Available Daily

WORLD FOOD BAR
Leek & Potato Soup
Pasta (V)
Rich Tomato Sauce (V)
Beef Chilli With Rice

DESSERT STATION
Rice Pudding
Jelly (vg)
FreshFruit (vg)

TUESDAY WORLD TOUR

MAINS
Moroccan Lamb
Spiced Chicken With Olives & Lemon
Tofu Vegetable Tagine (V)

SIDES
Vegetable Rice (V)
Sumac Cauliflower(V)
Roasted Butternut, Onions & Chickpeas (V)

SALAD BAR SELECTION
A Selection of Freshly Prepared Salads
Available Daily

WORLD FOOD BAR
Carrot & Orange Soup
Pasta (V)
Rich Tomato Sauce (V)
Bubble & Squeak

DESSERT STATION
Chocolate Sponge with
Chocolate & Toffee
Sauce
Jelly
Fresh Fruit (vg)

WEDNESDAY KITCHEN FAVOURITES

MAINS
Overnight Roasted Gammon
Chicken Pie
Stuffed Butternut(V)

SIDES
Crispy Roast Potatoes (V)
Roasted Root Veg (V)
Salted Broccoli (V)
Gravy (V)

SALAD BAR SELECTION
A Selection of Freshly Prepared Salads
Available Daily

WORLD FOOD BAR
Tomato & Basil Soup
Pasta (V)
Rich Tomato Sauce (V)
Singapore Noodles

DESSERT STATION
Lemon Drizzle Cake with
Cream
Jelly
Fresh Fruit (vg)

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LUNCH MENU - WEEK 3

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Salads - All vegan unless stated on counters

Desserts - All vegetarian unless stated on counters

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MARKET FRESH

SOMETHING SWEET

THURSDAY WORLD TOUR

MAINS
Slow Cooked Pork & Chorizo
Beef, Spinach & White Bean
Coca De Verduras (V)
(Puff Pastry Pizza Style Dish)

SIDES
Spanish Pasta (V)
Garlic & Oregano Carrots (V)
Honey Roasted Aubergine(V)

SALAD BAR SELECTION
A Selection of Freshly Prepared Salads
Available Daily

WORLD FOOD BAR
Jamaican Vegetable Soup (V)

Pasta (V)

Tomato Sauce (V)

Slow cooked Creamy Chicken

DESSERT STATION
Apricot, Apple & Sultana
Crumble with Greek Yogurt

Jelly
Fresh Fruit (vg)

FRIDAY KITCHEN FAVOURITES

MAINS
Battered Fish & Chips
Jumbo Sausages
Veggie Moussaka (V)

SIDES
Chips(V)
Minted Peas (V)
Mushy Peas (V)
Curry Sauce (V)

SALAD BAR SELECTION
A Selection of Freshly Prepared Salads
Available Daily

WORLD FOOD BAR
Broccoli & Stilton Soup (V)

Pasta (V)

Tomato Sauce (V)

Tender Beef Pasta Bake

DESSERT STATION
Pear & Blackberry Cake with
Cream

Jelly
Fresh Fruit (vg)

SATURDAY

MAINS
Coconut Pork
Sweet Chilli Tofu (V)

SIDES
Flavored Rice(V)
Chinese Leaf & Bok Choi(V)

SALAD BAR SELECTION
A Selection of Freshly Prepared Salads
Available Daily

WORLD FOOD BAR

Pasta (V)

Tomato Sauce (V)

Jackets (V)

Beans (V)

DESSERT STATION
Bread Pudding
Jelly
Fresh Fruit (vg)

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SUPPER SUPPER MENU - WEEK 3

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Desserts - All vegetarian unless stated on counters

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MARKET FRESH

SOMETHING SWEET

MONDAY

MAINS

Teriyaki Pork Shoulder Steak
Hoisin Mushroom(v)

SIDES

Vegetable Chow Mein (V)
Sweetcorn (V)

SALAD BAR SELECTION

A Selection of Freshly Prepared Salads
Available Daily

WORLD FOOD BAR

Pasta (V)
Tomato Sauce (V)

DESSERT STATION

Cranberry & Orange Shortbread
Fresh Fruit (vg)
Jelly

TUESDAY

MAINS

Beef Stew With Dumplings
Classic Veggie Casserole (V)

SIDES

Doorstep Bread(v)
Steamed Veg (V)

SALAD BAR SELECTION

A Selection of Freshly Prepared Salads
Available Daily

WORLD FOOD BAR

Pasta (V)
Tomato Sauce (V)

DESSERT STATION

Chelsea Buns
Fresh Fruit (vg)
Jelly

WEDNESDAY

MAINS

Jamaican Lamb
Jerk Sweet Potato W/ Sunflower seed
Crumb (V)

SIDES

Rice & Peas(v)
Greens (V)

SALAD BAR SELECTION

A Selection of Freshly Prepared Salads
Available Daily

WORLD FOOD BAR

Pasta (V)
Tomato Sauce (V)

DESSERT STATION

Blackberry & Cinnamon Crumble Cake
with Cream
Fresh Fruit (vg)
Jelly

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SUPPER MENU - WEEK 3
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(v) vegetarian, (vg) vegan

| | WORLD TOUR | MARKET FRESH | SOMETHING SWEET | |
|-----------------|--|--|---|--|
| THURSDAY | <p>MAINS ! Wild Wings ! Mix of juicy 3 joint Wings Cauliflower Steaks (v)</p> <p>SIDES Wedges (v) Slaw (v) Corn on the Cob (v) BBQ Beans (v) Selection of Sauces (v)</p> | <p>SALAD BAR SELECTION A Selection of Freshly Prepared Salads Available Daily</p> | <p>WORLD FOOD BAR Pasta (v) Tomato Sauce (v)</p> | <p>DESSERT STATION Chocolate Rice Krispie Cake Fresh Fruit (vg) Jelly</p> |
| FRIDAY | <p>MAINS Soy & Honey Chicken Thighs Vegan Dan Dan Noodles (v)</p> <p>SIDES Chili & Lime Noodles(v) Stir-Fry Vegetables(v)</p> | <p>SALAD BAR SELECTION A Selection of Freshly Prepared Salads Available Daily</p> | <p>WORLD FOOD BAR Pasta (v) Tomato Sauce (v)</p> | <p>DESSERT STATION Sticky Toffee Pudding with Cream Fresh Fruit (vg) Jelly</p> |
| SATURDAY | <p>MAINS Fried Chicken Burger Spicy Tofu Burger (v)</p> <p>SIDES Spiced Wedges (v) Chutney (v) Raita (v)</p> | <p>SALAD BAR SELECTION A Selection of Freshly Prepared Salads Available Daily</p> | <p>WORLD FOOD BAR Pasta (v) Tomato Sauce (v)</p> | <p>DESSERT STATION Chef's Choice Fresh Fruit (vg) Jelly</p> |
| SUNDAY | <p>MAINS Overnight Roast Beef Vegetarian Wellington (v)</p> <p>SIDES Crispy Roast Potatoes (v) Gravy (v) Garden Peas & Sweetcorn (v) Roasted Butternut Squash (v)</p> | <p>SALAD BAR SELECTION A Selection of Freshly Prepared Salads Available Daily</p> | <p>PASTA BAR Pasta Tomato Sauce</p> | <p>Chef's Choice Fresh Fruit (vg) Jelly</p> |

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