

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Classic	Croissants, cured ham, sliced cheese	Back bacon, sautéed mushrooms	Scrambled eggs, roasted tomatoes	Local butcher's sausages, hash browns, poached eggs	Belgian waffles, berry compote, crème fraiche	Continental	Full English
Chilled	Cereals, semi skimmed milk, natural yoghurt & honey, fresh fruits & fruit juice						
Everything else...	In addition to our menu, we also offer daily: sliced breads for topping or toasting, butter, spreads, jams & toast toppers, filtered water & seasonal fruit						

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Soup	Homemade soup of the day						
On the side...	Soda bread	White bloomer	Onion bread	Cheese scones	Wholemeal bread		
Classic	Meatballs in marina sauce, pasta, sweetcorn, medley of green vegetables	Chicken tikka masala, basmati rice, poppadoms, samosas	Beef lasagne, garlic bread, sauteed courgette, mushrooms	Cumberland pork sausages, potato croquettes, carrot & swede mash, cabbage	Battered cod or crunchy chicken bites Chips, peas, baked beans		
No meat	Gnocchi in Italian tomato sauce with roquette & parmesan	Vegetable curry	5-vegetable lasagne, garlic bread	Vegan sausages	Vegan dippers		
Light, simple	Quiche, tuna mayonnaise	Smoked salmon and cream cheese, Coronation chicken	Prawn mayonnaise, home-roasted ham	Hummus, smoked mackerel fillets	Quiche, Mexican chicken and tacos		
Chilled	Fresh salad bar, all the favourites, market specials, daily protein, dressings & drizzles. SELF HELP, CREATE YOUR OWN SALAD						
Pudding & desserts	Apple crumble with custard	Chocolate brownie with chocolate sauce	Iced sponge	Jam sponge with custard	Doughnuts		
Everything else...	In addition to our menu, we also offer daily: baked potatoes, freshly baked breads, filtered water, yoghurts, jellies & seasonal fruit						

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Classic	BBQ chicken breasts, roasted new potatoes, carrots, peas	Chicken in a mushroom and cream sauce, mashed potatoes, broccoli, carrots	Chicken Chow Mein, prawn crackers, spring rolls & sweet chilli sauce, vegetable stir-fry	Chilli con carne, tortillas, sour cream, grated cheese, rice	Tandoori chicken with biryani rice and curry sauce, poppadoms & chutneys	Chef's special	Roast beef, gravy, horseradish, roast potatoes, market vegetables
	No meat	Red onion & feta quiche	Quorn fillets in mushroom and cream sauce	Mushroom Chow Mein	Mixed bean chilli	Vegetable biryani	Chef's special
Chilled	Fresh salad bar, all the favourites, market specials, daily protein, dressings & drizzles. SELF HELP, CREATE YOUR OWN SALAD						
Everything else...	In addition to our menu, we also offer daily: freshly baked breads, soup in the winter months, filtered water, yoghurts, jellies & seasonal fruit					Seasonal fruit platter	Steamed syrup sponge with custard