



	Breakfast	Lunch (Bar 1) Kitchen	Lunch (Bar 2) Dining Hall	Dessert Little Tea	Supper
M O N	<i>A Selection of Breakfast cereals, muesli & fruit. White, granary & malted breads. Preserves, honey & 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
T U E	Mango Juice Hot Chocolate Homemade iced Cinnamon Bun Petit Pain Bread roll Orange Wedges Berry Yoghurt pots	<u>Pasta Bar</u> 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
W E D	Orange Juice Smoked Kipper, Boiled egg or Spaghetti on toast Porridge with honey & dried fruits	Roast Dinner 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
T H U	Apple Juice <u>Mount Muffin</u> 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
F R I	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	



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



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