

PREP MENU

Monday 2 November – Sunday 8 November



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Breakfast burrito G,E,D Served with avocado (ve)	Scrambled free range eggs E,D & baked beans (ve) Toasted sourdough G,E,D,S (ve)	Back bacon, grilled tomatoes, field mushrooms, hash browns. baked beans & scrambled free range egg E,D	Spanish omelette E (v) Smoked salmon F , avocado (ve), sour cream D (v) & spring onions (ve)	American pancakes G,E,D Crispy bacon, maple syrup & berry compote	Ham & cheese croissants G,S Boiled free range hen eggs E	Traditional full English breakfast G,E,Su
	Jane's porridge G,D & fruit compote, selection of cereals G , toast G,S , juices, fruit & preserves					Selection of cereals G , toast G,S , juices, fruit & preserves	
MORNING SNACK	Toasted bagel G (ve)	Garlic & rosemary focaccia G,D	Margherita pizza slice G,D - <i>Vegan pizza (ve)</i>	Homemade flapjack G,D	Toasted crumpet G (ve)	Oat squares G,D (ve)	
SOUP	Chefs homemade soup of the day (v) Artisan bread rolls G & toppers		Chefs homemade soup of the day (v) Artisan bread rolls G & toppers		Chefs homemade soup of the day (v) Artisan bread rolls G & toppers		
LUNCH <i>All including a range of vegan, gluten free & halal options.</i>	Hunter's chicken D OR Hunter's Quorn fillet (ve) G - Served with paprika Parmentier potatoes (ve), peas (ve), sweetcorn (ve), & extra BBQ sauce (ve)	Hot pot pie OR Cheese & onion pasty G,D - Topped with crispy sliced potatoes, winter vegetables (ve) & gravy (ve)	WEDNESDAY PASTA BAR - Creamy pesto chicken D OR Macaroni cheese D,G OR Tomato & basil ragu (ve) - Served with a selection of pasta G , (ve), parmesan D , homemade wholemeal garlic bread G , roasted vegetables (ve) & rocket (ve)	Chilli con carne OR Vegetable & five bean chilli (ve) - Served with braised rice (ve) - Sides of; Grated cheese D (v), sour cream D (v), homemade nachos (ve), guacamole (ve), tomato, cucumber & red onion dressed salad (ve)	Baked fish goujons G,F OR Vegan goujons G - Served with chips (ve) garden peas (ve), tartare sauce (ve) & lemon wedges	Creamy pasta bake G,D OR Roasted vegetable pasta bake - Served with a selection of toppers; Pulled beef, crispy onion (ve), jalapenos (ve), garlic bread G (ve) & mixed salad (ve)	Sunday Roast - Freshly roasted chicken with pigs in blankets G,Su,S OR Couscous stuffed peppers in a tomato sauce (ve) - Served with sage and onion stuffing G (ve), herb roast potatoes (ve), homemade Yorkshire pudding G,E,D , steamed broccoli, (ve), roast carrots (ve) & gravy
	Jacket Potato Bar A selection of freshly baked potatoes (ve), grated cheese D (v), baked beans (v) & salad (ve)						
	Deli Bar A selection of breads, proteins, salads & condiments						
DESSERT	Marble cake G,E - <i>Vegan marble cake (ve)</i>	Mandarin & mascarpone trifle G,D - <i>Vegan Mandarin trifle (ve)</i>	Cherry Bakewell tart G,E & custard D - <i>Vegan cherry Bakewell tart & vegan custard (ve)</i>	Raspberry sponge G,D,E & custard D - <i>Vegan raspberry sponge (ve)</i>	Cornflake tartlet G,E,D with custard D - <i>Vegan custard (ve)</i>	Dessert of the day	Dessert of the day
PITSTOP	Sausage rolls G,E,D,Mu - <i>Veggie sausage rolls G</i>	Sweet chilli & pak choi noodle pot G,E,SS,S - <i>Rainbow vegetable noodle pot SS,S (ve)</i>		Cheese panini G,D - <i>Vegan cheese panini (ve)</i>	Loaded homemade nachos with cheese sauce D , salsa & jalapenos - <i>Vegan without cheese (ve)</i>		
BOARDERS' TEA <i>With a choice of jacket potato and a selection of salads</i> <i>All including a range of vegan, gluten free & halal options.</i>	Pizza Night! BBQ meat feast pizza G,D OR Margherita pizza (v) G,D - Served with baked potato wedges (ve), homemade slaw(ve) & green leaf salad (ve)	Greek lemon & thyme chicken skewer S OR Mediterranean vegetable skewers (ve) - Served with sundried tomato orzo salad G (ve), hummus SS (ve), pitta G & broccoli S (ve)	Roasted tandoori turkey pieces OR Roasted tandoori vegetables (ve) - Served with flatbreads G , Bombay potatoes (ve), creamed cumin spiced greens (ve) & mint yogurt D (ve)	Sweet & sour pork OR Sweet & sour vegetables with Tofu S (ve) - Served with egg fried rice S,E (ve), stir-fry oriental vegetables S (ve), prawn crackers Cr & sweet chilli sauce (ve)	Classic beef burger OR Plant based burger (ve) - Served with brioche bun G (ve), fries (ve), salsa (ve), BBQ sauce, jalapenos (ve) & mixed salad (ve)	Saturday Night Fake away Malayan chicken curry D OR Malayan mixed vegetable curry (ve) - Served with steamed cinnamon rice (ve), roti G,S (ve), poppadam's (ve), coriander yoghurt D (v) & mango chutney (ve)	Freshly baked jacket potatoes (ve) - Served with; Five bean chilli (ve) Baked beans (ve) Homemade slaw (ve) Grated cheese D (v) - Served with a dressed mixed salad (ve)
DESSERT	Citrus biscuit G (ve)	Cheese & biscuits G,D - <i>Vegan cheese & biscuits (ve)</i>	Homemade caramel & chocolate brownie S - <i>Vegan caramel & chocolate brownie S (ve)</i>	Apple scone G,E,D - <i>Vegan apple scone G (ve)</i>	Toffee Apple OR Chocolate Apple D	Dessert of the day	Dessert of the day

