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





































	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
BREAKFAST	<i>Cereal, porridge, whole fruit & yoghurt, fruit juice, warm baked bread with honey & jam</i>							
		Continental platters & pastries 	Smoothies, crispy bacon & mushrooms	Potato waffles, baked beans, cheeses & fresh fruit platter 	Continental platters & pastries 	Hash browns, baked beans, smoothies & fruit platter 	Croque Monsieur & Smoothies	
LUNCH		SOUP Mushroom tarragon   	SOUP Lentil   	SOUP Carrot and coriander   	SOUP Tomato and basil   	SOUP Cream broccoli and potato   	SOUP Lentil   	
	BRUNCH Sausage, bacon, eggs, baked beans, hash browns. & croissants	MAIN Chicken & vegetable with basmati rice and black bean sauce  	MAIN Beef chilli taco sour cream, guacamole & rice 	MAIN Butter chicken with rice and naan  	MAIN Lasagne with garlic bread	MAIN Poached salmon fillet, new potatoes, broccoli   	MAIN Creamy chicken pie with mash & carrots	
		VEGETARIAN Stir fry vegetable with basmati rice and black bean sauce   	VEGETARIAN Mixed bean chilli taco   	VEGETARIAN Potato and spinach curry with rice   	VEGETARIAN Veggie lasagne   	VEGETARIAN Fishless fingers   	VEGETARIAN Leek and mushroom pie  	
		DESSERT Mars bar krispie cake 	DESSERT Lemon drizzle sponge, custard 	DESSERT Greek yoghurt, honey & berries 	DESSERT Choc mint ice cream & sauce 	DESSERT Carrot cake & cream cheese 	DESSERT Fruit jelly and peaches & cream  	
		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 & veg, Yorkshire pudding	Sausage rolls, mash potato and baked beans	Three cheese macaroni & garlic bread	Fish goujons, mash potatoes and petite pois 	Burger with fries & milkshake	Farfarelle carbonara & garlic bread	Pork sausage Casserole with rice, roasted vegetables 
		VEGETARIAN Roast Quorn fillet, Yorkshire pudding 	VEGETARIAN Cheese and onion, pasty 	VEGETARIAN Tomato oregano pasta 	VEGETARIAN Vegan fishless fingers, hummus, avocado 	VEGETARIAN Bean burger with fries and milkshake  	VEGETARIAN Ratatouille   	VEGETARIAN Quorn sausage casserole  
DESSERT Strawberry mousse  		DESSERT Fruit corner  	DESSERT Assorted cheese board & biscuits  	DESSERT Sticky toffee pudding and cream 	DESSERT Chocolate brownie 	DESSERT Strawberry marshmallow cream 	DESSERT Fruit crumble 	
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 & pastries 	Smoothies & pain au chocolat 	Pancakes, crispy bacon, maple flavoured syrup 	Continental platters & pastries 	Hash browns, baked beans, smoothies & fruit platter 	Croque Monsieur & smoothies	
LUNCH		SOUP Cream of mushroom  	SOUP Tomato and basil   	SOUP Lentil   	SOUP Carrot & coriander   	SOUP Cream broccoli and potato  	SOUP Lentil   	
	BRUNCH Sausage, bacon, eggs, baked beans, hash browns. & croissants	MAIN Penne bolognaise Garlic bread	MAIN Smoked gammon, pineapple croquettes & carrots 	MAIN Mince and tatties with steamed broccoli 	MAIN Chicken tikka masala basmati rice poppadum 	MAIN Breaded haddock, chunky chips, petti pois  	MAIN Cottage pie Green beans 	
		VEGETARIAN Ratatouille   	VEGETARIAN Vegetable quiche Veg pasta  	VEGETARIAN Quorn mince and tattie, broccoli(gf)(df)   	VEGETARIAN Vegetable Tikka masala, rice poppadum (g)   	VEGETARIAN Breaded mozzarella sticks(g) Vegan Fishless Fingers  	VEGETARIAN Meat free cottage pie(df)   	
