



THE MANOR KITCHEN WEEKLY MENU 20th January 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Sausage & Beans Toast Station and Cereal Fruit Pots	Porridge & Toppings Toast Station, Cereal Fruit Pots	Hash Brown & Bacon Toast Station, Cereal, Yoghurt, Fruit Pots	Poached Egg & Baked Beans Toast Station & Cereal Fruit Pots	Porridge & Toppings Toast Station, Cereal, Fruit Pots	Sausage in A Roll Toast Station, Cereal, Yoghurt, Fruit Platter	BRUNCH Toast Station & Cereal
LUNCH	Beef Bolognese Vegetable Bolognese Spaghetti Broccoli Mixed Salad Apple Crumble & Custard	VEGAN LUNCH	Chicken & Chorizo Paella or Spanish Vegetable Frittata Patatas Bravas Freshly Baked Olive Bread Roasted Vegetables Carrot Cake	Mac & Cheese Station Selection of Toppings Sweetcorn Crusty Bread Fruit, Yoghurt and Jelly Pots	Breaded Fish or Battered Halloumi Chips Peas Curry Sauce Cranacham Scottish Tasting on the Side Haggis Nachos Neeps & Tatties	Manor Kitchen Grazing Lunch	Manor Kitchen Brunch
SUPPER	Chicken Curry Or Lentil Curry Steamed Rice Jelly Selection	Sausage Casserole Or Crushed New Potato Green Beans Chocolate Brownie	Pork Stroganoff Or Mushroom Fricassee Spaghetti Broccoli Chocolate Chip Cookie Sandwich	Selection of Meat & Veggie Pizza & Wedges Salad Bar Selection of Dessert Pots	Chicken Pie Vegetable Hot Pot Mixed Vegetables New Potatoes Egg Free Chocolate Chip Muffins	Beef Lasagne Or Cheesey Pasta Mixed Vegetables Dough Balls Yogurt Pots	



ADULTS NEED AROUND 2,000 CALORIES A DAY

DISCLAIMER: We follow best practices in safe food handling to prevent cross-contamination. However, unfortunately, we cannot guarantee our products are 100% free of any specific allergen. Allergens are listed on the matrix and/or menus, which refer to the ingredients we use. We also cannot guarantee an allergen free environment where some of our ingredients from suppliers or products may have been produced in an environment with other allergens. Please double-check with a member of staff. Please note, the terms Vegan/Plant-based do not indicate that a food is free of food allergens.