

# PREP MENU

MONDAY 20 January – Sunday 26 January



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BREAKFAST	American Pancakes <b>G,E,D</b> Crispy bacon, maple syrup (ve), mixed berry compote (ve)	Butcher's Sausage <b>G,Su</b> OR Quorn Vegan Sausage <b>G</b> - In a wholemeal bap <b>G</b> , with or without hash brown & baked beans	Back bacon, grilled tomatoes, field mushrooms, hash browns. baked beans & scrambled free range eggs <b>E,D</b>	Cheddar & Bacon Frittata <b>E,D</b> OR Cheddar & Spinach Frittata <b>E,D (v)</b> Sautéed mushrooms (ve), hash brown (ve)	Scrambled free range egg <b>E,D</b> , baked beans and wholemeal toast <b>G,S</b> - Selection of freshly baked pastries <b>G,E,D,S</b>			
	Jane's porridge <b>G,D</b> & fruit compote, selection of cereals <b>G</b> , toast <b>G,S</b> , juices, fruit & preserves							
MORNING SNACK	Toasted tea cake <b>G (ve)</b>	Granola square (ve)	Potato waffles (ve)	Lemon shortcake <b>G (ve)</b>	Mini Cheese Scone <b>G,D</b> Vegan Cheese Scone (ve)			
SOUP	Chefs Homemade Soup of the Day (v), crusty bread <b>G</b>		Chefs Homemade Soup of the Day (v), crusty bread <b>G</b>					
LUNCH <i>All including a range of vegan, gluten free &amp; halal options.</i>	Minced Beef & Onion Pie Shortcrust Pastry <b>G</b> OR Roasted Root Vegetable Hot Pot (ve) - Served with mash potato (ve), maple glazed roasted carrots (ve), peas and sweetcorn (ve), gravy (ve)	Roasted Tikka Chicken OR Tikka Eat Curios Pieces (ve) - Served in a naan bread <b>G (ve)</b> with Bombay spiced new potatoes <b>Mu (ve)</b> , onion bhaji scraps (ve), tomato and red onion salad (ve), coriander (ve), chilli (ve), mint coconut raita (ve)	<b>Wednesday Pasta Bar</b> - Chicken & Basil Pesto <b>D</b> OR Classic Carbonara <b>D</b> OR Tomato & Basil Ragu (ve) - Served with a selection of pasta & Gnocchi <b>G (ve)</b> , parmesan <b>D</b> , homemade garlic bread <b>G (ve)</b> , fine green beans, (ve), rocket (ve)	Honey & Orange Glazed Gammon Ham OR Homity Pie <b>G,D (v)</b> - Served with garlic and herb roast potatoes (ve), medley of vegetables (ve), cauliflower cheese <b>G,D (v)</b> , sage & apple stuffing <b>G (ve)</b> , gravy (ve)	<b>EXEAT</b>			
	<b>Jacket Potato Bar</b> A selection of Freshly Baked Potatoes (ve), grated cheese <b>D (v)</b> , baked beans (v) and salad (ve)							
	<b>Deli Bar</b> A selection of breads, proteins, salads & condiments							
DESSERT	Lemon Drizzle Sponge <b>G,E</b> - GF & Vegan lemon drizzle cupcake (ve)	Bakewell Tart <b>G,E</b> , Custard <b>D</b> - GF & Vegan Bakewell Tart (ve)	Classic Tiramisu <b>G,D</b> - GF & Vegan Tiramisu (ve)	Chocolate Oat Delight <b>G (ve)</b>				
PITSTOP	Margherita Pizza Slice <b>G,D</b> - Vegan Pizza (ve)	Tomato & Basil Giant Cous Cous <b>G (ve)</b>		Cheese panini <b>G,D</b> - GF Vegan cheese toastie (ve)				
BOARDERS' TEA <i>With a choice of jacket potato and a selection of salads</i> <i>All including a range of vegan, gluten free &amp; halal options.</i>	Jerk Spiced Chicken OR Jerk Spiced Sweet Potato & Chickpea Curry (ve) - Served with coconut rice and peas (ve), charred corn on the cob (ve), pineapple, cucumber & spring onion salad (ve)	Classic Fish Pie <b>F,D,E</b> OR Spinach and Sweet Potato Filo Pie <b>G (ve)</b> - Served with Broccoli (ve), Minted Crushed Peas (ve) & Crusty Bread <b>G (ve)</b>	Chicken Satay OR Eat Curios Satay (ve) - Served with steamed Jasmin rice (ve), bok choy (ve), citrus cucumber salad (ve), coriander (ve)	American Hot Dog OR Moving Mountains Vegan Hot Dog (ve) - Served in a soft finger roll <b>G (ve)</b> with caramelised onions (ve), homemade coleslaw (ve) and French fries (ve) - Ketchup <b>Mu</b> & American Mustard <b>Mu</b>				
DESSERT	Chocolate Fork Biscuit <b>G,D</b>	Iced Cupcakes <b>G,E</b>	Crepes <b>G,E,D</b> & Berry Compote	Liz's Dream Cookies <b>G</b>				

