



	<b>Breakfast</b>	<b>Lunch (Bar 1) Kitchen</b>	<b>Lunch (Bar 2) Dining Hall</b>	<b>Dessert Little Tea</b>	<b>Supper</b>
<b>M O N</b>	<i>A Selection of Breakfast cereals, muesli &amp; fruit. White, granary &amp; malted breads. Preserves, honey &amp; spreads are available in addition each day.</i>	Grilled Butcher's Sausages Speciality Sausages Vegetarian Sausages Mashed Potatoes Carrots & Leeks Baked Beans	Feta & pepper filo Tart or Jacket potato Salad bar Baked Beans  Vegetable of the Day	Cherry Apple Cobbler Vanilla Sauce  Mocha squares	Meatball Sub with rich tomato & oregano sauce Lentil sage & onion ball Veggie Sub Baked & sweet potato wedges Roasted peppers Or Cottage pie & peas Fruit kebab with a marshmallow
<b>T U E</b>	Mango Juice Hot Chocolate Homemade iced Cinnamon Bun Petit Pain Bread roll Orange Wedges Berry Yoghurt pots	<b>Pasta Bar</b> Pasta shapes, plain or with Carbonara sauce (ham & mushroom) Tomato & Basil sauce Homemade pesto  Garlic Bread, Broccoli Rocket & cherry tomato salad	Beef & onion in gravy Or Quiche with Herby potatoes Garden peas	Toffee Swirl Cheesecake  Chocolate Brownie	Greek kebab Souvlaki or falafel Pitta bread pockets Braised rice Sliced Lettuce, onion & tomato Hummus, Tzatziki Green beans with olives & tomato Jam Doughnut/ Jelly
<b>W E D</b>	Orange Juice  Smoked Kipper, Boiled egg  or Spaghetti on toast Porridge with honey & dried fruits	<b>Roast Dinner</b> With traditional accompaniments & Gravy Roast Potatoes Carrots Green cabbage  Vegetable & cheese Crumble (v)	Noodles With Creamy Garlic mushrooms  Sliced Carrots	Ice cream or sorbet (dairy free)  Fresh Fruit	Beef burger or Bean burger Jacket Potato Baked Beans & Coleslaw Vegetables Mixed Salad  Gingerbread man/ cheese & biscuits
<b>T H U</b>	Apple Juice  Mount Muffin Poached Egg & Sausage patty Grape pots	Ham, Chicken & leek Pie Or Halloumi Vegetable stack  Sweet corn Roasted Root Vegetables New potatoes with chive butter	Grilled mackerel (v) With Couscous Sweet corn	Traditional Trifle/ Summer pudding  Iced Carrot cake	Katsu style breaded chicken & curry sauce Sugar snaps Vegetable Noodles Prawn Crackers  Ice cream/ Choc ice
<b>F R I</b>	Cranberry Juice  Grilled Bacon Hash Brown  Pineapple Slice	Breaded / Battered Fish of the Day Or Chef's Baked Fish Or Ratatouille with garlic bread Chipped Potatoes Mushy Peas Grilled tomato Lemon wedge & Tartare sauce	Soup of the day with Filled Roll Or Toasty, Mixed salads	Jam Tart/sponge Custard  Fresh Fruit	



	<b>Breakfast</b>	<b>Lunch (Bar 1) Kitchen</b>	<b>Lunch (Bar 2) Dining Hall</b>	<b>Dessert Little Tea</b>	<b>Supper</b>
<b>M O N</b>	<i>A Selection of Breakfast cereals, muesli &amp; fruit. White, granary &amp; malted breads. Preserves honey &amp; spreads are available in addition each day.</i>	<b>Chicken Curry</b> <b>Beef/ Lamb Madras</b> Squash & spinach vegetable curry Rice <b>Popadoms/ nann bread</b> Mango Chutney Broccoli	Sausage roll With Potato wedges  Spaghetti Hoops  Broccoli	Apple cinnamon Oat Crumble Custard  Fruity flap jack	<b>Warm Chicken, Bacon Caesar Salad</b> Or <b>Cheese &amp; onion roll/ pasty</b> <b>New potatoes &amp; Vegetable</b> <b>Fresh French Stick &amp; Butter</b>  <i>Chocolate mousse</i>
<b>T U E</b>	Orange Juice  <b>Black Pudding/ Sausage</b> <b>Fried Bread</b> Plum tomato	<b>Fish fingers or chef's fish</b> Mashed potato Parsley sauce Spinach & feta filo pie Mashed potato Green Beans Roasted root Vegetables	Tomato cream sauce  With pasta  Green Beans	Rice pudding with Jam   Iced Sponge	<b>Gammon Ham with fried Egg</b> <b>Pineapple</b> Cheese omelette (v) baked wedges <b>Garlic Mushrooms</b> <b>Garden peas</b>  <i>Cup cakes</i>
<b>W E D</b>	Chocolate Milk  <b>Pan au chocolate</b> Petit pain roll Porridge  Fresh Fruit Platter	<b>Roast of the week/ BBQ Brisket</b> <b>Potatoes</b> Sliced carrots, Cabbage Gravy/BBQ sauce  Vegetarian Loaf Roast	<b>Chicken Satay / wings</b> Or 5 Bean Chilli Rice  Carrots	<b>Profiterole with Chocolate drizzle</b>   Fruit	<b>Beef Chilli with sour cream</b> Quiche (v) Jacket potato (cheese, tuna, prawns, baked beans) Coleslaw & mixed salad  <i>Fruit pie &amp; custard</i>
<b>T H U</b>	Apple Juice  Scrambled egg Mushrooms  Fruit Pots	Pork/chicken Sweet & Sour with pineapple Or Vegetable spring roll Hoi sin Vegetable stir fry Egg noodles/egg fried rice <b>Prawn crackers</b>	Salmon & green pea Tart Or Jacket Potato With Prawns , Baked beans	<b>Cheese &amp; Biscuits</b>   Orange Fizz Cake	<b>Macaroni cheese with spinach</b> <b>Roasted tomatoes</b> <b>Garlic slice</b> <b>Rocket salad</b>  <i>Lemon tart</i>
<b>F R I</b>	Orange & Grapefruit Juice Toasted Bagel Cheese board & Philadelphia Baked Beans Or Strawberry & yoghurt muffin Pineapple slices	<b>Beef / Turkey burger &amp; French fries</b> Roasted red onions Mixed salads Garden peas  Homemade Tofu Burger (v)	<b>Soup of the day</b>  Selection of Panini & rolls/  Salad bowls	Bakewell Tart/ Chocolate puddle   Fresh Fruit	