Menu Options | Please note, all dishes listed are subject to ingredients availability and may change on the day. The finalised menu will be displayed on counter with relevant allergen information.
Food Allergies and Intolerances | Before for you select your food, please speak to a member of staff if you want to know about our ingredients. A selection of dietary/allergen friendly alternative options will be available upon request.
Allergen Key | **C** Celery, **G** Gluten, **Cr** Crustacean, **E** Egg, **F** Fish, **L** Lupin, **D** Dairy, **M** Mollusc, **Mu** Mustard, **N** Nuts, **PN** Peanuts, **SS** Sesame, **S** Soya, **Su** Sulphur

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Toasted bagel G (ve)	Cheese scone G,D (ve)	Margherita pizza slice G,D - Vegan pizza G (ve)	Flapjack G (ve)	Toasted crumpet G (ve)
LUNCH <i>All including a range of vegan, gluten free & halal options.</i>	Hunter's chicken D OR Hunter's Quorn fillet G (ve) - Served with paprika Parmentier potatoes (ve), peas (ve), sweetcorn (ve) & extra BBQ sauce (ve)	Hot pot pie OR Cheese & onion pasty G,D,S - Topped with crispy sliced potatoes, winter vegetables (ve) & with gravy (ve)	WEDNESDAY PASTA BAR Creamy pesto chicken D OR Macaroni cheese D,G OR Tomato & basil ragu (ve) - Served with a selection of pasta G (ve), parmesan D homemade wholemeal garlic bread G , roasted vegetables (ve) & rocket (ve)	Chilli con carne OR Vegetable & five bean chilli (ve) - Served with braised rice (ve) - Sides of; Grated cheese D (v), sour cream D (v), homemade nachos (ve), guacamole (ve), tomato, cucumber & red onion dressed salad (ve)	Baked fish goujons G,F OR Vegan goujons G Served with chips (ve), garden peas (ve), tartare sauce(ve) & lemon wedges
	Jacket Potato Bar A selection of freshly baked potatoes (ve), grated cheese D (v), baked beans (v) & salad (ve)				
	Deli Bar A selection of breads, proteins, salads & condiments				
DESSERT	Marble cake G,E - Vegan marble cake (ve)	Yogurt D & fresh fruit (ve)	Cherry Bakewell tart G,E with custard D - Vegan cherry Bakewell tart with vegan Custard (ve)	Raspberry sponge G,D,E with custard D - Vegan raspberry sponge (ve)	Cornflake Tartlet G,E,D with custard D - Vegan custard (ve)
SUPPER <i>With a choice of jacket potato and a selection of salads</i> <i>All including a range of vegan, gluten free & halal options.</i>	Pizza Night! BBQ meat feast pizza G,D OR Margherita pizza (v) G,D - Served with baked potato wedges (ve), homemade slaw (ve) & green leaf salad (ve)	Greek lemon & thyme chicken skewer S OR Mediterranean vegetable skewers (ve) - Served with sundried tomato orzo salad G (ve), hummus SS (ve), pitta G & broccoli S (ve)	Roasted tandoori turkey pieces OR Roasted tandoori vegetables (ve) - Served with flatbreads G , Bombay potatoes (ve), creamed cumin spiced greens (ve) & mint yogurt D (ve)	Sweet & sour pork OR Sweet & sour vegetables with Tofu S (ve) Served with egg fried rice S,E (ve), stir-fry oriental vegetables S (ve), prawn crackers Cr & sweet chilli sauce (ve)	Classic beef burger OR Plant based burger (ve) - Served with brioche bun G (ve), fries (ve), salsa (ve), BBQ sauce, Jalapenos (ve) & mixed salad (ve)
DESSERT	Citrus biscuit G (ve)	Cheese & biscuits G,D - Vegan cheese & biscuits (ve)	Homemade caramel & chocolate brownie S - Vegan caramel & chocolate brownie S (ve)	Apple scone G,E,D - Vegan apple scone G (ve)	Toffee Apple

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