



# LUNCH

Homemade Soup	Honey and Parsnip	Cream of Vegetable	Vegetable Chowder	Thai Curry	Carrot & Coriander	Minestrone with Fresh Parmesan Crisps
Homemade Bread	White Loaf	Olive and Rosemary	Cottage Rolls	Mini Poppodums	Granary	Roasted Onion Bread
Traditional Main	Duo of Sausage With gravy	Chicken Sweetcorn & Mushroom Pie with a Shortcrust Topping	Spicy Meatball Frittata with Tomato Sauce	Roast Beef ~ Yorkshire Pudding ~ Gravy	Battered Fish or Hot Dog & Onions	Hot Baguettes filled with: Melted Brie and Cranberry ~ Roast Pork, Apple Sauce and Stuffing or Hoki Fishfingers ~ Homemade Tartar Sauce with Coleslaw ~ Rocket and Watercress with a Caesar Dressing
Potato/Rice	Mashed Potato	Roasted Mid Potatoes	Minted New Potatoes	Roast Potatoes	Thick Chips	
Veg 1	Steamed Broccoli	Savoy Cabbage	Minted Peas	Saute Cabbage	Baked Beans	
Veg 2	Baton Carrots & Swede	Courgette Provencale	Braised Red Cabbage	Roasted Carrots Drizzled with Honey	Peas and Sweetcorn	
Vegetarian Main Course	Stilton and Red Onion Chutney Muffin with a Mustard Sauce	Peppers Maryland ~ Tomato Salsa	Twice Baked Jacket Potato on Caramelised Red Onion	Roasted Vegetables and Goats Cheese Suet Pudding	Mexican Tortilla Stack (Mediterranean Vegetables, Salsa, and Warm Tortilla)	
Potato/Rice	Minted New Potatoes	Roasted Mid Potatoes	-	-	Thick Chips	
Pasta	Penne	Fusilli	Shells	Penne	Fusilli	Shells
Sauce 1	Neapolitan	Tomato & Basil	Neapolitan	Tomato & Basil	Bolognese	Neapolitan
Sauce 2	Carbonara	Tuna & Sweetcorn	Pesto	Chicken & Broccoli	Tomato & Fennel	Spinach & Ricotta
Accompaniment	Black Pepper	Black Pepper	Black Pepper	Black Pepper	Black Pepper	Black Pepper
Accompaniment	Grated Cheddar	Grated Cheddar	Grated Cheddar	Grated Cheddar	Grated Cheddar	Grated Cheddar
Accompaniment	Garlic Bread	Garlic Bread	Garlic Bread	Garlic Bread	Garlic Bread	Garlic Bread
Jacket Potatoes	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	-
Filling 1	Prawns in Marie Rose	Baked Beans	Coronation Chicken	Baked Beans	Cream Cheese & Pineapple	-
Filling 2	Cottage Cheese & Pineapple	Chilli Con Carne	Tuna Sweetcorn Mayonnaise	Roasted Mediterranean Vegetables	Crispy Bacon & Onion	-
Filled Breads	Baguettes	Soft Baps	Bagels	Ciabatta	Wholemeal Baguettes	-
Filling 1	Plain Ham	Roast Vegetable & Light Philli	Bacon, Lettuce & Tomato	Mozzarella, Tomato & Basil	Chicken Caesar	-
Filling 2	Cheese & Tomato	Shredded Beef & Horseradish	Cheddar & Pickle	Ham & Swiss Cheese	Caerphilly & Tomato Salsa	-
Filling 3	Coronation Chicken	Tuna, Cucumber & Mayonnaise	Brie & Black Grape	Egg & Water Cress	Beef & Horseradish	-
Cut Fruit 1	Watermelon	Watermelon	Watermelon	Watermelon	Watermelon	Cut Fruit Platter 6 Types
Cut Fruit 4	Seedless Grapes	Honeydew Melon	Seedless Grapes	Honeydew Melon	Very Small Red & Green Apples	
Cut Fruit 5	Bananas	Bananas	Bananas	Bananas	Bananas	
Salad 1	Mixed Leaf	Mixed Leaf	Mixed Leaf	Mixed Leaf	Mixed Leaf	-
Salad 2	Tomato Quarters	Tomato Quarters	Tomato Quarters	Tomato Quarters	Tomato Quarters	-
Salad 3	Funky Cut Cucumber	Funky Cut Cucumber	Funky Cut Cucumber	Funky Cut Cucumber	Funky Cut Cucumber	-
Salad 4	Coleslaw	Coleslaw	Coleslaw	Coleslaw	Coleslaw	-
Salad 5	Carrot, Fresh Orange & Coriander	Mozzarella, Cherry Tomato, Fresh Basil	Caesar	Mixed Bean & Olive	Celery & Fennel Waldorf Salad	-

