

PREP MENU

Monday 18 November – Sunday 24 November



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	American Pancakes G,E,D Crispy bacon, maple syrup, berry compote	Butcher's Sausage OR Quorn Vegan Sausage G - In a wholemeal bap G , with or without hash brown & baked beans	Back bacon, grilled tomatoes, field mushrooms, hash browns, baked beans & scrambled free range eggs E,D	Cheddar & Bacon Frittata E,D Mushroom, Cheddar & Spinach Frittata E,D (v)	Scrambled free range egg E,D , baked beans and wholemeal toast G,S - Selection of freshly baked pastries G,E,D,S		
Jane's porridge G,D & fruit compote, selection of cereals G , toast G,S , juices, fruit & preserves							
MORNING SNACK	Toasted bagel G (ve)	Vanilla shortcake G (ve)	Hash browns (v)	Toasted crumpet G (ve)	Homemade cookies G (ve)		
SOUP	Chefs Homemade Soup of the Day (v), crusty bread G		Chefs Homemade Soup of the Day (v), crusty bread G				
LUNCH	Chicken Schnitzel G,E,D Or Quorn Buttermilk Schnitzel G (ve) - Served with lemon and rosemary baked potato wedges (ve), tomato & red pepper sauce (ve), sauteed broccoli (ve), homemade slaw (ve)	Turkey & Leek Pie Puff Pastry Lid G,E,D,Mu OR Spinach & Sweet Potato Filo Pie G (ve) - Served with roasted new potatoes (ve), carrots and peas (ve), braised savoy cabbage (ve)	Wednesday Pasta Bar - Beef Bolognese OR Salmon and Spinach GF Pasta Bake F,D OR Arrabiata Sauce (ve) - Served with a selection of pasta G (ve) , parmesan D , homemade garlic bread G (ve) , roasted vegetables (ve), 'crispy' rocket (ve)	Butcher's Sausage Baked in Homemade Yorkshire Pudding G,Su,E,D OR Quorn Vegan Sausage Baked in Homemade Plant Based Yorkshire Pudding G,S (ve) - Served with fluffy mash potato (ve), steamed greens (ve), baton carrots (ve), rich onion gravy (ve)	EXEAT		
DESSERT	Lemon Drizzle Sponge G,E - Vegan lemon drizzle cupcake (ve)	Bakewell Tart G,E , Pouring cream D - Vegan Bakewell Tart (ve)	Classic Tiramisu G,D - Vegan Tiramisu (ve)	Chocolate crunch pudding G,D (ve) - Vegan Chocolate Crunch Pudding (ve)			
PITSTOP	Sundried Tomato and Spinach Pasta Pot G,Su (ve)	Cheddar Cheese Pinwheel G,D Vegan Cheese Pinwheel G		Homemade Garlic and Rosemary Focaccia Bread G (ve)			
BOARDERS' TEA	Oven Baked Loin of Cod F OR Homity Pie G,D (v) - Served with potato dauphinoise D , green beans (ve), sauteed kale (ve), dill cream sauce D (v)	Hunter's Chicken D OR Hunter's Quorn Fillet G (ve) - Served with Lyonnaise Potatoes (ve), green beans (ve), roasted carrots, extra BBQ sauce (ve)	BBQ Pulled Pork Shoulder OR BBQ Pulled Jackfruit (ve) - Steamed Hirata bun G - Served with sweet potato fries (ve), sauteed broccoli (ve), homemade red slaw (ve) & mixed salad (ve)	Chicken & Chorizo Enchiladas G or Roast Red Pepper, Sweet Potato & Bean Enchiladas G - Served with; Guacamole (ve), Salsa (ve), Soured Cream D (v) , Cheese D (v) and Nachos (ve)			
DESSERT	Orange Fork Biscuit G	Chocolate Brownie G,E,D	Cheese & Biscuits G,D	Scone, Jam & Cream G,E,D			

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

PRE-PREP MENU

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Toasted tea cake G (ve)	Vanilla shortcake G (ve)	Hash browns (v)	Toasted crumpet G (ve)	Homemade cookies G (ve)
LUNCH <small>Served alongside a full jacket potato bar, salad bar & deli bar, all including a range of vegan, gluten free & halal options.</small>	Chicken Schnitzel G,E,D Or Quorn Buttermilk Schnitzel G (ve) - Served with lemon and rosemary baked potato wedges (ve), tomato & red pepper sauce (ve), sauteed broccoli (ve), homemade slaw (ve)	Turkey & Leek Pie Puff Pastry Lid G,E,D,Mu OR Spinach & Sweet Potato Filo Pie G (ve) - Served with roasted new potatoes (ve), carrots and peas (ve), braised savoy cabbage (ve)	Wednesday Pasta Bar - Beef Bolognese OR Salmon and Spinach GF Pasta Bake F,D OR Arrabiata Sauce (ve) - Served with a selection of pasta G (ve), parmesan D , homemade garlic bread G (ve), peas & sweetcorn (ve), 'crispy' rocket (ve)	Butcher's Sausage Baked in Homemade Yorkshire Pudding G,Su,E,D OR Quorn Vegan Sausage Baked in Homemade Plant Based Yorkshire Pudding G,S (ve) - Served with fluffy mash potato (ve), steamed greens (ve), baton carrots (ve), rich onion gravy (ve)	EXEAT
DESSERT	Lemon Drizzle Sponge G,E - Vegan lemon drizzle cupcake (ve)	Bakewell Tart G,E , Pouring cream D - Vegan Bakewell Tart (ve)	Classic Tiramisu G,D - Vegan Tiramisu (ve)	Chocolate crunch pudding G,D (ve) - Vegan Chocolate Crunch Pudding (ve)	
SUPPER	Oven Baked Loin of Cod F OR Homity Pie G,D (v) - Served with potato dauphinoise D (v), green beans (ve), sauteed kale (ve), dill cream sauce D (v)	Hunter's Chicken D OR Hunter's Quorn Fillet G (ve) - Served with Lyonnaise Potatoes (ve), green beans (ve), roasted carrots, extra BBQ sauce (ve)	BBQ Pulled Pork Shoulder OR BBQ Pulled Jackfruit (ve) - Steamed Hirata bun G - Served with sweet potato fries (ve), sauteed broccoli (ve), homemade red slaw (ve) & mixed salad (ve)	Chicken & Chorizo Enchiladas G,D or Roast Red Pepper, Sweet Potato & Bean Enchiladas G (ve) - Served with; Guacamole (ve), Salsa (ve), Soured Cream D (v), Cheese D (v) and Homemade Nachos G (ve)	
DESSERT	Orange Fork Biscuit G	Chocolate Brownie G,E,D	Cheese & Biscuits G,D	Scone, Jam & Cream G,E,D	

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