

# PREP MENU

Monday 9 December – Sunday 15 December



	MONDAY 9th	TUESDAY 10th	WEDNESDAY 11th	THURSDAY 12th	FRIDAY 13th	SATURDAY 14th	SUNDAY 15th
BREAKFAST	Belgian Waffles <b>G,E,S</b> , fresh fruit, Greek yoghurt <b>D</b>	French toast <b>G,E,D</b> Cinnamon sugar, fruit compote, crispy bacon	Butcher's sausage <b>G,Su</b> , grilled tomatoes, field mushrooms, hash browns. baked beans & scrambled free range egg <b>E,D</b>	Soft boiled free-range eggs <b>E</b> , toasted wholemeal soldiers <b>G</b> , baked beans	Toasted English breakfast muffin <b>G</b> , crushed avocado, poached free range eggs <b>E</b> , crispy bacon		
	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	Lemon Shortcake <b>G</b> (ve)	Banana Traybake <b>G,E</b> <i>Vegan banana cupcake</i> (ve)	Buttered toast <b>G,S</b> (ve)	Jam Donut <b>G,S</b> (ve)	Cheese Scone <b>G,D</b> <i>Vegan Cheese Scone</i> (ve)  Flapjack <b>G</b> (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	Oven Roasted Butcher's Sausage <b>G,Su</b> OR Quorn Vegan Sausage (ve) <b>G</b>  Served with mashed potato (ve), sautéed spring cabbage (ve), peas and sweetcorn (ve), caramelised red onion gravy	Cajun Chicken Fajitas <b>G</b> Or Oven Roasted Pepper & Black Bean Fajitas <b>G</b> (ve)  Served with braised rice (ve), Mexican spiced corn cobs (ve), Baja style smoky slaw (ve)	<b>Wednesday Pasta Bar</b> - Pulled Beef Brisket Ragu OR Basil Pesto Cream Sauce <b>D</b> OR Tomato & basil sauce (ve) - Served with a selection of pasta <b>G</b> (ve), parmesan <b>D</b> , homemade garlic bread <b>G</b> (ve), steamed broccoli (ve), 'crispy' rocket (ve)	<b>Christmas Dinner</b>  Roast Turkey Breast Pigs in Blankets <b>G,Su</b> OR Root Vegetable and Pumpkin Seed Pot Roast (ve)  Served with; Sage and onion stuffing <b>G</b> (ve), cranberry sauce (ve), herb roast potatoes (ve), roasted carrots and parsnips, brussel sprouts, braised red cabbage, gravy	<b>MERRY CHRISTMAS!</b>		
DESSERT	Victoria Jam Sponge <b>G,E</b> - <i>Vegan Victoria Jam Cupcake</i> (ve)	Orchard Apple and Pear <b>G</b> (ve) Vanilla Custard <b>D</b>	Sticky Toffee Pudding, Toffee Sauce <b>G,E,D</b>  <i>Vegan Sticky Toffee Cup Cake</i> <b>S</b> (ve)	Christmas Pudding <b>G</b> , Custard <b>D</b> OR Chocolate Profiteroles <b>G,E,D</b> OR Vegan Chocolate Brownie <b>S</b>			
PITSTOP	Spring Onion & Sesame Noodle Pot <b>G,E,SS,S</b> - <i>Spring Onion &amp; Sesame Rice Noodle Pot</i> <b>SS,S</b> (ve)	Homemade sausage roll <b>G</b> - <i>Vegan pasty</i> <b>G</b> (ve)		Margherita Pizza Slice <b>G,D</b> - <i>Vegan Pizza</i> <b>G</b> (ve)			
BOARDERS' TEA	Lamb Keema Shepherd's Pie Sweet Potato Mash Topping or Vegan Mince & Sweet Potato Keema Pie <b>S</b> (ve)  Served with; Roasted greens (ve), cumin roasted carrots (ve) & gravy (ve)	<b>Boarders' Christmas Feast</b>  Roast Turkey Breast Cranberry Sausage Meat Stuffing <b>G</b> , Pancetta Crisp or Winter Vegetable Wellington (ve)  Served with Thyme Roasted Fondant Potato, (ve), Glazed Carrot and Parsnip (ve), Hispi Cabbage (ve), Jus	Teriyaki Salmon Fillet <b>G,S</b> OR Teriyaki Tofu <b>S</b> (ve) - Served with egg noodles <b>G,E</b> (v), stir-fried vegetables <b>S</b> (ve), green beans (ve) & prawn crackers <b>Cr</b>	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 <b>E,Mu</b> (v) and French fries (ve) - Ketchup <b>Mu</b> & American Mustard <b>Mu</b>			
