

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
Scrambled Eggs	Porridge	Ham & Cheese Toasties	Oven Baked Sausages (2)	Pancakes	Full English Breakfast	Continental Meats, Cheeses and Breads
Grilled Bacon (2)	Poached Fruits	Boiled Eggs	Spaghetti Hoops	Maple Syrup	bacon, sausage, fried bread,	Toasted Bagels
				Boiled eggs	hash brown, spaghetti hoops	Home Baked Panino Croissants Plain Only
Cereals & Yoghurts	Cereals & Yoghurts	Cereals & Yoghurt	Cereals & Yoghurts	Cereals & Yoghurts	Poached Eggs	Cereals & Yoghurts
Organic Fruit Juice	Organic Fruit Juice	Organic Fruit Juice	Organic Fruit Juice	Organic Fruit Juice	Cereals & Fruit Juice	Fruit Juice
Fresh Fruit & Toast	Fresh Fruit & Toast	Fresh Fruit & Toast	Fresh Fruit & Toast	Fresh Fruit & Toast	Fresh Fruit & Toast	Fresh Fruit & Toast
Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea
Toast	Bagels	Muffins	Toast	Teacakes	Cheese On Toast	Fresh Fruit
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Baked Lemon & Herb Breaded Fish Fillets	Sliced Gammon Ham	Irish Stew	Lemon Pepper Turkey Escalopes	Meatballs with Tomato & Mushrooms	Kentucky Style Breaded Chicken with BBQ Sauce	Carvery Roast Meats
Asparagus & Mushroom 3 Cheese Risotto	Poached Egg	Sweet Potato and Bean Cassoulet	BBQ Quorn Fillets	Quorn Balls with Italian Sauce	Potato Wedges	Carvery Accompaniments
Oven Baked Hash Browns	Assorted Omelettes	Diced Root Vegetables	Local Mid Potatoes with Parsley	Garlic Breads	Coleslaw	Vegetarian Sausages
Roasted Peppers & Tomatoes	Local Potatoes with Parsley		Roast Parsnips	Steamed Carrots	Mixed Tossed Salad	Winter Greens
Garden Peas	Baton Carrots			Hongroise potatoes	Pasta	Carrots
	Broccoli florets	Baked Jackets	Baton lemon carrots		Chefs Sauce	Roast Potatoes
Pasta	Pasta	Jacket Fillings	Pasta	Soup of the Day	Soup Of The Day	Peas
Chefs Sauce	Chefs Sauce	Pasta	Chefs Sauce		Crusty Bread	Gravy
Baked Jackets	Soup Of The Day	Chefs Sauce	Soup Of The Day	Baked Jackets		Pasta
Jacket Fillings		Garlic Breads	Crusty Bread	Jacket Fillings		Chefs Sauce
Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar
Lettuce	Lettuce	Lettuce	Lettuce	Lettuce	Lettuce	Lettuce
Tomato	Tomato	Tomato	Tomato	Tomato	Tomato	Tomato
Cucumber	Cucumber	Cucumber	Cucumber	Cucumber	Cucumber	Cucumber
Composite Salads	Composite Salads	Composite Salads	Composite Salads	Composite Salads	Composite Salads	Composite Salads
or	or	or	or	or	or	or
Protein salad	Protein salad	Protein salad	Protein salad	Protein salad	Protein salad	Protein salad
Desserts	Desserts	Desserts	Desserts	Desserts	Desserts	Desserts
Hot Danish pastry	Banana Tatin	Doughnuts	Chocolate sponge pudding	Coconut & Vanilla Sponge	Cornflake Tart	Steamed Ginger Pudding
Custard	Fruit Coulis	Vanilla Sauce	Hot chocolate sauce		Custard	Cream
Fresh Cut Fruit Kettles	Fresh Cut Fruit Kettles	Fresh Cut Fruit Kettles	Fresh Cut Fruit Kettles	Fresh Cut Fruit Kettles	Fresh Cut Fruit Kettles	Fresh Cut Fruit Kettles
Late Wok Supper Bar	Late Wok Supper Bar	Late Wok Supper Bar	Late Wok Supper Bar	Late Wok Supper Bar	 	
Southern coated chicken thighs	Cantonese Style Beef Fried Rice	Salt & Pepper BBQ Ribs	Late Late Cereal	Chilled Self Serve Buffet		
Nachos	Stir Fry Vegetables	Vegetable Foo Yung	And Toast Bar			
Sour cream and chive dip	Prawn Crackers	Steamed Rice				