

CONTINENTAL BREAKFAST MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Bar	Natural yoghurt (v) GF Flavoured yoghurt (v) GF Honey (v) GF Fruit compote (v) (vegan) GF Half grapefruits (v) (vegan) GF Dried mixed fruit (v) (vegan) GF Fresh chopped fruit (pineapple & watermelon or orange & honeydew) (v) (vegan) GF Sunflower & pumpkin seeds (v) (vegan) GF Fresh fruit (same as daily offer) (v) (vegan) GF				
Cereals	Porridge (v) Choice of cereal: Rice Krispies, Bran Flakes, Corn Flakes, Coco Pops, nut-free Muesli (v) (vegan)				
Hot Breakfast	Tuesday – Bacon, Scrambled Eggs & Baked Beans Thursday – Sausage , Boiled Eggs & Baked Beans NB Vegetarian alternatives available				
Bakery	Toast & preserves (including marmite) (v) Bakery item (pain au chocolate or butter croissant) (v)				
Drinks	Choice of fruit juice: orange & apple Freshly brewed coffee & tea Skimmed & semi-skimmed milk				

SAMPLE EVENING MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Miso Soups & Traditional Soups	Cauliflower, garlic and roast onion GF	Chinese Style sweetcorn and spring onion soup. (vegan) GF	Carrot, Ginger and turmeric soup (vegan) GF	Thai sweet potato soup (vegan) GF	Woodland Mushroom and tarragon soup GF
Hot Counter	Porchetta with slow roast peppers and aubergines	Gai Yang Prik Pao Thai style BBQ chicken	Jamaican fried chicken rice and peas	Beijing Braised Lamb with Sesame brown rice and sauté greens	Chicken, ham hock and pea pie with tarragon and grain mash
	Malay Hake and chickpea Curry	Mac & Cheese with smoked haddock and spring onion	Pollock with lemon, chive and caper butter sauce	Fishcake, spinach and lemon crème fraiche	Spiced fish taco with shredded pickled veg, chilli and lime salsa with chipotle mayonnaise
	Greek style, spinach, cottage cheese filo pie (v)	Crispy tofu with stir-fried vegetables coated in chilli sauce with toasted sesame seeds (v)	Vegetable Enchilada (v)	Korean Aubergine stir fry (v)	Pea , Potato , Feta and Mint Quesadilla (v)
Available Sides	Panache of Vegetables (vegan) GF Stir fry udon noodles (vegan) Steamed Basmati rice (vegan) GF	Fried rice (vegan) Steamed spring greens (vegan) GF Thai rice noodles (vegan) GF	Star ainese carrots (vegan) GF Herb roasted new potatoes (vegan) GF Chop Suey noodles (vegan)	Steamed broccoli florets (vegan) GF Steamed rice (vegan) GF Vermicelli noodles (vegan) GF	Egg fried rice (v) Stir fry greens (vegan) Steamed rice (vegan) GF
Handmade Desserts	Vanilla sponge	Banana cake	Chocolate sponge	Lemon tray bake	Chocolate Fudge cake

SALAD BAR

Evening Salad Bar

Core Daily:

Mixed leaf (vegan) GF
Cherry tomato (vegan) GF
Cucumber (vegan) GF
Coleslaw GF
Sweetcorn (vegan) GF

Daily dressings:

Sesame seed oil (vegan) GF
Lemon oil (vegan) GF
Chiu chow chilli oil (vegan)

Daily garnishes:

Roasted pumpkin & sunflower seeds (vegan) GF
Croutons (v)
Chilli Flake (vegan)