

Prep Menu

Monday 29th April – Sunday 5th May

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Belgian Waffles G,E,S , fresh fruit, Greek yoghurt D	“Croque Monsieur” A French style ham & cheese toasted sandwich G,D	Butcher’s sausage G,Su , grilled tomatoes, field mushrooms, hash browns, baked beans & scrambled free range egg E,D	Soft boiled free range eggs E , toasted wholemeal soldiers G , baked beans	Toasted English breakfast muffin G , crushed avocado, poached free range eggs E , crispy bacon		
	Jane’s porridge G,D & fruit compote, selection of cereals G , toast G,S , juices, fruit & preserves	Jane’s porridge G,D & fruit compote, selection of cereals G , toast G,S , juices, fruit & preserves	Jane’s porridge G,D & fruit compote, selection of cereals G , toast G,S , juices, fruit & preserves	Jane’s porridge G,D & fruit compote, selection of cereals G , toast G,S , juices, fruit & preserves	Jane’s porridge G,D & fruit compote, selection of cereals G , toast G,S , juices, fruit & preserves	Jane’s porridge G,D & fruit compote, selection of cereals G , toast G,S , juices, fruit & preserves	
Morning Snack	Toasted bagel G (ve)	Oat cookie G (ve)	Hash browns (ve)	American banana pancakes G,E,D Vegan banana pancakes G (ve)	Ginger & treacle traybake G,E		
Soup		Chefs Homemade Soup of the Day (v), crusty bread G		Chefs Homemade Soup of the Day (v), crusty bread G			
Lunch <i>Served alongside a full Jacket Potato Bar, Salad Bar & Deli Bar, all including a range of Vegan, Gluten Free & Halal Options.</i>	Sweet & Sour Chicken OR Sweet & Sour Vegetables with Tofu S (ve) Served with vegetable fried rice S (ve), stir-fry oriental vegetables S (ve), spring rolls G (ve), prawn crackers Cr , sweet chilli sauce (ve)	Lemon & Herb Marinated Chicken Shawarma OR Lemon & Herb Marinated Halloumi D (v) OR Slow Roasted Harissa Spiced Jackfruit (ve) Served in a pitta bread G (ve) with sweet potato wedges (ve), hummus SS (ve), mixed salad (ve) and homemade slaw E,Mu	WEDNESDAY PASTA BAR Pulled Beef Brisket Ragù OR Tuna & Sweetcorn Gnocchi Bake F,G 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)	Breaded Turkey Escalope G,E,D Or Quorn Buttermilk Escalope G (ve) Served with Lyonnaise potatoes (ve), roasted hispi cabbage (ve), tomato & red pepper sauce (ve), homemade slaw E,Mu	Chicken Tikka Masala D OR Roasted Cauliflower Balti (ve) Served with pilau rice (ve), vegetable samosa G (ve), garlic and coriander naan G (ve), poppadums (ve), mint yoghurt D (v), mango chutney (ve)		
Dessert	Viennese Jam Tart G (ve)	Orchard Apple & Pear Crumble G (ve) Custard D , Pouring cream D	Vanilla & Raspberry Cheesecake G,D Vegan Vanilla & Raspberry Cheesecake (ve)	Chocolate Sponge GE Vegan chocolate cupcake (ve)	Selection of ice creams D and fresh fruit salad (ve)		
Pitstop	Loaded homemade nachos with cheese sauce D , salsa & jalapenos Vegan without cheese (ve)	Tomato & Basil Pasta Pot G (ve)		Cheese panini G,D Vegan cheese panini G,S (ve)	EXEAT FROM 4.00PM		
Boarders Tea	Beef Bolognese OR Plant Based Bolognese S (ve) Served over spaghetti G (ve), with Dough balls G,D , mixed salad (ve) & grated cheese (v) D	Grilled Bacon Chops Homemade pineapple saba OR Smoky Corn and Cous Cous Stuffed Peppers (ve) Loaded potato skins D , rainbow stir-fried vegetables (ve), sautéed kale (ve)	Homemade Lamb Burger G,E OR Moving Mountains Vegan Burger (ve) G,S Served in a Pretzel bun G with baked potato wedges (ve), tomato, feta and red onion salad D & homemade tzatziki D	BBQ Chef’s Selection of BBQ Items and Vegetarian Alternatives Served with a selection of seasonal accompaniments			
Dessert	Rocky Road G,D	Iced Cupcakes GE	Belgian waffles G,E,D & Strawberries	Liz’s Dream Cookies G			

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 bagel G (ve)	Oat cookie G (ve)	Hash browns (ve)	American banana pancakes G,E,D Vegan banana pancakes G (ve)	Ginger & treacle traybake G,E
Lunch	Sweet & Sour Chicken OR Sweet & Sour Vegetables with Tofu S (ve) Served with vegetable fried rice S (ve), stir-fry oriental vegetables S (ve), spring rolls G (ve), prawn crackers Cr , sweet chilli sauce (ve)	Lemon & Herb Marinated Chicken Shawarma OR Lemon & Herb Marinated Halloumi D (v) OR Slow Roasted Harissa Spiced Jackfruit (ve) Served in a pitta bread G (ve) with sweet potato wedges (ve), hummus SS (ve), mixed salad (ve) and homemade slaw E,Mu	WEDNESDAY PASTA BAR Pulled Beef Brisket Ragu OR Tuna & Sweetcorn Gnocchi Bake F,G 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)	Breaded Turkey Escalope G,E,D Or Quorn Buttermilk Escalope G (ve) Served with Lyonnaise potatoes (ve), roasted hispi cabbage (ve), tomato & red pepper sauce (ve), homemade slaw E,Mu	Chicken Tikka Masala D OR Roasted Cauliflower Balti (ve) Served with pilau rice (ve), vegetable samosa G (ve), garlic and coriander naan G (ve), poppadums (ve), mint yoghurt D (v), mango chutney (ve)
Dessert	Viennese Jam Tart G (ve)	Orchard Apple & Pear Crumble G (ve) Custard D , Pouring cream D	Vanilla & Raspberry Cheesecake G,D Vegan Vanilla & Raspberry Cheesecake (ve)	Chocolate Sponge G,E Vegan chocolate cupcake (ve)	Selection of ice creams D and fresh fruit salad (ve)
Supper	Beef Bolognese OR Plant Based Bolognese S (ve) Served over spaghetti G (ve), with Dough balls G,D , mixed salad (ve) & grated cheese (v) D	Grilled Bacon Chops Homemade pineapple salsa OR Smoky Corn and Cous Cous Stuffed Peppers (ve) Loaded potato skins D , rainbow stir-fried vegetables (ve), sautéed kale (ve)	Homemade Lamb Burger G,E OR Moving Mountains Vegan Burger (ve) G,S Served in a Pretzel bun G with baked potato wedges (ve), tomato, feta and red onion salad D & homemade tzatziki D	BBQ Chef's Selection of BBQ Items and Vegetarian Alternatives Served with a selection of seasonal accompaniments	EXEAT FROM 4.00PM
Dessert	Rocky Road G,D	Iced Cupcakes G,E	Belgian waffles G,E,D & Strawberries	Liz's Dream Cookies G	

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