

Starters £1.50, Main Courses £4.20, Desserts £1.50, unless otherwise stated

Week 1	Start Date	Name				Apartment no	Small Portions	Yes/no
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Fresh Soup, Bread Roll and Butter	Cream of Mushroom Soup V 87 kcal	Minestrone Soup V 82 kcal	Leek & Potato Soup V 62 kcal	Broccoli & Stilton Soup V 61 kcal	French Onion Soup 137 kcal	Carrot & Coriander Soup V 71 kcal	Cream of Tomato Soup V 122 kcal	
Starters ST 1	Classic Welsh Rarebit on Toast with a Tomato, Red Onion & Mint Salad V 227 kcal	Bacon Caesar Salad 178 kcal	Smoked Mackerel Pate & Melba Toast 178 kcal	Devils on Horseback 198 kcal	Waldorf Salad V 176 kcal	Chicken Liver Pate, Red Onion Chutney & Melba Toast 397 kcal	Traditional Prawn Cocktail, Brown Bread & Butter 329 kcal	
Main Course M 1	Lancashire Lamb Hotpot , topped with Sliced Potatoes & Seasonal Vegetables 787 kcal	Chicken Coq au Vin , Baby Potatoes, Roasted Swede & Broccoli 731 kcal	Roast Gammon , Sage & Onion Stuffing, Roast Potatoes, Cauliflower Cheese & Honey Roasted Carrots, Parsley Sauce 1185 kcal £5.00	Pan Roasted Lambs Liver & Bacon , Mash Potato, Spinach, Roasted Parsnips & Onion Gravy 768 kcal	Haddock & Chips , Garden Peas or Mushy Peas, Tartare Sauce & Lemon Battered – 711 kcal Grilled – 548 kcal	Saturday Brunch Traditional Cooked Breakfast (Bacon, Sausage, Mushrooms, Tomato, Baked Beans, Hash Brown, Fried Egg & Toast) 591 kcal	Roast Topside of Beef , Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables, & Gravy 950 kcal £5.00	
Main Course M 2	Hunters Chicken , Chips, Grilled Tomato, Peas, Homemade Onion Ring & BBQ Sauce 930 kcal	Baked Salmon Fillet, Bubble & Squeak Potato Cake , Roasted Swede & Broccoli, Poached Egg, Grain Mustard Sauce 746 kcal £7.00	Macaroni Cheese , Crispy Bacon, Garlic Bread & House Salad 580 kcal	Spaghetti Bolognese , Garlic Bread & House Salad 638 kcal	Traditional Pork Faggots , Mash Potato, Spinach, Roasted Parsnips & Onion Gravy 954 kcal	Salmon & Broccoli Quiche , New Potatoes & House Salad 665 kcal	Roasted Chicken Thighs , Roast Potatoes, Seasonal Vegetables & Gravy 841 kcal	
Vegetarian Main Course Vegetarian Option (VO)	Vegetable Hotpot Topped with Sliced Potatoes & Seasonal Vegetables V 519 kcal	Poached Egg, Bubble & Squeak , Roasted Swede & Broccoli, Grain Mustard Sauce V 466 kcal	Macaroni Cheese , Garlic Bread & House Salad V 535 kcal	Vegetarian Bolognese , Garlic Bread & House Salad V 247 kcal	Battered Halloumi , Chips, Peas or Mushy Peas, Tartare Sauce & Lemon V 896 kcal	Saturday Brunch Traditional Vegetarian Cooked Breakfast V (Vegetarian Sausage, Tomato, Beans, Hash Brown, Mushrooms & Fried Egg) V 451 kcal	Individual Leek, Brie & Caramelised Onion Wellington , Roast Potatoes, Seasonal Vegetables & Gravy V 1032 kcal	
Dessert HD 1	Apple & Berry Crumble 202 kcal	Gingerbread Cake 311 kcal	Rice Pudding, Apricot Compote & Crunchy Oats 478 kcal	Chocolate & Cherry Roulade 353 kcal	Poached Pears 215 kcal	Traditional Bread & Butter Pudding 258 kcal	Jam Roly Poly 329 kcal	
Dessert CD 1	Lemon Posset 458 kcal	Crème Caramel 216 kcal	Lemon Tart 394 kcal	Banoffee Pie 499 kcal	Fruit Scone, Whipped Cream 446 kcal	Key Lime Pie 340 kcal	Apricot & Raspberry Fool 196 kcal	

