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 |

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|-------|-----------------------|----------------------------|--------------------------|------------------------|-------------------------|-----------------------|----------|
| | 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.





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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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ken Fried Rice ish Fingers ternut Squash ellington (ve)

Sides:

Wedges, Country tables, Broccoli

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Healthy Choices

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Fresh fruit - every mealtime

Unlimited salad from

our salad bar - lunch & dinner

Unlimited Drinks

Coffee, tea, chilled squash

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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