

A sample menu

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday - 9am
Something Hot	Grilled Bacon Scrambled Egg	Selection of Omelettes	Waffles Baked Ham	Full English Breakfast	A Selection of Mini Bagels with Ham / Emmental Cheese	Poached eggs Fried Mushrooms	Full English Breakfast
Fruit Bar			Fresh Fruit Platters				
Juice		A Fresh Daily Selection of Fresh Fruit			Fruit Juice Orange Cranberry Apple		
Cereals	Cornflakes, Bran Flakes, Weetabix, Rice Krispies, Fruit & Fibre, Frosties,	Cornflakes, Bran Flakes, Weetabix, Rice Krispies, Fruit & Fibre, Frosties,	Cornflakes, Bran Flakes, Weetabix, Rice Krispies, Fruit & Fibre, Frosties,	Cornflakes, Bran Flakes, Weetabix, Rice Krispies, Fruit & Fibre, Frosties,	Cornflakes, Bran Flakes, Weetabix, Rice Krispies, Fruit & Fibre, Frosties,	Cornflakes, Bran Flakes, Weetabix, Rice Krispies, Fruit & Fibre, Frosties,	Cornflakes, Bran Flakes, Weetabix, Rice Krispies, Fruit & Fibre, Frosties,
Continental	Breakfast Cold Meats, Emmental, Skimmed And Semi Skimmed Milk, Yoghurt, Pastries Bagels	Breakfast Cold Meats, Emmental, Skimmed And Semi Skimmed Milk, Yoghurt, Pastries Bagels	Breakfast Cold Meats, Emmental, Skimmed And Semi Skimmed Milk, Yoghurt, Pastries and Bagels	Breakfast Cold Meats, Emmental, Skimmed And Semi Skimmed Milk, Yoghurt, Pastries and Bagels	Breakfast Cold Meats, Emmental, Skimmed And Semi Skimmed Milk, Yoghurt, Pastries and Bagels	Breakfast Cold Meats, Emmental, Skimmed And Semi Skimmed Milk, Yoghurt, Pastries and Bagels	Breakfast Cold Meats, Emmental, Skimmed And Semi Skimmed Milk, Yoghurt, Pastries and Bagels
Toast Station	White And Wholemeal Toast With Preserves And Butter	White And Wholemeal Toast With Preserves And Butter	White And Wholemeal Toast With Preserves And Butter	White And Wholemeal Toast With Preserves And Butter	White And Wholemeal Toast With Preserves And Butter	White And Wholemeal Toast With Preserves And Butter	White And Wholemeal Toast With Preserves And Butter
Break Time	Juice or Water		Home Made Traybakes		Home Made Flapjacks		Home Made Cookies

Lunch

	Monday	Tuesday	Wednesday	Thursday Excursion day	Friday	Saturday	Sunday Excursion day
Main Course	Pulled Pork Nachos With Smoked Paprika Tortillas	Pot Roasted Shoulder of Lamb	Roast Duck Leg In Plum Sauce	Filled Baguettes	Turkey Meatballs And Garlic Bread	Chicken and King Prawn Paella Served with a Garlic Naan	Filled Tortilla
Vegetarian	Refried Mixed Bean Tortillas	Pot Roasted Root Vegetables in a Rosemary Sauce	Stir Fried Ginger and Hoisin Vegetables		Thyme Roasted Courgettes with a Lightly Spice Tomato Sauce	Lancashire Cheese and Red Onion and Spinach Frittata	
Fresh Vegetables	Cajun Fried Peppers	Mixed Roasted Vegetables	Stir Fried Cabbage		Roasted Root Vegetables	Roasted Mediterranean Vegetables	
Potato / Rice	Steamed Rice/ Fries	Steamed New Potatoes Rice	Pilaf Rice		Rigatoni Pasta Rice	Roasted Mediterranean Vegetables Rice	
Dessert	A Selection Of Yoghurts Fresh Fruit	A Selection Of Yoghurts Fresh Fruit	A Selection Of Yoghurts Fresh Fruit		A selection of Yoghurts Fresh Fruit	A Selection Of Yoghurts Fresh Fruit	
Salad Bar Daily Selection	A Daily Selection of Freshly Prepared Salads, Freshly Baked Breads, Dips, Dressings and Fruit	A Daily Selection of Freshly Prepared Salads, Freshly Baked Bread, Dips, Dressings and Fruit	A Daily Selection of Freshly Prepared Salads, Freshly Baked Bread, Dips, Dressings and Fruit		A Daily Selection of Freshly Prepared Salads, Freshly Baked Bread, Dips, Dressings and Fruit	A Daily Selection of Freshly Prepared Salads, Freshly Baked Bread, Dips, Dressings and Fruit	

Supper

	Monday	Tuesday	Wednesday	Thursday Excursion day	Friday	Saturday	Sunday barbeque
Main Course	Steak and Mushroom Pie Pot Roast Roast Shoulder of Pork	Grilled Salmon Fillets with a Citrus Crust BBQ Chicken	Pork Meatballs With an Arrabiatta Sauce Local Cumberland Sausage, With A Rich Gravy	Indian Takeaway	Pizza Selection Pizza Selection	Steak Fajitas Chicken Fajitas	Beef Burgers Chicken Kebabs Koftas
Vegetarian	Lancashire Crumbly and Roast Red Onion Pie	Spinach And Roasted Squash Gratin	Vegetable Wellington Served In A Puff Pastry Shell		Pizza Selection	Cajun Baked Vegetables	Vegetable Skewers
Sides	Peas and Cabbage Roasted New Potatoes Salad Bar Freshly Baked Bread Rice	Lyonnais potatoes Salad Bar Freshly Baked Bread Rice	Spaghetti Freshly Baked Rolls Salad Bar Freshly Baked Bread Rice		Salad Bar Oven Chips Jacket Potatoes	Roasted Peppers Salad Bar Freshly Baked Bread Dips	Mixed Salad
Dessert	Lemon Tart Selection Of Yoghurts	Summer Fruits Pancakes Cream Selection Of Yoghurts	Summer Fruits Pudding Selection Of Yoghurts	Cheesecake	Peach and Strawberry Crumble Custard	Warm Chocolate and Banana Loaf With Cream Selection Of Yoghurts	Ice Cream

