

THINK ABOUT ALLERGY

ALLERGY INFORMATION All menu items are labeled with allergies as well as the weekly menu. Remember if you have a food allergy or intolerance ask before choosing.



Crustaceans



Eggs



Tree Nuts



Celery



Molluscs



Mustard



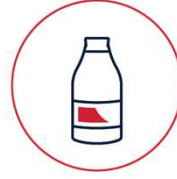
Lupin



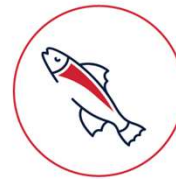
Peanuts



Soybeans



Milk



Fish



Gluten



**Sulphur
Dioxide**



**Sesame
Seeds**

BREAKFAST MENU 25.11- 01.12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Continental Toast bar Crepes with toppings	Continental Toast bar Scrambled eggs & toppings	Continental Toast bar Breakfast Burritos	Continental Toast bar Spanish tortilla	Continental Toast bar English breakfast	Continental Toast bar Omelette bar	Continental Toast bar Smoked bacon & cheddar wraps

For more information on allergens, please speak to a member of the team.



LUNCH MENU 25.11- 29.11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Scotch broth	Vegetable	French onion	Broccoli	Potato & cheddar
MAIN	Slow cooked beef Ragu with penne pasta	Fragrant Thai Chicken	Chili con carne	Mac n Cheese bar served with toppings on the side. (Roasted bacon, Crispy onions, herbs, Toasted corn.)	Creamy fish pie topped with mashed potato's
VEGETARIAN	Five bean patties with spiced onion relish	Thai green vegetable rendang	Chili sin carne	Mac n Cheese bar	Vegetarian meat ball Italian style
SIDES	Pasta Steam carrots Sauteed greens	Jasmin rice Steamed courgettes Stir fry vegetables	Braised rice Cauliflower gratin Black bean stew	Garlic flat bread Charred corn Sweet potato bites	Buttered baby potatoes Sautéed beans Pasta
DESSERT	Selection of fresh fruits	White chocolate mousse	Selection of fresh fruits	Selection of fresh fruits	Tiramisu

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SALAD BAR MENU 25.11- 29.11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MIXED SALADS	<p>Chimichurri potatoes</p> <p>Chickpeas with olives & orange</p>	<p>Wedge Caesar salad</p> <p>Persian cucumber salad</p>	<p>Basil pesto pasta</p> <p>Thai cabbage slaw</p>	<p>Morrocan style cous cous</p> <p>Oriental noodle salad</p>	<p>Roasted carrot & coriander salad</p> <p>Watermelon, Cucumber & Mint Salad</p>
RAW SALADS	<p>Mixed leaves</p> <p>Sweetcorn</p> <p>Cucumber</p> <p>Carrot</p> <p>Tomato</p> <p>Red onion</p>	<p>Mixed leaves</p> <p>Sweetcorn</p> <p>Cucumber</p> <p>Carrot</p> <p>Tomato</p> <p>Red onion</p>	<p>Mixed leaves</p> <p>Sweetcorn</p> <p>Cucumber</p> <p>Carrot</p> <p>Tomato</p> <p>Red onion</p>	<p>Mixed leaves</p> <p>Sweetcorn</p> <p>Cucumber</p> <p>Carrot</p> <p>Tomato</p> <p>Red onion</p>	<p>Mixed leaves</p> <p>Sweetcorn</p> <p>Cucumber</p> <p>Carrot</p> <p>Tomato</p> <p>Red onion</p>

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EVENING MENU 25.11- 29.11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAND	Beef lasagna	Tuna, ratatouille gratin	Boarders' choice	Lemon & herb grilled chicken thighs	Steak Baguette with onions & mushrooms on the side
VEGETARIAN	Vegetarian lasagna	Cheddar vegetable pie	Boarders' choice	Mushroom risotto	Haloumi steak with Chimichurri
SIDES	Cheesy garlic bread Sautéed Courgettes Dressed leaves	Pan-fried autumn vegetables Mashed potatoes	Boarders' choice	Herb crushed peas Potato wedges Rice with herbs	Green beans French fries Corn on the cob
DESSERT	Chocolate orange Panna cotta	Fruit tart	Boarders' choice	Apple crumble	Fruit salad

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WEEKEND MENU 30.11 - 01.12

	SATURDAY	SUNDAY
MAIN	Slow braised Sri Lankan beef	Ramen bar
VEGETARIAN	3 Cheese stuffed potato skins	Ramen bar
SIDES	Rice Sweet potato Roasted carrots	Ramen bar
DESSERT	Blondie	Chocolate fudge cake

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SNACKSMENU 25.11 - 29.11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Mixed whole fruits Turkey & Cheese Roll	Mixed whole fruits Honey & oat Flapjack	Mixed Whole Fruits Cheese croissant	Mixed Whole Fruits Lemon & Yogurt cake	Mixed Whole Fruits Mixed berry & coconut smoothie

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