

	Option	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	From the Servery	Grilled Bacon Fried Egg Grilled Tomatoes Porridge Bio Yoghurt and Dried Fruits	Croissants Kippers Boiled Egg Porridge Bio Yoghurt and Dried Fruits	Grilled Sausages Grilled Mushrooms Poached Egg Porridge Bio Yoghurt / Dried Fruits	Freshly Baked Pain au Chocolate Boiled Egg Porridge Bio Yoghurt and Dried Fruits	Potato Waffles Scrambled Egg Baked Beans Porridge Bio Yoghurt and Dried Fruits	Grilled Bacon Fried Egg Grilled Tomatoes Porridge Bio Yoghurt and Dried Fruits	Waffles & Maple Syrup Porridge Bio Yoghurt and Dried Fruits
	Cereals	Weetabix, Coco Pops, Frosties, Cornflakes, Chocolate Weetos, Bite-sized Shreddies, Fruit & Fibre, Muesli, Sugar Puffs						
	Hot and Cold Drinks	To quench your thirst we offer:- Outspan Fresh Orange and Cape Apple Juice, Chilled Filtered Water, Full Cream and Semi-Skimmed Milk, Tea, Coffee and Hot Chocolate						
	Toast	Also available every day: Freshly Toasted White and Brown Bread with Butter or Flora, Jams, Marmalade, Honey and Marmite						
L U N C H	1st Entrée	Cheesy Cottage Pie	Pork Sausages with Shallots, Bacon and a Cider & Redcurrant Sauce	Bolognese Bake with Garlic Bread	Oriental Chicken with Chilli Jam	Roasted Fillet of Cod with a Red Chilli & Parmesan Herb Crust	Chicken Curry with Naan Bread & Mango Chutney	Roast Turkey with all the Trimmings
	2nd Entrée	Turkey Escalopes with a Mushroom Sauce	Lamb Hotpot	Tiger Prawns with a Sweet Pepper & Red Chilli Sauce	Stir Fried Beef with Oyster Sauce	Caribbean Chicken with Sweet Peppers		Roast Lamb with Mint Sauce
	Vegetarian	Tagliatelle Verdi with Chestnut Mushrooms & a White Wine Sauce	Vegetarian Sausage Casserole with Butter Beans	Roasted Butternut Squash & Goats Cheese with Sunblush Tomatoes	Stir Fried Szechuan Vegetables with Tofu	Fresh Gnocchi with a Tomato & Basil Sauce	Vegetarian Chilli Con Carne with Sour Cream and Taco Shells	Red Peppers stuffed with Vegetables & Baby Spinach
	Potatoes	New Potatoes with Parsley Butter	Mash Potato	Penne Pasta	Braised Rice	Chips	Braised Rice	Roast Potatoes
	Vegetables	Fresh Carrots	Sweetcorn	Fine Green Beans	Broccoli	Garden Peas	Creamed Spinach with Nutmeg	Pointed Green Cabbage
	Dessert	Chocolate Orange Cheesecake	Jelly & Ice Cream	Mixed Fruit Crumble & Custard	Banana Split	Trifle	Muller Crunch Corners	Raspberry & Vanilla Torte
	Soup of the Day	Red Lentil, Carrot & Ginger Soup	Roasted Red Pepper & Butternut Squash Soup	Tomato & Orange Soup with Croutons	Minestrone Soup with Parmesan	Carrot & Coriander Soup with Croutons	Vegetable Soup with Conchigliette	French Onion Soup with Cheese Croute
		Prepared Fresh Fruit						
	Salad Bar	Selection of Home-Roasted Cooked Meats:- Roast Turkey, Roast Beef, Roasted Chicken Drumsticks, Smoked Mackerel, Oily Fish in Tomato Sauce, Tuna and Cottage Cheese, Jacket Potatoes, Grated Cheese						
	Fruit	Always a choice from the Fruit Basket and freshly prepared Fruit: Grapes, Pineapple, Melon, Kiwi, Pears, Apples and Oranges.						
S U P P E R	Hot Choice	Piri Piri Chicken Legs with Jacket Wedges	Paella	Chicken Fajitas with Jacket Wedges	Duck Pancake Rolls with Vegetable Stir Fried Rice	BBQ Spare Rib Chop with Creole Rice	Chefs Specials	Scampi with French Fries, Garden Peas & Tartare Sauce
	Pasta Bar	Oven Roasted Mediterranean Vegetables with Fresh Pesto & Linguine	Spinach & Ricotta Tortelloni with a Mushroom and White Wine Sauce	Roasted Vegetable Lasagne	Croque Monsieur or Tomato & Cheese Monsieus with Oven Roasted Potato Skins	Vegetarian Spring Rolls with Stir Fried Vegetable Rice		Fresh Individual Cheese Omelettes with Lyonnaise Potatoes
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	Filled Baguettes' & Rolls	Every evening there will be a choice of Baguettes, Wraps and Bagels with an assortment of Meat and Vegetarian Fillings Salad Bar, Jacket Potatoes, Baked Beans & Grated Cheese						
	Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Yoghurts	Full range of Yoghurts, varied daily:- Muller Fruit Corners, Muller Rice and Stapleton Farm Fresh Yoghurts						
Hot and Cold Drinks	To quench your thirst we offer:- Chilled Filtered Water, Full Cream and Semi-Skimmed Milk, Tea, Coffee and Hot Chocolate							