

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Choice of cereals Fresh grapefruit and yogurts Toast and preserves Fresh apple and orange juice and milk	Grilled sausage & scrambled eggs Choice of cereals Fresh grapefruit and yogurts Toast and preserves Fresh apple and orange juice and milk	Grilled bacon & hash browns& Choice of cereals Fresh grapefruit and yogurts Toast and preserves Fresh apple and orange juice and milk	Traditional full English breakfast Choice of cereals Fresh grapefruit and yogurts Toast and preserves Fresh apple and orange juice and milk	Grilled sausages & baked beans Choice of cereals Fresh grapefruit and yogurts Toast and preserves Fresh apple and orange juice and milk	Hot buttered croissant Choice of cereals Fresh grapefruit and yogurts Toast and preserves Fresh apple and orange juice and milk	Traditional full English breakfast Choice of cereals Fresh grapefruit and yogurts Toast and preserves Fresh apple and orange juice and milk
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>Chicken and sweet pepper risotto</b> Or Pork steaks with tomato and garlic sauce Or Vegetable risotto	Sausage, smoked bacon and lentil casserole Or <b>Grilled gammon with apple and honey sauce</b> or Mushroom and spring onion chow main	<b>Beef and ale pie topped with short crust pastry</b> Or Grilled lamb chops with rosemary and white wine sauce Or Vegetable chili con carne and rice	Roast leg of Suffolk lamb with mint sauce Or <b>Roast turkey with stuffing</b> Or Vegetable pasta bake	<b>Fried fillet of haddock with lemon served with chips and peas</b> or Grilled Suffolk sausages or Vegetable sausages and red onion gravy	BBQ chicken with savory rice Or Spaghetti bolognaise with garlic bred Or Tomato and basil quiche	Roast beef with Yorkshire pudding, vegetables and roast potatoes Chocolate fudge cake and ice cream
<b>Salad Bar and Vegetarian choices available</b>	<b>Salad Bar and Vegetarian choices available</b>	<b>Salad Bar and Vegetarian choices available</b>	<b>Salad Bar and Vegetarian choices available</b>	<b>Salad Bar and Vegetarian choices available</b>	<b>Salad Bar and Vegetarian choices available</b>	<b>Vegetarian choices available</b>
Selection of cold deserts, fresh fruit and yogurts	Selection of cold deserts, fresh fruit and yogurts	Selection of cold deserts, fresh fruit and yogurts	Selection of cold deserts, fresh fruit and yogurts	Selection of cold deserts, fresh fruit and yogurts	Selection of cold deserts, fresh fruits and yogurts	
<b>EVENING MEAL</b>	<b>EVENING MEAL</b>	<b>EVENING MEAL</b>	<b>EVENING MEAL</b>	<b>EVENING MEAL</b>	<b>EVENING MEAL</b>	<b>EVENING MEAL</b>
Jacket potatoes with a selection of fillings Or Beef chili and rice	Homemade beef burgers with twister fries and beans Or Hot cheese and ham baguettes	Soup and sandwiches Or Hot dish of the day	Cornish pasties with new potatoes and broccoli Or Prawn and vegetable noodles	Chicken pasta bake with garlic bread and salad Or Soup and rolls	Grilled rump steak , coleslaw and baked potato	Chefs choice
<b>Salad bar and Vegetarian choices available</b>	<b>Salad bar and Vegetarian choices available</b>	<b>Salad bar and Vegetarian choices available</b>	<b>Salad bar and Vegetarian choices available</b>	<b>Salad bar and Vegetarian choices available</b>	<b>Salad bar and Vegetarian choices available</b>	<b>Salad bar and Vegetarian choices available</b>
Fresh fruit and yogurts	Fresh fruit and yogurts	Fresh fruit and yogurts	Fresh fruit and yogurts	Fresh fruit and yogurts	Fresh fruit and yogurts	Fresh fruit and yogurts