

The Downs Malvern week 3



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Choice of Cereals Toast & Preserves Juice Bar Yoghurt Bar Butter Croissants & porridge	Choice of Cereals Toast & Preserves Juice Bar Yoghurt Bar scrambled eggs Mini waffles & beans	Choice of Cereals Toast & Preserves Juice Bar Yoghurt Bar Continental Bread/cheeses/meats & Porridge	Choice of Cereals Toast & Preserves Juice Bar Yoghurt Bar Bacon butties	Choice of Cereals Toast & Preserves Juice Bar Yoghurt Bar Smoked salmon & brie topped crumpets	Choice of Cereals Toast & Preserves Juice Bar Yoghurt Bar Mini danish & Porridge	Choice of Cereals Toast & Preserves Juice Bar Yoghurt Bar Full English Breakfast
LUNCH	BBQ pork slices Vegetable grills New potatoes & Californian mixed vegetables Squidgy pear pudding & cream	Beef & mushroom stroganoff Mushroom & chickpea stroganoff Steamed rice & sweetcorn fruit crumble & Custard	Chicken chow mein With noodles & Chinese vegetables Roasted Quorn Fillets With prawn crackers Arctic roll & chocolate sauce	Pasta Italian bake Suitable for vegetarians Garlic Bread Peas Syrup steamer & custard	Breaded Fish Veggie Fingers Chunky Chips beans homemade cranberry flapjack & vanilla sauce	Chicken thighs Roasted quorn fillets & veggi gravy Herby Potatoes Sweetcorn gravy Marble cake & custard	Paninis with Assorted Fillings Crisps Salad Bar Homemade cookies
SUPPER	Homemade assorted pizza's Meat free pizza Fries Spaghetti Hoops Black & white cheesecake	Turkey & leek pie Cheese & onion pasty Mashed potatoes Mixed vegetables Viennese whirls	Salmon, pasta & broccoli bake Quorn & broccoli bake Mediterranean Roasted Vegetables Chocolate sponge & choc sauce	BBQ pulled pork Or pulled chicken pitta's Shredded BBQ quorn Potato wedges & salad Finger licking fridge cake	mince beef filled giant Yorkshire pudds Mushroom Risotto Mashed Potatoes peas fairy cakes	Cheese & onion puffs Meat Free Savoury rice Corn on the cob Homemade Muffins	Braised beef Braised quorn fillet Roast Potatoes Seasonal Vegetables Onion Gravy White chocolate roulade & cream