

<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>
	Traditional full English breakfast Choice of cereals Fresh grapefruit and yogurts Toast and preserves Fresh apple and orange juice and milk	Waffles with maple syrup 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	Hash browns and scrambled egg Choice of cereals Fresh grapefruit and yogurts Toast and preserves Fresh apple and orange juice and milk	Hot butter croissants 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>
	Homemade cottage pie topped with a herb mash Or Chicken fillets sautéed with Mediterranean vegetables finished with a tomato and cream sauce.	Wholemeal pasta served with vegetable ragout. Or Pasta bake with roasted vegetables and red pesto served with garlic bread.	Chicken and rice stir-fry with a sweet soya sauce and Asian vegetables Or Pork escalope coated with a savory crumb and served with new potatoes and tomato sauce.	Fried fillet of fish with thick cut chips and peas Homemade fish pie Or Grilled gammon and pineapple	BBQ chicken with savory rice Or Savory Yorkshire pudding filled with minced beef and sausage topped with cheese.	Traditional roast beef with Yorkshire pudding roast potato, fresh vegetables Apple pie 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>Vegetarian choices available</b>
	Selection of cold desserts, fresh fruit and yogurts	Selection of cold desserts, fresh fruit and yogurts	Selection of cold desserts, fresh fruit and yogurts	Selection of cold desserts, fresh fruit and yogurts	Selection of cold desserts, 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>
Mid-winter feast to welcome returning boarders.	Hot ham and cheese baguettes served with sweet potato fries and salad Or Soup of the day	Soup and sandwich selection Or Hot dish of the day	Jacket potatoes with selection of fillings. Or Macaroni cheese	Chicken strips coated with piri piri seasoning and crumb. Served with potato wedges, garlic mayo and beans	Boarders Saturday night buffet to include cold meats salads, hot new potatoes and a hot dish.	Dish of the day
<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