DESSERT	Chocolate chip shortcake <b>G</b> (ve)	Liz's Homemade Christmas Cakes <b>G,E,D</b>	Fresh fruit salad (ve), pouring cream <b>D</b>	Apple Strudel <b>G</b> (ve) Vanilla ice cream <b>D</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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MORNING SNACK	Lemon Shortcake <b>G</b> (ve)	Banana Traybake <b>G,E</b> Vegan banana cupcake (ve)	Buttered toast <b>G,S</b> (ve)	Jam Donut <b>G,S</b> (ve)	Cheese Scone <b>G,D</b> Vegan Cheese Scone (ve) Flapjack <b>G</b> (ve)
LUNCH <small>Served alongside a full jacket potato bar, salad bar &amp; deli bar, all including a range of vegan, gluten free &amp; halal options.</small>	Oven Roasted Butcher's Sausage <b>G,Su</b> OR Quorn Vegan Sausage (ve) <b>G</b> - Served with mashed potato (ve), sautéed spring cabbage (ve), peas and sweetcorn (ve), caramelised red onion gravy	Cajun Chicken Fajitas <b>G</b> Or Oven Roasted Pepper & Black Bean Fajitas <b>G</b> (ve) - Served with braised rice (ve), Mexican spiced corn cobs (ve), Baja style smoky slaw (ve)	<b>Wednesday Pasta Bar</b> - Pulled Beef Brisket Ragù OR Basil Pesto Cream Sauce <b>D</b> OR Tomato & basil sauce (ve) - Served with a selection of pasta <b>G</b> (ve), parmesan <b>D</b> , homemade garlic bread <b>G</b> (ve), steamed broccoli (ve), 'crispy' rocket (ve)	<b>Christmas Dinner</b> Roast Turkey Breast Pigs in Blankets <b>G,Su</b> OR Root Vegetable and Pumpkin Seed Pot Roast (ve) - Served with; Sage and onion stuffing <b>G</b> (ve), cranberry sauce (ve), herb roast potatoes (ve), roasted carrots and parsnips, brussel sprouts, braised red cabbage, gravy	<b>MERRY CHRISTMAS!</b>
DESSERT	Victoria Jam Sponge <b>G,E</b> - Vegan Victoria Jam Cupcake (ve)	Orchard Apple and Pear <b>G</b> (ve) Vanilla Custard <b>D</b>	Sticky Toffee Pudding, Toffee Sauce <b>G,E,D</b> - Vegan Sticky Toffee Cup Cake <b>S</b> (ve)	Christmas Pudding <b>G</b> , Custard <b>D</b> OR Chocolate Profiteroles <b>G,E,D</b> OR Vegan Chocolate Brownie <b>S</b>	
SUPPER	Lamb Keema Shepherd's Pie Sweet Potato Mash Topping or Vegan Mince & Sweet Potato Keema Pie <b>S</b> (ve) - Served with; Roasted greens (ve), cumin roasted carrots (ve) & gravy (ve)	Roast Turkey or Winter Vegetable Wellington (ve & GF) - Served with sage and onion stuffing <b>G</b> (ve), Roast Potatoes (ve), Carrot and Parsnip (ve), Peas (ve) & gravy	Teriyaki Salmon Fillet <b>G,S</b> OR Teriyaki Tofu <b>S</b> (ve) - Served with egg noodles <b>G,E</b> (v), stir-fried vegetables <b>S</b> (ve), green beans (ve) & prawn crackers <b>Cr</b>	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 <b>E,Mu</b> (v) and French fries (ve) - Ketchup <b>Mu</b> & American Mustard <b>Mu</b>	
DESSERT	Chocolate chip shortcake <b>G</b> (ve)	Homemade Christmas Cakes <b>G,E,D</b>	Fresh fruit salad (ve), pouring cream <b>D</b>	Apple Strudel <b>G</b> (ve) Vanilla ice cream <b>D</b>	

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