





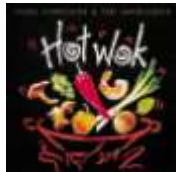


Monday Wk 3	Tuesday Wk 3	Wednesday Wk 3	Thursday Wk 3	Friday Wk 3	Saturday Wk 3	Sunday Wk 3
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Omelettes Baked beans 	Grilled bacon Scrambled eggs 	Chocolate & Danish Croissants Homemade Yoghurt Porridge Oats 	Oven baked sausages Spaghetti hoops 	Pancakes Maple syrup 	Full English Breakfast bar (bacon, sausage, fried bread, hash brown, spaghetti hoops) Poached eggs	Continental meats & cheeses Home baked Panino Croissants 
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
Toast	Bagels	Muffins	Toast	Teacakes	Cheese on Toast	Crumpets
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
Lamb Pasanda Roasted Vegetable Pasanda Onion bhajis, Rice Sambols, Mini Poppadums Pasta with chefs sauce Baked Jackets with fillings	Sliced Gammon Ham Poached egg Assorted omelettes Oven roasted potatoes Sauté of green leaf, sweetcorn Pasta with chefs sauce Soup of the day with crusty bread	Lamb Patties with Mushroom & shallot sauce Mixed salad, medley of vegetables Moroccan quorn tagine Pasta with chefs sauce Baked jackets with fillings	Ham & Mushroom linguine Quorn Ratatouille Oven roasted potatoes Sauté kale with spring onions, garlic breads, corn cobs Pasta with chefs sauce Soup of the day with crusty bread	Spaghetti Bolognaise Tomato & vegetable linguine Garlic breads Soup of the Day Mixed green salad, Hongroise potatoes Pasta with chefs sauce Baked jackets with fillings	Kentucky Chicken fillets with BBQ sauce, Potato wedges, Coleslaw, Mixed tossed salad Pasta with chefs sauce Soup of the day with crusty bread	Roast Pork with sage and apple stuffing Vegetarian sausages Braised red cabbage Carrots, peas, sweet potato mash, gravy Pasta with chefs sauce
SALAD BAR & CHILLED COUNTER	SALAD BAR & CHILLED COUNTER	SALAD BAR & CHILLED COUNTER	SALAD BAR & CHILLED COUNTER	SALAD BAR & CHILLED COUNTER	SALAD BAR & CHILLED COUNTER	SALAD BAR & CHILLED COUNTER
Unlimited, help yourself to as much Lettuce, Tomato, Cucumber Composite salads Or choose a protein salad from our range	Unlimited, help yourself to as much Lettuce, Tomato, Cucumber Composite salads Or choose a protein salad from our range	Unlimited, help yourself to as much Lettuce, Tomato, Cucumber Composite salads Or choose a protein salad from our range	Unlimited, help yourself to as much Lettuce, Tomato, Cucumber Composite salads Or choose a protein salad from our range	Unlimited, help yourself to as much Lettuce, Tomato, Cucumber Composite salads Or choose a protein salad from our range	Unlimited, help yourself to as much Lettuce, Tomato, Cucumber Composite salads Or choose a protein salad from our range	Unlimited, help yourself to as much Lettuce, Tomato, Cucumber Composite salads Or choose a protein salad from our range
DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS
Home made yoghurts with fruit coulis Unlimited fresh fruit kettles Hot Danish pastry & custard	Home made yoghurts with fruit coulis Unlimited fresh fruit kettles Cookies Sliced Melon & fruit coulis	Home made yoghurts with fruit coulis Unlimited fresh fruit kettles Fresh fruit salad Doughnuts with vanilla sauce	Home made yoghurts with fruit coulis Unlimited fresh fruit kettles Chocolate roulade	Home made yoghurts with fruit coulis Unlimited fresh fruit kettles Fresh Fruit salad	Home made yoghurts with fruit coulis Unlimited fresh fruit kettles Cornflake tart & custard	Home made yoghurts with fruit coulis Unlimited fresh fruit kettles Choc Ices
LATE WOK SUPPER	LATE WOK SUPPER	LATE WOK SUPPER	LATE WOK SUPPER	LATE WOK SUPPER		食物
Southern coated chicken thighs Nachos Sour cream & chive dip	Beef with green peppers & onions House special vegetarian fried Rice Prawn Crackers	Duck with ginger & spring onions Snow pea stir fry & black bean sauce Steamed fragrant rice	Salt & pepper BBQ ribs Vegetable Foo Yung Steamed rice	Chilled self serve buffet		