

# The Downs Malvern week 1



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Choice of Cereals Toast & Preserves Juice Bar Yoghurt Bar  Pain au Chocolate  Porridge	Choice of Cereals Toast & Preserves Juice Bar Yoghurt Bar  Poached eggs, Beans & mini waffles	Choice of Cereals Toast & Preserves Juice Bar Yoghurt Bar  Fruit platter & porridge	Choice of Cereals Toast & Preserves Juice Bar Yoghurt Bar  Bacon baps	Choice of Cereals Toast & Preserves Juice Bar Yoghurt Bar  Sausage, hash browns & beans	Choice of Cereals Toast & Preserves Juice Bar Yoghurt Bar  Boiled eggs	Choice of Cereals Toast & Preserves Juice Bar Yoghurt Bar  Full English Breakfast
LUNCH	Chilli con carni  Chickpea & soya mince chilli  with Steamed Rice/ Green beans  Lemon Sponge with Lemon Sauce	Chicken & ham pie (pepper & butternut squash pie)  with Mashed potatoes & Carrots/broccoli  Raspberry brownie & vanilla sauce	Tomato & basil pasta bake Wholemeal French stick Sweet corn/mange tout  (meat free)  Jelly & Cream	Slow cooked pork steak with Garlic new potatoes Peas/cauliflower  Quorn fillets in onion gravy  Oaty apple & blackcurrant crumble With custard	Beef burger in a bun  vegetable burgers  French Fries Baked Beans  Natural Yoghurt with Homemade Granola	Chicken Gumbo  Quorn Gumbo  Sauté Potatoes Corn on the cob  Homemade muffins	Paninis with Assorted Fillings with homemade soup  Salad Bar & Crisps  Iced Doughnuts
SUPPER	Cheese & ham turnovers Cheese & broccoli turnovers Curly fries Spaghetti Hoops  Coconut & jam sandwich bars	Four Cheese Ravioli in a Italian Sauce (suitable for vegetarians) Garlic Bread Corn on the Cob Salad Bar flapjack	Jacket Potatoes with: Tuna Cheese Beans Coleslaw  Jam & cream puffs	Lamb chops Cheese omelettes Croquette Potatoes Mixed Vegetables  Rocky road cake	Turkey meat balls in sauce with pasta & garlic bread meat free meatballs  bread & butter pudding & cream	Homemade pizza Meat free pizza  Crisscross fries salad  choc ices	Roast beef Veggi roast Roast Potatoes Yorkshire Puddings Seasonal Vegetables Gravy  Chocolate fudge cake