

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Potato Farls, Sausages, sautéed mushrooms	Huevos Rancheros, ciabatta	Scotch pancakes, Honey Greek yoghurt, berries	Hash browns, mushroom, grilled tomatoes	Pain perdu, Crispy bacon	Toasted English muffins, scrambled egg	Full Brunch
Lunch	Lamb & apricot Tagine; Sweet potato & chickpea tagine; Preserved lemon cous cous; Roast beetroot	Salmon & smoked haddock pie; Mushroom Strudel; Peas, Carrots, sautéed leeks	Lemon & thyme chicken; Pepper & cream cheese roulade Braised peas & lettuce Parsley new potatoes	Pork, butterbean & smoked paprika stew; Bean & squash stew. Kale, roast carrots	Pollack chowder. Butternut squash chowder. Sweet potato mash. Collared greens, cornbread	Full Day Excursion Packed Lunch	
Soup	Pea & mint	Chunky vegetable, pistu	Spicy tomato & red lentil	Curried Parsnip	Roast red pepper		
Dessert	Bread & butter pudding, custard	Sticky date pudding, butterscotch	Coconut rice pudding, Mango coulis	Apple & Rhubarb crumble	Chocolate sponge		
Supper	Italian Meatballs taglietelle; Spinach & ricotta canneloni	Beef Stroganoff; Pepper stroganoff	Chana masala Aloo ghobi Chicken dhansak. Lamb Bhuna	Sweet and Sour Chicken; Duck Wraps Vegetable spring rolls Tempura vegetables Crispy wings	Paella Chicken & prawn; Pepper & saffron	International Buffet Evening (varies weekly)	BBQ (Weather Permitting) Ribs, burgers, Haloumi & pepper kebabs; Grilled corn on the cob
Accompanied by	Garlic bread. Romaine salad	Rice Broccoli Grilled courgettes	Poppadoms, tomato & onion salad; Pilau rice	Vegetable Stir fry; wilted bok choy Noodles.	Green salad; Garlic flatbreads		Mixed leaf salad, coleslaw, jacket potatoes.
Dessert	Summer fruit trifle	Vanilla panacotta terrine, raspberry coulis	Eton Mess	Summer fruit pudding	Poached Pear, Honey Yoghurt		Lemon tart

Intolerances, allergies and dietary requirements catered for.

All meals to be accompanied by our salad bar, freshly prepared each day with local and seasonal ingredients. *Example items:* Sliced beef tomatoes, cherry tomatoes, grated carrot & nigella seeds, hummus, tzatziki, sliced red onion, mixed roast peppers, garlic croutons, courgette ribbons, aubergine caviar, Greek marinated cucumber, olives, undressed apple slaw, orange & mint, watermelon & feta, sliced ham, grated cheese, blue cheese & mushroom salad, smoked mackerel pate, rocket & parmesan, pasta salad, tabbouleh, steamed greens & tahini, poached pears & walnuts, Anchovy chilli coleslaw, seared squid with chilli & chickpeas. ***Dressings:*** Balsamic, Light Caesar (made with natural yoghurt), wholegrain mustard & herbs; homemade vinegars and oils e.g. tarragon vinegar, chilli oil.