DESSERT - Choice of a portion of Cream (52 kcal), Custard (58 kcal) or Ice Cream (198 kcal). Please advise your server

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Week 2	Start Date	Name				Apartment no	Small Portions	Yes/no
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Fresh Soup, Bread Roll and Butter	Vegetable Soup V 81 kcal	Roasted Butternut Squash Soup V 62 kcal	Chicken & Sweetcorn Soup 245 kcal	Cullen Skink (Smoked Haddock & Potato Soup) 164 kcal	Sweet Potato & Lentil Soup V 106 kcal	Mulligatawny Soup V 98 kcal	Pea & Ham Soup 112 kcal	
Starters ST 1	Smoked Mackerel, Potato & Beetroot Salad 304 kcal	Pork & Leek Scotch Egg, Curry Mayonnaise & Watercress 368 kcal	Creamed Garlic Mushrooms on Toast V 359 kcal	Chinese Spring Rolls, Carrot & Coriander Salad, Sweet Chilli Sauce V 312 kcal	Butternut Squash, Feta, Black Olive & Rocket Salad V 323 kcal	Fishcake with Capers & Watercress Mayonnaise 277 kcal	Duo of Melon, Red Berry Coulis V 71 kcal	
Main Course M 1	Traditional Shepherd's Pie, Leeks & Carrots 692 kcal	Chicken à la King, Steamed White Rice, Broccoli & Butternut Squash 761 kcal	Roast Loin of Pork, Apple Sauce, Roast Potatoes, Roasted Beetroot, Savoy Cabbage & Gravy 1096 kcal £5.00	Beef Bourguignon, Mash Potato, Honey Roasted Root Vegetables & Parsnip Crisps 828 kcal	Haddock & Chips, Garden Peas or Mushy Peas, Tartare Sauce & Lemon Battered – 711 kcal Grilled – 548 kcal	Individual Toad in the Hole, Mash Potato, Braised Red Cabbage, Carrot & Swede Puree & Onion Gravy 945 kcal	Hand Carved Roast Chicken Supreme, Sage & Apricot Stuffing, Roast Potatoes, Seasonal Vegetables & Gravy 935 kcal £5.00	
Main Course M 2	Chicken & Mushroom Risotto, House Salad 521 kcal	Grilled Salmon Fillet, Roasted Rosemary & Garlic Baby Potatoes, Broccoli & Butternut Squash, Roasted Red Pepper Sauce 930 kcal £7.00	Crispy Breaded Turkey Escalope, Sweet Potato Wedges, Steamed Greens & Mustard Gravy 753 kcal	Grilled Plaice, Baby Potatoes, Green Beans, Spinach and a Lemon, Capers & Parsley Butter Sauce 447 kcal	Sweet & Sour Chicken, Steamed White Rice & Prawn Crackers 629 kcal	Eggs Benedict English Muffin, Sliced Traditional Gammon, 2 Poached Eggs & Hollandaise Sauce 770 kcal	Honey & Mustard Glazed Bacon Chop, Roast Potatoes, Seasonal Vegetables & Gravy 924 kcal	
Vegetarian Main Course Vegetarian Option (VO)	Vegetarian Shepherd's Pie, Leeks & Carrots V 397 kcal	Vegetable Stir Fry, Steamed White Rice V 601 kcal	Goats Cheese, Mushroom & Shallot Wellington, Roast Potatoes, Roasted Beetroot, Savoy Cabbage & Gravy V 1032 kcal	Mushroom Bourguignon, Mash Potato, Honey Roasted Root Vegetables & Parsnip Crisps V 562 kcal	Sweet & Sour Vegetables, Steamed White Rice & Prawn Crackers V 725 kcal	Eggs Florentine English Muffin, Wilted Spinach, 2 Poached Eggs, Roasted Cherry Tomatoes & Hollandaise Sauce V 698 kcal	Vegetable Nut Roast, Sage & Onion Stuffing, Roast Potatoes, Seasonal Vegetables & Gravy V 1047 kcal	
Dessert HD 1	Coffee & Walnut Sponge 317 kcal	Baked Apple with Mincemeat & Maple Syrup 427 kcal	Mixed Fruit Pie 362 kcal	Treacle Tart 319 kcal	Banana Filled Pancakes, Chocolate Sauce 353 kcal	Apple & Pear Strudel 245 kcal	Steamed Syrup Sponge Pudding 354 kcal	