Salad 6	Fusilli & Seedless Grapes	Penne & Peppers	Rice & Fresh Herbs	Tabbouleh Couscous & Roast Mediterranean Vegetables	Greek Salad	-
Salad 7	Watermelon, Feta & Fresh Mint	Nicoise	Grated Carrot & Fresh Pineapple	Blue Cheese, Celery & Apple	Pink Grapefruit, Orange Segments, Celeriac, Poppy Seeds	-
Salad 8	Spinach, Blue Cheese, and Pears	Beetroot & Fresh Orange	Beansprouts, Spring Onions & Coriander	Potato, Chive & Vinaigrette	Penne, Cherry Tomato & Pesto	-
Yoghurt	Homemade	Homemade	Homemade	Homemade	Homemade	Homemade
Toppings 1	Fruits of the Forest	Summer Fruit Coulis	Fruits of the Forest	Apple & Cinnamon	Winter Berry Coulis	Fruits of the Forest
Toppings 2	Honey	Lemon Curd	Honey	Lemon Curd	Chopped Dates	Honey
Toppings 3	Dried Fruit	Dried Fruits	Fruit Puree	Muesli/Dried Fruit	Rhubarb Puree	-

# Supper

Homemade Soup	Honey and Parsnip	Cream of Vegetable	Vegetable Chowder	Thai Curry	Carrot & Coriander	To Start: Seafood Platter Crusty Granary Rolls
Homemade Bread	White Loaf	Olive and Rosemary	Cottage Rolls	Mini Poppodums	Granary	
Main Course	Gammon Steak with Roasted Pineapple	Thai Evening	Homemade Smoked Haddock and Prawn Fishcakes or Paella	Spare Ribs with Barbeque Sauce	Spaghetti Bolognese	Southern fried Chicken Vegetable Fajitas Spicy Wedges & Sour Cream
Vegetarian Main Course	Portobello Mushrooms and Halumi		Bubble and Squeak Cake with Oven Roasted Tomato	Romano Jalapeño Pepper filled with Monterey, Coated in Breadcrumbs	Spaghetti with Tomato & Fennel	Corn on the Cob Onion Rings Tomato & Cucumber Salsa
Potato/Rice	Mashed Potato		Thick Chips	Jacket Potato	Garlic and Herb Bread	Mixed Salad
Veg 1	Stir Fried Vegetables		Garden Peas	Grilled Tomatoes	Saute Mushrooms & Peppers	
Veg 2	-		Baked Beans	-		
Pasta/Potato	Jacket Potato		Fusilli	Jacket Potato	Penne	Jacket Potato
Filling 1	Prawns in Marie Rose	Tomato & Basil	Coronation Chicken	Tomato & Basil	Cream Cheese & Pineapple	-
Filling 2	Cottage Cheese & Pineapple	Tuna & Sweetcorn	Tuna Sweetcorn Mayonnaise	Chicken & Broccoli	Crispy Bacon & Onion	-
Salad 1	Mixed Leaf	Mixed Leaf	Mixed Leaf	Mixed Leaf	Mixed Leaf	-
Salad 2	Tomato Quarters	Tomato Quarters	Tomato Quarters	Tomato Quarters	Tomato Quarters	-
Salad 3	Funky Cut Cucumber	Funky Cut Cucumber	Funky Cut Cucumber	Funky Cut Cucumber	Funky Cut Cucumber	-
Salad 4	Coleslaw	Coleslaw	Coleslaw	Coleslaw	Coleslaw	-
Salad 5	Carrot, Fresh Orange & Coriander	Mozzarella, Cherry Tomato, Fresh Basil	Caesar	Mixed Bean & Olive	Celery & Fennel Waldorf Salad	-
Salad 6	Fusilli &	Penne &	Rice & Fresh	Tabbouleh	Greek Salad	-

