










































































































































































































































ARDVRECK MENU WEEK 1

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Cereal, porridge, whole fruit & yoghurt, fruit juice, warm baked bread with honey & jam							
		Continental platters and pastries 	Smoothies, crispy bacon and mushrooms	Potato waffles, baked beans, cheeses and fresh fruit platter 	Continental platters and pastries 	Square sausage, baked beans, smoothies and fruit platter 	Croque Monsieur and Smoothies	
LUNCH	BRUNCH Sausage, bacon, eggs, baked beans, hash browns, mushrooms, & croissants	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	
		Mushroom tarragon  	Lentil   	Lightly curried parsnip   	Cauliflower and smoked applewood cheese  	Roast butternut squash, coconut with a hint of chilli   	Lentil   	
		MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	
		Sweet chilli chicken & broccoli with noodles 	Beef chilli taco sour cream, guacamole & rice 	'Barry's' curry with rice and naan  	Lasagne with garlic bread	Wholetail scampi, chunky chips, chip-shop mushy peas and homemade tartare sauce  	Creamy chicken pie served with mash potatoes & carrots	
		VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	
		Sweet chilli vegetables with noodles  	Mixed bean chilli taco   	Potato and spinach curry with rice   	Gluten free lasagne & vegan lasagne  	Fishless fingers and gluten free wholetail scampi, chunky chips, chip-shop mushy peas and homemade tartare sauce   	Leek and mushroom pie  	
		DESSERT	DESSERT	DESSERT	DESSERT	DESSERT	DESSERT	
		Arctic roll 	Fruit platter	Lemon drizzle sponge, custard 	Fruit platter	Chef's choice Cheesecake 	Banoffee tart	
	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit		
SUPPER	Milk & buns 	Cookies 	Gunge cake 	Toffee mini muffin 	Cookies 	Choc mini muffin 	Cup cakes 	
	Roast pork, roast potatoes and roasted root vegetables with Yorkshire pudding and gravy	Three cheese macaroni and garlic ciabatta	Sausage rolls served with chips and baked beans	Pasta Bolognese with garlic bread	Chicken burger on a brioche bun with sweet potato fries and milkshake	Spaghetti carbonara and garlic bread	Pork sausage Casserole with roast potatoes and roasted vegetables 	
	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	
	Roast Quorn fillet with Yorkshire pudding and gravy 	Tomato oregano pasta 	Cheese and onion pasty served with chips and baked beans 	Gluten free pasta Bolognese/ vegan Bolognese with gluten free garlic bread	Gluten free and vegan burger on a brioche bun with sweet potato fries and milkshake   	Gluten free and vegan Spaghetti carbonara & garlic bread   	Quorn sausage casserole  	
	DESSERT	DESSERT	DESSERT	DESSERT	DESSERT	DESSERT	DESSERT	
	Strawberry mousse  	Chocolate fudge cake	Assorted cheese board and biscuits  	Churros and chocolate sauce 	Chocolate brownie 	Strawberry gateau 	Mars bar crispy cake	
	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	
A comprehensive salad bar and baked potatoes with assorted fillings are also offered at every lunch and supper.								

ARDVRECK MENU WEEK 2

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
BREAKFAST	Cereal, porridge, whole fruit & yoghurt, fruit juice, warm baked bread with honey & jam												
	Continental platters and pastries 		Smoothies and pain au chocolat 		Pancakes, crispy bacon, maple flavoured syrup 		Continental platters and pastries 		Pork link sausages, baked beans, smoothies and fruit platter 		Croque Monsieur and smoothies		
LUNCH	SOUP		SOUP		SOUP		SOUP		SOUP		SOUP		
	Mushroom tarragon  		Lentil   		Lightly curried parsnip   		Cauliflower and smoked applewood cheese   		Roast butternut squash, coconut with a hint of chilli   		Lentil   		
	MAIN		MAIN		MAIN		MAIN		MAIN		MAIN		
	Sausage, bacon, eggs, baked beans, hash browns, mushrooms, & croissants		Smoked gammon, served with new potatoes, roasted carrots and cheese sauce 		Crispy buttermilk chicken, crunchy cubed potatoes with steamed broccoli 		'Barry's' curry served with rice and poppadom's 		Breaded haddock, chunky chips, chip-shop curry sauce and petits pois  		Cottage pie served with green beans 		
	VEGETARIAN		VEGETARIAN		VEGETARIAN		VEGETARIAN		VEGETARIAN		VEGETARIAN		
	Vegan bolognaise served with garlic bread   		Vegetable quiche served with new potatoes & carrots 		Crispy coated vegan-strips/ crispy gluten free buttermilk chicken, crunchy cubed potatoes with steamed broccoli   		Potato and spinach curry with rice and poppadom's   		Vegan fishless-fingers/ Gluten free haddock with chunky chips, chip-shop curry sauce and petits pois 		Meat free cottage pie served with green beans   		
	DESSERT		DESSERT		DESSERT		DESSERT		DESSERT		DESSERT		
	Fruit platter		Syrup sponge and custard 		Fruit platter		Chocolate sponge and hot chocolate sauce 		Fruit platter		Ardvreck mess 		
	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit		
SUPPER	Milk & buns	Cookies 	Gunge cake 	Toffee mini muffin 	Cookies 	Choc mini muffin 	Cup cakes 						
	Roast turkey, roast potatoes and roasted root vegetables with Yorkshire pudding and gravy	Chicken and chorizo paella with Focaccia 	Steak night! Rump steak, served with mushrooms, tomatoes, chunky chips, onion rings with peppercorn sauce	Steak pie, served with baby potatoes, carrots and green beans	Hot dog, brioche bun with skinny fires and caramelised onions  	Chargrilled chicken with egg fried rice and sweetcorn 	Pizza and Caesar Salad						
	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN						
	Roast Quorn fillet with Yorkshire pudding and gravy 	Vegan vegetable paella   	Vegan steak, mushrooms, tomatoes, chunky chips, onion rings with peppercorn sauce  	Cauliflower cheese served with baby potatoes, carrots and green beans	Vegan and gluten free hot dog with skinny fires and caramelised onions  	Vegetable stir-fried rice, with optional Quorn goujons  	Pizza and Caesar Salad						
	DESSERT	DESSERT	DESSERT	DESSERT	DESSERT	DESSERT	DESSERT						
	Chocolate mousse  	Chocolate fudge cake	Assorted cheese board and biscuits  	Churros and chocolate sauce 	Chocolate brownie 	Strawberry gateau 	Mars bar crispy cake						
Whole fruit													
A comprehensive salad bar and baked potatoes with assorted fillings are also offered at every lunch and supper.													