	<b>Breakfast</b>	<b>Lunch (Bar 1) Kitchen</b>	<b>Lunch (Bar 2) Dining Hall</b>	<b>Dessert Little Tea</b>	<b>Supper</b>
<b>M O N</b>	<i>A Selection of Breakfast cereals, muesli &amp; fruit. White, granary &amp; malted breads. Preserve, honey &amp; spreads are available in addition each day.</i>	<b>Jamaican Jerk or plain Chicken</b> <b>Rice &amp; peas</b> <b>Sweet corn</b> <b>Coleslaw</b> <b>Mixed salad</b> or <b>Red, Green &amp; Gold Vegetable curry with plantain (v)</b>	<b>Grilled Mackerel</b> Or <b>Jacket potato &amp; Baked beans</b>  <b>Sweet corn</b>	<b>Bananas</b> <b>butterscotch sauce</b>  <b>Crispy cake</b>	<b>Hot Beef Baguette/ bacon &amp; brie/ Arsenal Bulgoli/ philli steak sandwich</b>  <b>Veggie Puff pastry tart</b> <b>Cajun Potato wedges</b> <b>Onion Rings</b> <b>Roasted cherry tomatoes &amp; Watercress</b>  <b>Panna cotta with raspberries</b>
<b>T U E</b>	<b>Orange Juice</b>  <b>Boiled Egg</b> <b>Grilled Tomato</b> <b>Toasted tea cake</b> <b>Water Melon slice</b> <b>Yoghurts</b>	<b>Sliced Gammon Ham</b> <b>Marmite Potatoes</b> <b>Creamed Leeks/ Sugar snap peas</b> <b>Carrots</b> or <b>Feta, sun blushed tomato &amp; herb scone/ Gnocchi</b>	<b>Tuna &amp; sweet corn Pasta bake</b> Or <b>Jacket potato &amp; salad bar fillings</b>	<b>Chocolate sponge</b> <b>chocolate custard</b>  <b>Chef's Choice</b> <b>Cookie or</b> <b>Gingerbread with</b> <b>Milk</b>	<b>Creamy Chicken &amp; Tomato Risotto/ Grilled Salmon with sweet chilli</b> Or <b>Vegetable &amp; sundried tomato Risotto</b>  <b>Garlic Dough balls</b> <b>Mixed leaf salad &amp; vegetables</b>  <b>Treacle tart</b>
<b>W E D</b>	<b>Apple Juice</b>  <b>Pancakes &amp; syrup</b> <b>Sweet crispy bacon</b>  <b>Kiwi &amp; orange wedges</b>	<b>Lasagne</b> <b>Spinach cream cheese lasagne</b> <b>Breadsticks</b> <b>Broccoli Spears</b> <b>Tomato, red onion &amp; basil salad</b>	<b>Chef's choice Quiche</b> Or <b>Sticky Chicken wings/ curry</b> <b>Rice</b>	<b>Chocolate mousse/ Eton mess</b>  <b>Fruit</b>	<b>Toad in the hole with gravy</b> <b>Or Sausage roll</b> <b>Vegetarian Toad/ roll</b>  <b>Mashed/ crushed potato</b> <b>Baked beans/ Green beans</b>  <b>Tiffin</b>
<b>T H U</b>	<b>Orange Juice</b>  <b>Sweet Waffle/ French Toast &amp; strawberries</b> <b>Grape &amp; pineapple pots</b> <b>Yoghurts</b>	<b>Chicken, pepper &amp; onion Fajita wrap</b> <b>Bean &amp; vegetable Burrito (v)</b> <b>Roasted New Potatoes</b> <b>Green Beans</b> <b>Tomato salsa</b> <b>Sour cream</b>	<b>Homemade Scotch egg</b>  <b>Potatoes &amp; Green Beans</b>	<b>Tiramisu</b> <b>Italian Mocha</b> <b>Trifle</b>  <b>Iced chocolate sponge</b>	<b>Pizza &amp; Pasta Bar</b>  <b>Deep pan/ thin crust</b> <b>Margarita or Pepperoni</b> <b>Corn on the cob</b> <b>Greek Salad</b>  <b>Ice lolly</b>
<b>F R I</b>	<b>Tropical Juice</b>  <b>Croissant</b> <b>Petit pain</b>  <b>Home- made granola muesli</b> <b>Yoghurt pots</b>	<b>Fish Fingers/ fish or Vegetable Grill/ Risotto</b> <b>Chipped Potatoes</b> <b>Garden Peas</b> or <b>Warm Tuna Nicoise Salad</b> <b>(green beans, new potato, egg, tomato)</b>	<b>Panini Or Hot Wraps</b> <b>Soup of the day</b>	<b>Lemon meringue pie</b>  <b>Fresh Fruit</b>	