

## Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>From the Servery</b>	Grilled Bacon Fried Eggs Tomatoes	French Toast Grilled Bacon Tomatoes	Grilled Sausages Scrambled Eggs Fresh Sautéed Mushrooms	Potato Waffles Fried Eggs Baked Beans	Freshly Baked Pain au Chocolat Boiled Eggs Grapefruit & Orange Segments	Grilled Bacon Fried Eggs	Freshly Baked Pain au Chocolat Boiled Eggs Grapefruit & Orange Segments
<b>Cereals</b>	Every morning there is a choice from the following cereals: Coco Pops, Weetabix, Honey Nut Cornflakes, Frosties, Chocolate Weeto's, Bitesize Shreddies, Fruit & Fibre, Cornflakes, Sugar Puffs						
<b>Hot &amp; Cold Drinks</b>	To Quench your Thirst we offer: Fresh Orange and Apple Juice, Chilled Filtered Water, Full Cream and Semi Skimmed Milk, Tea, Coffee and Hot Chocolate						
<b>Toast</b>	Also available every day: Freshly Toasted, White and Wholemeal Bread with Butter, Jams, Marmalade, Honey and Marmite						

## Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Entrée</b>	Homemade Zesty Breaded Turkey Escalopes	Roast Beef & Yorkshire Pudding	Homemade Pork Patties with a Tomato & Basil Sauce	Southern Fried Chicken	Breaded Cod with Lemons & Tartare Sauce	Beef Curry	
<b>Vegetarian</b>	Vegetable Curry	Cheese & Broccoli Flan	Feta Filled Red Peppers	Roasted Vegetables	Pancakes stuffed with Spinach & Ricotta with a Cheese Sauce	Chick Pea & Vegetable Curry	Chef's Brunch
<b>Potatoes</b>	Parsley New Potatoes	Roast Potatoes	Parsley Potatoes	New Potatoes	Chips	Braised Rice	
<b>Vegetables</b>	Broccoli	Cauliflower & Cheese	Buttered Savoy Cabbage	Sweetcorn	Garden Peas	Onion Barjis, Poppadums & Mango Chutney	
<b>Dessert</b>	Mary's Pudding & Cream	Fruit of the Forest Gateaux	Pineapple Upside Down Pudding & Custard	Fruit Salad & Cream	Chocolate Pudding with Chocolate Sauce	Cornettos	Apple Crumble & Custard
<b>Salad Bar</b>	Selection of Home Cooked Meats: Baked Ham, Roast Beef, Roast Turkey and Gala Pie, Smoked Mackerel, Cottage Cheese  Baked Potatoes from the Salad Bar Choice of full range of Salads: Mixed leaf Salad, Sliced Tomatoes, Beetroot, Sweetcorn, Cucumber Batons in Minted Dressing, Potato Salad, Coleslaw, Tuna Pasta Sweetcorn Mayo, Grated Raw Carrot, Tomato Mozzarella Olives & Olive Oil, Fresh Vegetable & Mint Dressing, Pasta Chill Prawns						
<b>Fruit</b>	Choice of Oranges, Apples, Pears and Bananas Plus Freshly Prepared Fruit in Season						

## Supper

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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<b>Hot Choice</b>	BBQ Spare Rib Chops with Sautéed Potatoes & Peas	Chicken Nuggets Chipped Potatoes	Hot Dog Rolls with Fried Onions Hash Browns Baked Beans	Filled Chicken Legs with Sage & Onion Stuffing Roast Potatoes Garden Peas Gravy	Cheese & Onion Pasties with Spinach Mash	Beef Stroganoff with Rice & Peas	Baked Salmon Fillet with Lemon & Parsley Butter
<b>Pasta Bar</b>	Freshly Cooked Tagliatelle Broccoli & Ham Sauce and Vegetable & Tomato Sauce	Baked Beans Tomato Ketchup	Macaroni Cheese		Freshly Cooked Spirals with a Bolognaise Sauce or a Mushroom & Pepper Sauce	Freshly Cooked Penne with a Pesto Sauce and a Garlic & Wild Mushroom Sauce	Cannelloni Verde New Potatoes Mange Tout
<b>Soup</b>	Minestrone Soup with Croutons	Tomato Soup with Croutons	Carrots Coriander Soup with Croutons	Chicken, Noodle & Sweetcorn Soup with Croutons	Lentil Soup with Croutons	Tomato & Basil Soup with Croutons	Vegetable Soup with Croutons
<b>Sandwich Bar and Jacket Potato Fillings</b>	Fresh Bread Rolls Jacket Potato						
	Grated Cheese, Chicken Tikka, Egg Mayo, Tuna Mayo Jams & Marmite						
<b>Fruit</b>	Selection of Fresh Fruit in Season						
<b>Snack Desserts</b>	Jam Doughnuts		Cheese and Biscuits		Iced Buns		Fresh Cream Fruits of the Forest Gateau
<b>Yogurts</b>	Full Range of Yogurts: Muller Fruit Corners, Muller Crunch Corners and Stapleton Farm Yogurts						
<b>Hot &amp; Cold Drinks</b>	To quench your thirst we offer: Fruit Squash, Full Cream and Semi-skimmed Milk, Tea, Coffee and Hot Chocolate						