

Week 1	Mon 28.10.19	Tue 29.10.19	Wed 30.10.19	Thu 31.10.19	Fri 01.11.19	Sat 02.11.19	Sun 03.11.19
Breakfast	Selection of Cereals Yoghurt Compote of Berries Porridge Pork Sausages Boiled Eggs Baked Beans Hash Browns Toast and Preserves Bagels Gluten Free Sausages	Selection of Cereals Yoghurt Fresh Fruit Salad Porridge Grilled bacon Fried Eggs Grilled Tomatoes Croissants Toast and Preserves Gluten Free Sausages	Selection of Cereals Yoghurt Fresh Fruit Salad Porridge Pork Sausages Poached Eggs Baked Beans Avocado and Cream Cheese Toast and Preserves Bagels Gluten Free Sausages	Selection of Cereals Yoghurt Compote of Berries Porridge Grilled Bacon Boiled Eggs Grilled Tomatoes Croissants Toast and Preserves Gluten Free Sausages	Selection of Cereals Yoghurt Fresh Fruit Salad Porridge Cumberland Sausages Fried Eggs Baked Beans Sweet Waffles with Syrup Toast and Preserves Bagels Gluten Free Sausages	Selection of Cereals Yoghurt Fresh Fruit Salad Porridge Grilled Bacon with floured Baps Grilled Tomatoes Scrambled Eggs Toast and Preserves Gluten Free Sausages	
LUNCH Soup	Butternut Squash & Potato Soup GF Baked Breads	Minestrone Soup GF Baked Breads Croutons	Leek & Potato Soup GF Croutons Baked Breads	French Onion Soup Croutons Baked Breads	Roast Tomato & Pepper Croutons Baked Breads	Fresh Soup of the Day Croutons Baked Breads	Sunday Brunch
Comfort	Chicken Tikka Marsala with Braised Fragrant Rice And sambals GF	Beef Bourguignon garnished with Caramelized Baby Onions Buttered Noodles	Shepherds Pie, Cheesy Potato Top GF	Turkey Escalope with Lemon Wedges and With Mango Salsa GF	Deep Fried Fish of the Day with Lemon and Homemade Tartare Sauce	Oven Roasted Spiced Salmon on Wilted Spinach and Baked Cherry Tomatoes GF	Selection of Cereals Yoghurt Fresh Fruit Salad
Vegetarian Choice	Courgette and Feta Tart With a Balsamic Dressing	Roasted Butternut Squash with Stilton And Spinach Risotto GF	Tortellini Ricotta, Roasted Tomato Sauce and Fresh Basil	Broccoli and Red Leicester Quiche	Mushroom Stroganoff Parmesan, Nut Free Pesto With Rice GF	Roasted stuffed Peppers With Chickpeas & Grilled Haloumi GF	Bacon Fried Eggs Cumberland Sausages Gluten Free Sausages
Bistro/Pasta	Baked Potatoes with a choice of toppings	Pasta Bar with Spicy Tomato and Creamy Mushroom Sauces Toppers Of Pine Kernels and Pesto	Baked Potatoes with a choice of toppings	Pasta Bar with Chunky Tomato Sauce Carbonara Sauce Toppers Of Rocket and Parmesan	Chipped Potatoes Minted Peas	Tomato Sauce Ham Carbonara Cream Sauce Toppers Of Rocket and Parmesan	Porridge Hash Browns Baked Beans Mushrooms
Potato and Sides	Parsley Buttered Potatoes Mélange of Fresh Vegetables	Baked Potatoes Sauté Red Cabbage and Green Beans	Shredded Cabbage Glazed Carrots	Baked Potatoes Croquette Potato Cauliflower Cheese	Mushy Peas Curry Sauce	Pasta with Nut Free Red Pesto Steamed Broccoli	Warm Croissants Toast and Preserves
Last Stop	Apple and Berry Crumble & Custard Fruit Yoghurt Fresh Fruit Salad	Sticky Toffee Pudding and Custard Fruit Yoghurt Fresh Fruit Salad	Chocolate Krispies Cakes Fruit Yoghurt Fresh Fruit Salad	Pineapple Upside Down & Custard Fruit Yoghurt Fresh Fruit Salad	Bread and Butter Pudding, Custard Sauce Fruit Yoghurt Fresh Fruit Salad	Chocolate Fudge Cake Fruit Yoghurts Fresh Fruit Salad Fresh Fruit	Waffles and Warm Syrup
Soup	Soup of the Day Freshly Baked Bread	Soup of the Day Freshly Baked Bread	Soup of the Day Freshly Baked Bread	Soup of the Day Freshly Baked Bread	Soup of the Day Freshly Baked Bread	Soup of the Day Freshly Baked Bread	Soup of the Day Freshly Baked Bread
Comfort	Chorizo and Smoked Bacon Paella garnished with Peppers and Crispy Onions GF	Stowe Wraps Filled with Sticky stir fried Beef Shredded Turkey and Ginger On Tomato or Plain Wraps GF	Marinated Breast of Chicken with Lemon and Sage, on Wilted Leeks and Sauté Mushrooms GF	Pasta Fusilli with Smoked Salmon, Dill, and Cream Sauce GF available	Braised Steak with Root Vegetables GF	“The British Bulldog” Hot Dogs Served in a Pretzel Roll with Onions, Tomato Chutney and Mustard GF available	Roast Leg of Lamb with Mint Sauce, Redcurrant Jelly and Gravy GF
Vegetarian Choice	Vegetable Burritos with Tomato Salas , Sweet Chilli Sauce and Soured Cream	Pea & Mint Falafel On Roasted Root Vegetables and Red Pesto Dressing GF	Mac n Mature Cheddar Cheese, Crispy Crumb Topping	Butternut Squash and Lentil Jalousie	Spinach, Sundried Tomato and Parmesan Pizza, Olive oil and Lemon Drizzle	Quorn Dogs Served in a Pretzel Roll with Onions, Tomato Chutney and Mustard	Vegetable Samosa with a warm Sweet Potato and Coriander Salsa
Salad Bar	Create your own Greek Salad with Pitta Breads	Pick n Mix Salads Selection of Fresh Bread	Pick n Mix Salads Selection of Fresh Bread	Create your own Caesar Salad with Focaccia	Pick n Mix Salads Selection of Fresh Bread	A Selection of single Salads to compliment the dishes above	A Selection of single Salads to compliment the dishes above
Sides	Roasted Baby Potatoes	Philadelphia Cheese, Continental Meats and Sliced Cheese	Philadelphia Cheese, Continental Meats and Sliced Cheese	Garlic Bead	Philadelphia Cheese, Continental Meats and Sliced Cheese	House Fries	Roast Potatoes Cauliflower Cheese Peas & Carrots
Sides	Fresh Broccoli	Pickles, Chutney, Lemon Mayonnaise	Parsley Potatoes Carrots, Chive Oil	Minted peas	Mashed Potatoes and Green Beans	Sliced Tomatoes Sliced Cheese	Philadelphia Cheese Selection of Fresh Bread
Last Stop	Caramel Salted Muffins Cheeseboard	Sliced Fresh Fruit, Yoghurts Cheeseboard	Sugared Custard Doughnuts Fruit Yoghurts	Chocolate Cheesecake Cheeseboard	Warm Pancakes with Syrup Fresh Fruit	Black Forest Gateau Cheeseboard	Coconut and Cherry Flapjack Yoghurts Fresh Fruit