Reach your FULL PGL POTENTIAL your

with our freshly prepared menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SU
BREAKFAST	Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (ve) Hash Browns	Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (ve) Mushrooms	Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (ve) Hash Browns	Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (ve) Mushrooms	Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (ve) Hash Browns	Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (ve) Mushrooms	Scra S Vegan C Has
	Available every	y day: Choice of Cooked 8	ራ Continental Breakfast C	ontinental Options - Porridg	ge, Selection of Cereals, Ass	orted Yoghurts & White or E	Brown Toast
	Pizza	Pasta	Hot Dog	Hot Sandwich	Burger	Tacos & Faiitas	Roa

	Pizza	Pasta	Hot Dog	Hot Sandwich	Burger	Tacos & Fajitas	Roa
	Choices:	Choices:	Choices:	Choices:	Choices:	Choices:	
	Pepperoni	Mac 'N' Cheese (v)	Pork Hot Dog	Ham & Cheese Baguette	Beef Burger	Chicken	R
	Margherita (v)	Plant-based Bolognese (ve)	Plant-based Hot Dog (ve)	Meatball Baguette (ve)	Plant-based Burger (ve)	Plant-based (ve)	Vegan S
LUNCH	Vegan Margherita (ve)	Tomato & Basil (ve)	Sides:	Fish Finger Sandwich	Sides:	Soft Wrap	
	Sides:	Sides:	Onions,	Sides:	Cheese, Tomato Relish,	Crispy Shell	Carrots
	Potato Wedges	Garlic Bread	Skinny Fries	Crisps	Onions, Curly Fries	Sides:	Yorkshir
						Salsa, Tortilla Chips	Pota

Available every day: Homemade Soup of the Day or Tomato Soup & Bread Roll | Classic Sandwiches - Ham, Tuna Mayo or Cheese

	Piri Piri Chicken	Bangers & Mash	Meatball Lasagne	Bacon Mac 'N' Cheese	Fish & Chips	Fried Chicken	Sweet C
	Tuna Pasta Bake	Chicken Chow Mein	Cod Goujons	Chicken Kiev	Chicken Katsu Curry	Pulled Pork Filled	Fisl
	Spaghetti & Meatballs (ve)	Sausage & Bean Stew (ve)	Plant-based	Vegetable Curry (ve)	Vegan Fish Fingers (ve)	Yorkshire Pudding	Butter
	Sides:	Sides:	Shepherd's Pie (ve)	Sides:	Sides:	Spaghetti Bolognese (ve)	Well
DINNER	Curly Fries, Baby Corn,	Mashed Potato, Broccoli,	Sides:	New Potatoes, Rice,	Skinny Fries, Rice,	Sides:	1
	Green Beans	Beans Green Beans, Gravy	Garlic Bread, New Potatoes, Country Vegetables, Broccoli	Mangetout, Carrots	Peas, Carrots Penne Pasta Served with: Cheese Sauce, Grated Cheese	Mashed Potato*, Curly Fries, Broccoli, Baby Corn, Gravy*	Potato We Vegetable
	Cratad Chases	Denne Deete		Penne Pasta Served with: Cheese Sauce, Grated Cheese			
						Spaghetti Served with:	Pen
		Cheese Sauce, Grated Cheese	Penne Pasta Served with: Tomato Sauce,				Ser
							Chee
						Tomato Sauce,	Grat
Available	Chocolate Fudge Cake	Sticky Toffee Sponge	Grated Cheese	Apple Crumble	Chocolate Eclairs	Grated Cheese	
every day: Dessert -	with Ice Cream		Chocolate Crispy Cake	with Custard		Belgian Waffles	Chocola
Classic Fruit Salad						with Ice Cream	

We aim to make our food enjoyable for as many people as possible, so we have a great range of vegetarian (v), vegan (ve) and dietary specific dishes. Please note: this menu is subject to product availability and may change. *Item may be unavailable at: Beam House, Dalguise, Tregoyd House and Winmarleigh Hall. Apologies for any inconvenience.





rambled Eggs Sausages Bacon Beans Cumberland (ve) ash Browns

st & Jam

ast Dinner

- **Choices:**
- Roast Beef Sausage Rolls (ve)