Dessert CD 1	Pineapple & Passion Fruit Pavlova 304 kcal	Mandarin Trifle 656 kcal	Chocolate Profiteroles 438 kcal	Caramelised Apricot with Yoghurt, Fruit Compote & Toasted Almonds 260 kcal	Lemon Meringue Pie 447 kcal	Blackberry & Vanilla Mousse 320 kcal	Mixed Berry Eton Mess 173 kcal	

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Week 3	Start Date	Name				Apartment no	Small Portions	Yes/no
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Fresh Soup, Bread Roll and Butter	Roasted Red Pepper & Tomato Soup V 92 kcal	Cream of Vegetable Soup V 89 kcal	Leek & Smoked Bacon Soup 102 kcal	Minestrone Soup V 82 kcal	Parsnip & Apple Soup V 70 kcal	Cream of Mushroom Soup V 87 kcal	Leek & Potato Soup V 62 kcal	
Starters ST 1	Devilled Eggs 155 kcal	Traditional Prawn Cocktail, Brown Bread & Butter 329 kcal	Stilton Rarebit V 278 kcal	Southern Fried Chicken Strips, BBQ Sauce Dip, Carrot, Pepper & Onion Slaw 242 kcal	Minted Melon & Grapefruit Cocktail V 60 kcal	Pear, Blue Cheese, Radicchio & Walnut Salad V 166 kcal	Chicken Liver Pate, Red Onion Chutney & Melba Toast 397 kcal	
Main Course M 1	Pork Stroganoff, Steamed White Rice, Roasted Celeriac & Courgettes 768 kcal	Steak & Kidney Pie, Mash Potato, Sauteed Kale & Broccoli with Garlic Butter 846 kcal	Roast Gammon, Sage & Onion Stuffing, Roast Potatoes, Parsnip & Swede Mash, Broccoli & Parsley Sauce 1194 kcal £5.00	Traditional Fish Pie, Wilted Greens & Carrots 590 kcal	Haddock & Chips, Garden Peas or Mushy Peas, Tartare Sauce & Lemon Battered – 711 kcal Grilled – 548 kcal	Lamb & Mint Pasty, Baby Potatoes & House Salad 764 kcal	Roast Topside of Beef, Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy 950 kcal £5.00	
Main Course M 2	Poached Smoked Haddock, Bubble & Squeak, Spinach, Poached Egg, Grain Mustard Butter Sauce 608 kcal	Grilled Salmon Fillet, Baby Potatoes, Roasted Swede & Broccoli, Caper & Lemon Butter Sauce 836 kcal £7.00	Smoked Fish & Spinach Risotto, House Salad 365 kcal	Lamb Curry, Steamed White Rice, Poppadom & Mango Chutney 675 kcal	Baked Chicken Thighs, Bubble & Squeak, Seasonal Vegetable & a Mushroom, White Wine & Tarragon Cream Sauce 636 kcal	Smoked Salmon & Avocado, Two Poached Eggs Served on an English Muffin 516 kcal	Prawn & Smoked Haddock Crumble, Seasonal Vegetables & Chive Sauce 541 kcal	
Vegetarian Main Course Vegetarian Option (VO)	Mushroom Stroganoff, Steamed White Rice, Roasted Celeriac & Courgettes V 609 kcal	Vegetable Pie, Mash Potato, Sauteed Kale & Broccoli with Garlic Butter V 651 kcal	Ratatouille Filled Pepper, Roast Potatoes, Parsnip & Swede Mash, Broccoli & Gravy V 684 kcal	Vegetable Curry, Steamed White Rice, Poppadom & Mango Chutney V 427 kcal	Crispy Breaded Aubergine, Bubble & Squeak, Seasonal Vegetable & a Mushroom, White Wine & Tarragon Cream Sauce V 537 kcal	Cheese & Onion Pasty, Baby Potatoes & House Salad V 594 kcal	Vegetable Wellington, Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables, Red Onion Gravy V 1051 kcal	
Dessert HD 1	Peach, Apricot & Sultana Puff Pastry Pie 225 kcal	Fig Pudding 447 kcal	Sticky Toffee Pudding, Toffee Sauce 342 kcal	Baked Fruit with Salted Caramel Sauce 314 kcal	Caramelised Peaches 129 kcal	Pumpkin Pie 350 kcal	Plum & Pear Crumble 213 kcal	
Dessert CD 1	Baked Fruit with Yoghurt & Honey 214 kcal	Tiramisu 378 kcal	Vanilla & Blueberry Cheesecake 375 kcal	Winter Berry Eton Mess 173 kcal	Chocolate Mousse 114 kcal	Lime Mousse 171 kcal	Fruits of the Forest Sundae 481 kcal	

