



# THE MANOR KITCHEN WEEKLY MENU 10<sup>th</sup> February 25

|                  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY  |
|------------------|--|--|---|--|--|--|---|
| <b>BREAKFAST</b> | <b>Scrambled Egg &amp; Baked Beans</b><br>Toast Station, Cereal, Yoghurt, Fruit & Porridge                                   | <b>Bacon &amp; Cheese Morning Roll</b><br>Toast Station, Cereal, Yoghurt, Fruit & Porridge   | <b>Porridge &amp; Toppings</b><br>Toast Station, Cereal, Yoghurt, Fruit & Porridge  | <b>Croissant</b><br>Toast Station, Cereal, Yoghurt, Fruit & Porridge   | <b>Sausage &amp; Hash Brown</b><br>Toast Station, Cereal, Yoghurt, Fruit & Porridge  | Toast Station, Cereal, Yoghurt, Fruit & Porridge | <b>BRUNCH</b><br>Toast Station, Cereal, Yoghurt, Fruit & Porridge |
| <b>LUNCH</b>     | <b>Traditional Cottage Pie</b><br><b>Vegetable Hot Pot</b><br><b>Broccoli &amp; Carrots</b><br>Fruit, Yoghurt and Jelly Pots | <b>Chicken &amp; Chorizo Paella or Spanish Vegetable Frittata</b><br>Sweetcorn<br>Freshly Baked Olive Bread<br>-<br><b>Fruit Crumble &amp; Custard</b> | <b>Mac &amp; Cheese Station</b><br>Selection of Toppings<br><b>Crusty Bread Crudities</b><br><br><b>Carrot Cake</b>   | <b>Honey Roast Gammon</b><br>Or<br><b>Cauliflower Cheese</b><br><br><b>Steamed Carrots</b><br><b>Roast Potatoes</b><br><b>Yorkshire Puddings</b><br><br><b>Fruit, Yoghurt and Jelly Pots</b> | <b>Freshly Battered Fish</b><br><br><b>Gluten Free Fish</b><br><b>Vegan Fish Finger</b><br>Or<br><b>Vegetable Risotto</b><br><br><b>Fries</b><br><br><b>Peas</b><br><b>Curry Sauce</b><br><br><b>Valentine Biscuit</b> |  |   |
| <b>SUPPER</b>    | <b>Selection Of Pizzas</b><br><b>Salad</b><br><b>Potato Wedges</b><br><b>Jelly Pots</b>                                      | <b>Toad in the Hole</b><br><br><b>Vegetarian Toad in The Hole</b><br><br><b>Peas</b><br><b>Onion Gravy</b><br><b>Assorted Biscuits</b>                 | <b>TNS Beef Burger</b><br>Or<br><b>Southern Fried Mushroom Burger</b><br><br><b>with Cheese, Salad &amp; Smoked BBQ Mayonnaise</b><br><br><b>Chipped Potatoes</b><br>-<br><b>Vanilla Cupcakes</b> | <b>Chicken &amp; Ham Pie</b><br>or<br><b>Vegetable Filo Tart</b><br><br><b>New Potatoes &amp; Mixed Vegetables</b><br><br><b>Eaton Mess</b>  |  |  |   |



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.