ARDVRECK MENU WEEK 3

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Cereal, porridge, whole fruit & yoghurt, fruit juice, warm baked bread with honey & jam							
		Continental platters and Pastries 	Smoothies & bacon and baked beans 	Pork sausages and mini waffles 	Continental platters and pastries  	Square sausage, baked beans, smoothies and fruit platter  	Croque Monsieur and Smoothies  	
LUNCH	BRUNCH Sausage, bacon, eggs, baked beans, hash browns, mushrooms, & croissants	SOUP	SOUP	SOUP	SOUP	SOUP	SOUP	
		Mushroom tarragon  	Lentil   	Lightly curried parsnip   	Cauliflower and smoked applewood cheese  	Roast butternut squash, coconut with a hint of chilli   	Lentil   	
		MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	
		Chicken sweet and sour with rice and prawn crackers  	Meatballs in a rich tomato sauce with pasta  	Beef olives, rich onion gravy, creamy mashed potatoes with roasted root vegetables 	Breaded chicken escallop, tagliatelle with a rich tomato sauce  	Chunky breaded haddock, with chunky chips, petits pois and homemade tartare sauce 	Lasagne served with garlic bread  	
		VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	
		Sweet and sour stir fry with rice   	Vegan meatballs in a rich tomato sauce with pasta  	Vegan sausages, rich onion gravy, mashed potatoes with roasted root vegetables   	Gluten free/ Vegan chicken, gluten free tagliatelle with a rich tomato sauce   	Tempura battered vegetables with chunky chips, petits pois and homemade tartare sauce  	Vegetable lasagne served with garlic bread 	
		DESSERT	DESSERT	DESSERT	DESSERT	DESSERT	DESSERT	
		Apple crumble & custard	Fruit platter	Raspberry pavlova 	Fruit platter	Chef's choice Cheesecake  	Magnum ice cream  	
	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit		
SUPPER	Milk & buns	Cookies 	Gunge cake 	Muffins 	Cookies 	Viennese 	Cup cakes 	
	Roast beef, roast potatoes and roasted root vegetables with Yorkshire pudding and gravy	Chicken goujons served with wedges and beans	Pork Medallions, onion rings, medley veg & dauphinois potatoes with a wholegrain mustard sauce 	Chicken pesto pasta parmesan with garlic bread	Beef burger, in a brioche bun with curly fries 	Chicken fajitas served with rice, guacamole and crème fraiche 	Chicken korma, with garlic and coriander bites 	
	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	
	Roast Quorn fillet, Yorkshire pudding   	Gluten free goujons/ vegan goujons served with wedges and beans   	Mushroom stroganoff  	Roasted vegetable pasta served with garlic bread 	Veg burger with curly fries   	Vegetable fajitas served with rice and guacamole   	Vegetable Korma   	
	DESSERT	DESSERT	DESSERT	DESSERT	DESSERT	DESSERT	DESSERT	
	Strawberry mousse  	Chocolate fudge cake	Assorted cheese boards and biscuits  	Churros and chocolate sauce  	Chocolate brownie 	Strawberry gateau  	Mars bar crispy cake	
	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	
A comprehensive salad bar and baked potatoes with assorted fillings are also offered at every lunch and supper.								

All Items are subject to availability



Suitable for vegetarians



Suitable for vegans



Dairy Free



Contains fish



Gluten Free Option Available