	Seedless Grapes	Peppers	Herbs	Couscous & Roast Mediterranean Vegetables		
Salad 7	Watermelon, Feta & Fresh Mint	Nicoise	Grated Carrot & Fresh Pineapple	Blue Cheese, Celery & Apple	Pink Grapefruit, Orange Segments, Celeriac, Poppy Seeds	-
Salad 8	Spinach, Blue Cheese, and Pears	Beetroot & Fresh Orange	Beansprouts, Spring Onions & Coriander	Potato, Chive & Vinaigrette	Penne, Cherry Tomato & Pesto	-
Hot or Cold Pudding	White Chocolate Truffle Cake	-	Lemon Syllabub	Ice Cream Sundaes	Fresh Fruit Salad with Crème Fraiche	Soufflé Fritters & Ginger Syrup Sauce
Cut Fruit 1	Watermelon	Watermelon	Watermelon	Watermelon	Watermelon	Cut Fruit Platter 6 Types
Cut Fruit 2	Honeydew Melon	Fresh Pineapple	Cut Apples	Fresh Pineapple	Honeydew Melon	
Cut Fruit 3	Orange Quarters	Orange Quarters	Orange Quarters	Orange Quarters	Orange Quarters	
Cut Fruit 4	Seedless Grapes	Honeydew Melon	Seedless Grapes	Honeydew Melon	Red & Green Apples	
Cut Fruit 5	Bananas	Bananas	Bananas	Bananas	Bananas	
Yoghurt	Homemade	Homemade	Homemade	Homemade	Homemade	Homemade
Toppings 1	Fruits of the Forest	Summer Fruit Coulis	Fruits of the Forest	Apple & Cinnamon	Winter Berry Coulis	Fruits of the Forest
Toppings 2	Honey	Lemon Curd	Honey	Lemon Curd	Chopped Dates	Honey
Toppings 3	Dried Fruit	Dried Fruits	Fruit Puree	Muesli/Dried Fruit	Rhubarb Puree	-

## Breaks

AM	Half Banana ~ Glass of Milk	Homemade Low Fat Flapjack ~ Homemade Seasonal Smoothies	1 Green or Red Apples ~ Homemade Low-Fat Milkshakes	Shortbread ~ Glass of Milk	Piece of Watermelon ~ Homemade Seasonal Smoothies
PM	Pizza Bread Sticks ~ Orange Juice	Honeydew Melon ~ Homemade Seasonal Smoothies	Chocolate Muffin ~ Homemade Low-Fat Milkshakes	Banana ~ Orange Juice	Choc Ice ~ Homemade Seasonal Smoothies

## Sunday Bistro

<b>Brunch 10:30 – 12:00</b>
Grilled Back Bacon Fried Eggs Oven Baked Sausages Potato Waffles Baked Beans ~ American Pancakes and Maple Syrup
<b>Continental Buffet 10:30 – 12:00</b>
Juices ~ Cereals ~ Croissants Pastries Toast & Preserves ~ Fresh Cut Fruit ~ Muller Fruit Corners

**Toast Toppers**

Doorstep Bread Topped With:

Melted Cheese  
Baked Beans  
Grilled Bacon  
Marmite

**Puds**

Rice Pudding and Fruit Compote  
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Loosley Tubs of Ice Cream

**Omelettes 12 noon - 3pm and 4pm – 6.30pm**

A 3 egg omelette with a choice of two Fillings:

Cheddar  
Ham  
Brie  
Tomato  
Tuna  
Sweetcorn

Served with Rocket Salad & French Bread.

**Hot Filled Sub Rolls 12 noon - 3pm and 4pm – 6.30pm**

Steak & Philli  
Halumi & Roast Vegetable  
Fishfinger & Chips  
BLT

**Big Bowl Salads 12 noon - 3pm and 4pm – 6.30pm**

Poached Salmon & New Potato  
Chicken Caesar  
Tuna Nicoise

**Plates To Order 12 noon - 3pm and 4pm – 6.30pm**

Minute Steak, Shoestring Fries and Green Salad.  
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Moules Marinere and Shoestring Fries  
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Ham, Egg and Chips