**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
<b>MORNING SNACK</b>	Toasted tea cake <b>G</b> (ve)	Crudites, Bread Sticks & Hummus <b>SS</b> (ve)	Potato waffles (ve)	Assorted Yoghurts <b>D</b> (v) Plant Based Yoghurts <b>S</b> (ve)	Mini Scone <b>G,D,E</b> , Jam & Cream Vegan Scone, Jam & Vegan Cream <b>S</b> (ve)
<b>LUNCH</b> <i>All including a range of vegan, gluten free &amp; halal options.</i>	Minced Beef & Onion Pie Shortcrust Pastry <b>G</b> OR Roasted Root Vegetable Hot Pot (ve) - Served with mash potato (ve), maple glazed roasted carrots (ve), peas and sweetcorn (ve), gravy (ve)	Roasted Tikka Chicken OR Tikka Eat Curios Pieces (ve) - Served in a naan bread <b>G</b> (ve) with Bombay spiced new potatoes <b>Mu</b> (ve), onion bhaji scraps (ve), tomato and red onion salad (ve), coriander (ve), chilli (ve), mint coconut raita (ve)	<b>Wednesday Pasta Bar</b> - Chicken & Basil Pesto <b>D</b> OR Classic Carbonara <b>D</b> OR Tomato & Basil Ragu (ve) - Served with a selection of pasta & Gnocchi <b>G</b> (ve), parmesan <b>D</b> , homemade garlic bread <b>G</b> (ve), fine green beans, (ve), rocket (ve)	Honey & Orange Glazed Gammon Ham OR Homity Pie <b>G,D</b> (v) - Served with garlic and herb roast potatoes (ve), medley of vegetables (ve), cauliflower cheese <b>G,D</b> (v), sage & apple stuffing <b>G</b> (ve), gravy (ve)	<b>EXEAT</b>
<b>Jacket Potato Bar</b> A selection of Freshly Baked Potatoes (ve), grated cheese <b>D</b> (v), baked beans (v) and salad (ve)					
<b>Deli Bar</b> A selection of breads, proteins, salads & condiments					
<b>DESSERT</b>	Lemon Drizzle Sponge <b>G,E</b> - GF & Vegan lemon drizzle cupcake (ve)	Bakewell Tart <b>G,E</b> , Custard <b>D</b> - GF & Vegan Bakewell Tart (ve)	Classic Tiramisu <b>G,D</b> - GF & Vegan Tiramisu (ve)	Chocolate Oat Delight <b>G</b> (ve)	
<b>SUPPER</b> <i>With a choice of jacket potato and a selection of salads</i> <i>All including a range of vegan, gluten free &amp; halal options.</i>	Thyme Roast Chicken Breast OR Jerk Spiced Sweet Potato & Chickpea Curry (ve) - Served with coconut rice and peas (ve), charred corn on the cob (ve), pineapple, cucumber & spring onion salad (ve)	Classic Fish Pie <b>F,D,E</b> OR Spinach and Sweet Potato Filo Pie <b>G</b> (ve) - Served with Broccoli (ve), Minted Crushed Peas (ve) & Crusty Bread <b>G</b> (ve)	Chicken Satay OR Eat Curios Satay (ve) - Served with steamed Jasmin rice (ve), bok choi (ve), citrus cucumber salad (ve), coriander (ve)	American Hot Dog OR Moving Mountains Vegan Hot Dog (ve) - Served in a soft finger roll <b>G</b> (ve) with caramelised onions (ve), homemade coleslaw (ve) and French fries (ve) - Ketchup <b>Mu</b> & American Mustard <b>Mu</b>	
<b>DESSERT</b>	Chocolate Fork Biscuit <b>G,D</b>	Iced Cupcakes <b>G,E</b>	Crepes <b>G,E,D</b> & Berry Compote	Liz's Dream Cookies <b>G</b>	

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