

The Downs Malvern week 2



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Choice of Cereals Toast & Preserves Juice Bar Yoghurt Bar Pain au Raisin Porridge	Choice of Cereals Toast & Preserves Juice Bar Yoghurt Bar Bacon baps	Choice of Cereals Toast & Preserves Juice Bar Yoghurt Bar Salmon & cream cheese muffins	Choice of Cereals Toast & Preserves Juice Bar Yoghurt Bar Fried eggs & potato waffles	Choice of Cereals Toast & Preserves Juice Bar Yoghurt Bar Sausages & beans	Choice of Cereals Toast & Preserves Juice Bar Yoghurt Bar Cheese on toast & porridge	Choice of Cereals Toast & Preserves Juice Bar Yoghurt Bar Full English Breakfast
LUNCH	Slow cooked lamb curry Chickpea & lentil curry Steamed rice poppadums Orange sponge & custard	Pork & lentil Casserole Mixed vegetable Casserole Mashed Potatoes Mixed Vegetables Iced fruit sorbets	Roast chicken Roasted quorn fillets Roasted new potatoes Carrots/broccoli Roast gravy Treacle tart & Custard	Local sourced mince beef lasagne Soya mince lasagne Garlic bread/salad Carrot cake	Fish platter Tempura Vegetables Chunky Chips peas Lemon Wedges Ketchup Creamy rice pudding & jam	Shepherd's pie Quorn mince pie Californian mixed vegetables Homemade rock cakes	Rustic deli rolls with Assorted Fillings Crisps Salad Bar Ice Cream Bar
SUPPER	Fish cakes Meat Free Fajitas Potato Wedges Baked beans Homemade cookies	Tortilla wraps Cheese/tuna mayo/coleslaw And salad bar Eves pudding & custard	Beef in a blackbean sauce Quorn in sauce Noodles & stir fry vegetables Scotty Tiffin	Turkey jambalaya Vegetable jambalaya Nann breads Pears & Chocolate Sauce	Macaroni cheese Ciabatta bread Sweetcorn Jam & lemon tarts	Homemade chicken kiev Potato kiev Jacket potatoes & spaghetti hoops Chocolate crunch & chocolate sauce	Roast pork & crackling Stuffed pepper roast Potatoes Seasonal Vegetables Stuffing & gravy White chocolate tart