

# 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 21.04 - 27.04

|                  | MONDAY   | TUESDAY   | WEDNESDAY                                      | THURSDAY                                 | FRIDAY  | SATURDAY  | SUNDAY   |
|------------------|--|---|--|--|---|---|--|
| <b>BREAKFAST</b> | Continental<br>Toast Bar<br>Crepes With Toppings | Continental<br>Toast Bar<br>Scrambled Eggs & Toppings | Continental<br>Toast Bar<br>Breakfast Burritos | Continental<br>Toast Bar<br>French toast | Continental<br>Toast Bar<br>English Breakfast | Continental<br>Toast Bar<br>Omelette Bar<br>Paninis | Continental<br>Toast Bar<br>Smoked Bacon & Cheddar Wraps |

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



# LUNCH MENU 21.04 - 25.04

|                   | <b>MONDAY</b><br>Meatless Marvels   | <b>TUESDAY</b>                                | <b>WEDNESDAY</b><br>Polish day              | <b>THURSDAY</b>                                    | <b>FRIDAY</b>   |
|-------------------|---|---|---|--|---|
| <b>SOUP</b>       | Tuscan cauliflower soup   | Roasted red pepper                            | Barszcz                                     | Potato chowder                                     | Spiced Butternut Squash   |
| <b>MAIN</b>       | Fajita spiced tofu soft shell tacos   | Korean Turkey with hoi sin and soy sauce      | Polish chicken thigh                        | Fishermen's pie topped with mashed potato          | Crispy Katsu Chicken Burger with Celeriac coleslaw  |
| <b>VEGETARIAN</b> | Mixed bean enchiladas   | Tofu pad thai (Nut free)                      | Cheese and potato dumpling                  | Roasted butternut squash gnocchi and ricotta, sage | Mushroom, pea and feta risotto with a rocket salad  |
| <b>SIDES</b>      | Sour cream<br>Guacamole<br>Tomato salsa<br>Cheddar cheese<br>Tortilla chips | Kimchi<br>Steamed Rice<br>Stir fry vegetables | Potatoes<br>Cabbage<br>Macedoine vegetables | Peas and leek<br>Broccoli<br>Crusty bread          | Cheddar cheese<br>Rosemary Fat chips<br>Spring onion<br>Iceberg lettuce<br>Curried mayonnaise |
| <b>DESSERT</b>    | Selection Of Fresh Fruits   | Pandan sponge                                 | Selection Of Fresh Fruits                   | Selection Of Fresh Fruits                          | Cornflake and jam tart  |

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# EVENING MENU 21.04 - 25.04

|                   | <b>MONDAY</b>                                     | <b>TUESDAY</b>  | <b>WEDNESDAY</b> | <b>THURSDAY</b>                              | <b>FRIDAY</b><br><b>Mexican night</b> |
|-------------------|---|---|------------------|--|---------------------------------------|
| <b>SOUP</b>       |   |   |                  |  |                                       |
| <b>MAIN</b>       | Chicken bratwurst, curry ketchup and crispy onion | Lamb Kebab with flatbread                               | Boarders' Choice | Tandoori Chicken Wraps                       | Seafood paella                        |
| <b>VEGETARIAN</b> | Cheesy Bean Potato Skins                          | Teriyaki egg and Tofu Stir – Fry                        | Boarders' Choice | Raclette cheese with jacket potatoes         | Rosti potato and poached egg          |
| <b>SIDES</b>      | Corn On The Cob<br>Mustard<br>Sweet Potato Bites  | Rice<br>Flatbread<br>Mint and cucumber yogurt<br>Rocket | Boarders' Choice | Mint and cucumber yogurt<br>Red cabbage slaw | Saffron rice<br>Peas<br>Crispy squid  |
| <b>DESSERT</b>    | Homemade popcorn with toppings                    | Fresh Fruit   | Boarders' Choice | Homemade chocolate truffles                  | Fresh Fruit                           |

Pour plus d'informations sur les allergènes, veuillez vous adresser à un membre de l'équipe.



# SALAD BAR MENU 21.04 - 25.04

|              | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--------------|---|---|---|---|---|
| MIXED SALADS | <p>Scallion Potato Salad</p> <p>Moroccan Chickpeas</p>  | <p>Wedge Caesar Salad</p> <p>Mango &amp; Cucumber</p>   | <p>Roasted Vegetable Pasta</p> <p>Thai Cabbage Slaw</p>   | <p>Persian Style Cous Cous</p> <p>Oriental Noodle Salad</p>                                       | <p>Roasted Carrot &amp; Coriander Salad</p> <p>Watermelon, Cucumber &amp; 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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# WEEKEND MENU 26.04 - 27.04

|                   | <b>SATURDAY</b>  | <b>SUNDAY</b>   |
|-------------------|--|---|
| <b>MAIN</b>       | Steak frites   | Pulled Beef Hash Brown<br>With Poached Eggs                           |
| <b>VEGETARIAN</b> | Sweetcorn fritters with a fresh<br>coriander and tomato salsa                        | Cheese & Potato Pie   |
| <b>SIDES</b>      | Café de paris<br>Skinny fries<br>Parmesan<br>Peppercorn sauce<br>Tomato and mushroom | BBQ Beans<br>Roasted Carrots<br>Gherkin ketchup<br>Spicy tomato sauce |
| <b>DESSERT</b>    | Oreo cheesecake  | Gingerbread   |

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# SNACKSMENU 21.04 - 25.04

|                          | <b>MONDAY</b>  | <b>TUESDAY</b>                       | <b>WEDNESDAY</b>                          | <b>THURSDAY</b>                             | <b>FRIDAY</b>                     |
|--------------------------|--|--------------------------------------|---|---|-----------------------------------|
| <b>MORNING<br/>SNACK</b> | Mixed Whole Fruits<br><br>Smoked Chicken Roll<br>Or<br>Tomato, Basil & Mozzarella Roll | Mixed Whole Fruits<br><br>Shortbread | Mixed Whole Fruits<br><br>Banana smoothie | Mixed Whole Fruits<br><br>Chocolate muffins | Mixed Whole Fruits<br><br>Cookies |

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