Sides:

ts, Broccoli, Peas, ire Pudding, Roast otatoes, Gravy

Chilli Chicken ish Fingers ernut Squash ellington (ve)

Sides:

Wedges, Country oles, Green Beans

enne Pasta erved with:

leese Sauce, ated Cheese

olate Brownies



Healthy Choices

Available daily

Fresh fruit - every mealtime

Unlimited salad from

our salad bar - lunch & dinner

Unlimited Drinks

Coffee, tea, chilled squash

Dietary & Allergens

We can cater for a wide variety of food requirements when notified in advance, including allergies, intolerances, medical conditions, and those specified by culture and religion.

It may not always be possible to cater for more specific diets such as weight management programmes, organic etc.

This menu applies to weeks commencing: 27/09, 11/10, 25/10, 8/11, 22/11, 6/12, 20/12, 03/01, 17/01, 31/01, 14/02, 28/02, 14/03, 28/03

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LUNCH	Pizza Choices: Pepperoni Margherita (v) Vegan Margherita (ve) Sides: Potato Wedges	Pasta Choices: Mac 'N' Cheese (v) Plant-based Bolognese (ve) Tomato & Basil (ve) Sides: Garlic Bread	Hot Dog Choices: Pork Hot Dog Plant-based Hot Dog (ve) Sides: Onions, Skinny Fries	Hot Sandwich Choices: Ham & Cheese Baguette Meatball Baguette (ve) Fish Finger Sandwich Sides: Crisps y or Tomato Soup & Bread R	Burger Choices: Beef Burger Plant-based Burger (ve) <u>Sides:</u> Cheese, Tomato Relish, Onions, Curly Fries	Tacos & Fajitas Choices: Chicken Plant-based (ve) Soft Wrap Crispy Shell Sides: Salsa, Tortilla Chips	Roa R Vegan S Carrots Yorkshir Pota
DINNER	Sausage Pasta Bake Sweet & Sour Chicken Chilli non Carne (ve) Sides: New Potatoes, Rice, Country Vegetables, Broccoli Penne Pasta Served with:	Piri Piri Chicken Fishcakes Spaghetti & Meatballs (ve) Sides: Curly Fries, Garlic Bread*, Mini Corn, Green Beans Penne Pasta Served with: Tomato Sauce,	Bacon Mac 'N' Cheese Chicken Fillets with a BBQ Sauce Plant-based Shepherd's Pie (ve) Sides: New Potatoes, Broccoli, Peas Penne Pasta Served with:	Roasted Chicken Breast Pulled Pork Filled Yorkshire Pudding Vegetable Curry (ve) Sides: Roast Potatoes, Rice, Roasted Vegetables, Country Vegetables, Gravy Spaghetti Served with:	Fish & Chips Chicken Tikka Masala Vegan Fish Fingers (ve) Sides: Skinny Fries, Rice, Peas, Carrots Penne Pasta Served with: Tomato Sauce,	Meatball Lasagne Fried Chicken Penne Bolognese (ve) Sides: Curly Fries, Garlic Bread, Broccoli, Baby Corn Penne Pasta Served with: Tomato Sauce,	Chicke Fisl Butter Well Potato W Vegetal Pen Ser
Available every day: Dessert -	Cheese Sauce, Grated Cheese Chocolate Fudge Cake with Ice Cream	Grated Cheese Sticky Toffee Sponge Cake with Ice Cream	Cheese Sauce, Grated Cheese Chocolate Crispy Cake	Tomato Sauce, Grated Cheese Apple Crumble	Grated Cheese Chocolate Eclairs	Grated Cheese Belgian Waffles with Ice Cream	Chee Grat Chocol

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Classic Fruit Salad





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Choices: Roast Beef

Sausage Rolls (ve)

Sides:

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Sides:

Wedges, Country tables, Broccoli

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Unlimited salad from

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This menu applies to weeks commencing: 4/10, 18/10, 1/11, 15/11, 29/11, 13/12, 27/12, 10/01, 24/01, 07/02, 21/02, 07/03, 21/03, 04/04