



THE MANOR KITCHEN WEEKLY MENU

W/C 24th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Porridge & Toppings Toast Station, Cereal, Yoghurt, Fruit Pots	Omelette Selection Toast Station, Cereal, Yoghurt, Fruit Pots	Poached Egg, Bacon & Hash Brown Toast Station, Cereal, Yoghurt, Fruit Pots	Croissants Toast Station & Cereal Fruit Pots	Toast Station, Cereal, Yoghurt, Fruit Pots		BRUNCH
LUNCH	Traditional Cottage Pie Vegan Cottage Pie with Sweet Potato Mash Broccoli & Cauliflower Fruit, Yoghurt and Jelly Pots	Rainforest Lunch	Roast Chicken Butternut Squash Risotto Roast Potatoes Sage & Onion Stuffing Braised Leeks & Peas Gravy Carrot Cake With	Pasta Bar Selection Of Toppings Tomato & Basil Sauce Freshly Baked Bread Sweetcorn Banoffee Pots	Battered Fish Or Battered Sausage (gf) G/F Fish Vegan Fish Finger Or Quorn Frankfurter Chipped Potatoes Peas Tartare Sauce Curry Sauce Easter Biscuits Or Hot X Bun Pudding & Cream		
SUPPER	Kung Pao Meatballs Vegetarian Meatballs Rice Mixed Leaves Berry & Apple Turnover with Whipped Cream	Spaghetti Carbonara Vegetarian option Sweetcorn Crusty Bread Jelly Pots	Gammon Ham Quorn Burger Fried Egg/Pineapple Chipped Potatoes Peas Cheesecake Pots	Nacho Bar Chilli Beef Bean chilli Wedges Cheese Salsa Sour Cream Tortilla chips Orange & Mango Smoothie			



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.