		DESSERT Artic roll 	DESSERT Syrup sponge, custard 	DESSERT Banoffee tart 	DESSERT Chocolate sponge and hot chocolate sauce 	DESSERT Bakewell slice & custard 	DESSERT Ardvreck mess 	
		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 & root veg and potatoes Yorkshire pudding 	Chicken and chorizo paella Focaccia 	Breaded haddock, roast baby potatoes corn on cob 	Chicken pesto pasta parmesan garlic bread	Venison Burgers, brioche buns, redcurrant chutney, sweet potato fries  	Chargrilled chicken with egg fried rice & sweetcorn 	Pizza and Caesar
		VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
		Roast Quorn fillet, Yorkshire pudding  	Sweet pepper and red onion paella   	Potato cake, tomato salsa  	Roast pimento Pesto pasta, garlic bread   	Veg burger, brioche bun, fries  	Vegetable stir-fried rice, with optional Quorn goujons  	Pizza and Caesar
		DESSERT	DESSERT	DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Chocolate mousse  	Fruit corner  	Assorted cheese board & biscuits  	Sticky toffee pudding and cream 	Chocolate brownie 	Strawberry's, Marshmallows and cream 	Fruit crumble 		
	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	<i>Cereal, porridge, whole fruit & yoghurt, fruit juice, warm baked bread with honey & jam</i>							
		Continental platters & Pastries 	Smoothies & bacon and baked beans	Waffles, natural yogurt, honey and mixed berries 	Continental platters & pastries  	Hash browns, baked beans, smoothies & fruit platter  	Croque Monsieur & Smoothies	
LUNCH		SOUP Mushroom and tarragon   	SOUP Lentil   	SOUP Tomato and basil   	SOUP Carrot and coriander   	SOUP Cream broccoli and potato   	SOUP Lentil   	
	BRUNCH <i>Sausage, bacon, eggs, baked beans, hash browns. & croissants</i>	MAIN Chicken sweet and sour with rice & prawn crackers  	MAIN Meatballs and tomato sauce with pasta	MAIN Garlic & herb chicken with potato croquettes and cauliflower gratin 	MAIN Tuna pasta bake  	MAIN Chunky breaded haddock, chunky chips petit pois 	MAIN Lasagne, garlic bread	
		VEGETARIAN Sweet and sour stir fry with rice   	VEGETARIAN Vegan meatballs with tomato sauce  	VEGETARIAN Sweet potato and butter bean goulash   	VEGETARIAN Mediterranean vegetable tomato pasta   	VEGETARIAN Tempura battered vegetables  	VEGETARIAN Spinach and ricotta cannelloni 	
		DESSERT Ice cream fruit salad  	DESSERT Apple crumble and custard 	DESSERT Caramel flan 	DESSERT Choc fudge cake and cream 	DESSERT Raspberry pavlova  	DESSERT Chocolate mousse, peaches  	
		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 veg and potatoes Yorkshire pudding	Pork Medallions, onion rings, medley veg & fries 	Steak pie, baby potatoes, carrots mash, green beans	Fish goujons, mash, green beans and petit pois 	Lamb and mint burger, pickles fries 	Chicken fajitas, rice and crème fraiche 	Chicken korma, chapatti 
		VEGETARIAN Roast Quorn fillet, Yorkshire pudding   	VEGETARIAN Mushroom stroganoff  	VEGETARIAN Cauliflower Gratin  	VEGETARIAN Mozzarella sticks 	VEGETARIAN Vege burger   	VEGETARIAN Quorn stir fry   	VEGETARIAN Vegetable Korma   
DESSERT Lemon mousse  		DESSERT Fruit corner  	DESSERT Assorted cheese boards & biscuits  	DESSERT Sticky toffee pudding and cream  	DESSERT Chocolate brownie 	DESSERT Strawberry, marshmallows and cream  	DESSERT Fruit crumble 	
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