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Week 4	Start Date	Name				Apartment no	Small Portions	Yes/no
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Fresh Soup, Bread Roll and Butter	Vegetable Soup V 81 kcal	Lentil & Red Pepper Soup V 100 kcal	Tomato Soup V 75 kcal	Lentil & Bacon Soup 120 kcal	Sweet Potato Soup V 95 kcal	Celery Soup V 60 kcal	French Onion Soup 137 kcal	
Starters ST 1	Deep Fried Breaded Whitebait , Roasted Garlic & Herb Mayo, Paprika & Lemon 293 kcal	Deville Kidneys on Toast 202 kcal	Potted Prawns with Toast 298 kcal	Classic Greek Salad with Tomato, Cucumber, Red Onion, Black Olives & Feta Cheese V 172 kcal	Melon & Orange Cocktail V 57 kcal	Crispy Breaded Mushrooms , Blue Cheese Dip V 276 kcal	Goat's Cheese, Beetroot & Apple Salad V 256 kcal	
Main Course M 1	Chicken & Leek Pie , Mash Potato, Green Beans & Honey Roasted Carrots, Gravy 779 kcal	Traditional Beef Lasagne , Garlic Bread & House Salad 705 kcal	Roast Turkey , Apple & Apricot Stuffing, Roast Potatoes, Seasonal Vegetables & Gravy 865 kcal £5.00	Cumberland Sausage Ring , Mash Potato, Crispy Onion Rings & Onion Gravy 512 kcal	Haddock & Chips , Garden Peas or Mushy Peas, Tartare Sauce & Lemon Battered – 711 kcal Grilled – 548 kcal	Traditional Cottage Pie , Cheddar Cheese Crust, Seasonal Vegetables & Gravy 833 kcal	Roast Leg of Lamb , Roast Potatoes, Roasted Ratatouille Vegetables, Green Beans & Gravy 962 kcal £5.00	
Main Course M 2	Chilli Con Carne , Steamed White Rice, Tortillas, Sour Cream & Grated Cheese 1182 kcal	Salmon en Croute , Spring Onion Mash, Roasted Beetroot & Root Vegetables, Lemon Hollandaise Sauce 1274 kcal £7.00	Tuna & Sweetcorn Pasta Bake , House Salad & Garlic Bread 589 kcal	Smoked Mackerel & Roasted Beetroot Risotto , House Salad 639 kcal	Braised Beef Steak , Bubble & Squeak, Roasted Root Vegetables, Red Wine Sauce 693 kcal	Kedgeree Style Fishcake , Spinach, Grilled Tomato & Mango Salsa 643 kcal	Crispy Breaded Plaice , Roasted Ratatouille Vegetables, Sauté Potatoes & Basil Pesto 660 kcal	
Vegetarian Main Course Vegetarian Option (VO)	Chilli Bean Con Carne , Steamed White Rice, Tortillas, Sour Cream & Grated Cheese V 494 kcal	Mushroom, Spinach & Aubergine Lasagne , Garlic Bread & House Salad V 347 kcal	Broccoli & Sweetcorn Pasta Bake , House Salad & Garlic Bread V 597 kcal	Vegetarian Bangers & Mash , Crispy Onion Rings & Onion Gravy 599 kcal	Butter Roasted Cauliflower Steak , Bubble & Squeak, Roasted Root Vegetables & Gravy V 327 kcal	Vegetarian Cottage Pie , Cheddar Cheese Crust, Seasonal Vegetables & Gravy V 479 kcal	Vegetable Nut Roast , Roast Potatoes, Roasted Ratatouille Vegetables, Green Beans & Gravy V 963 kcal	
Dessert HD 1	Honey, Almond & Yoghurt Cake 263 kcal	Warm Bakewell Tart 457 kcal	Rice Pudding, Stewed Prunes 375 kcal	Date & Ginger Pudding 588 kcal	Apricot & Walnut Cake 364 kcal	Mixed Fruit Pie 362 kcal	Spotted Dick 581 kcal	
Dessert CD 1	Lemon & Blueberry Mousse 358 kcal	Peach Melba 299 kcal	Chocolate & Cherry Trifle 351 kcal	Apple Tart 292 kcal	Vanilla Panna Cotta, Mixed Berries 357 kcal	Fruits of the Forest Jelly, Chantilly Cream 340 kcal	Banana Split 543 kcal	
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