

♥ Heart Healthy

	Breakfast	Lunch	Dinner
M O N	Continental Choice of 8 cereals Fruits & yoghurts / soy milks Poached eggs Sausages	Spaghetti Carbonara Bread & spreads Fresh fruit Fruit juice Scones Plain SELF SERVICE TOASTIE PIE	Walliser Hackbraten ♥ Arroz con pollo/Mexican chicken-rice d Bean and almond patties Savoury sauce potato Seasonal fresh vegetables Pain au chocolat / Danish chocolate pas
T U E	Continental Choice of 8 cereals Fruits & yoghurts / soy milks Scrambled egg Hashbrowns Spaghetti	Baked potato lots-a-topping Bread & spreads Fresh fruit Fruit juice Bread buns SELF SERVICE TOASTIE PIE	Oriental Lamb Casserole Chicken Bites with dressing ♥ African beans Fondant potatoes Rice Seasonal fresh vegetables Ice cream surprise of the day
W E D	Continental Poached eggs Spaghetti Bacon Pancake / Pikelets Sausages	Hand battered hot doggy Bread & spreads Fresh fruit Fruit juice Muffins bran SELF SERVICE TOASTIE PIE	Sweet and sour pork Chicken nuggets and chili ♥ Spicy vegetarian rice burritos Mashed potatoes Rice Seasonal fresh vegetables Berrycrush Whip
T H U	Continental Choice of 8 cereals Scrambled egg Baked beans	Savoury Macaroni Cheese Bread & spreads Fresh fruit Fruit juice Hokey Pokey Biscuit SELF SERVICE TOASTIE PIE	Succulent meatballs on red wine gravy ♥ Curried Chicken with fruit ♥ Vegetarian samosas Potatoes au gratin Rice Seasonal fresh vegetables Chocolate Donuts
F R I	Continental Choice of 8 cereals Fruits & yoghurts / soy milks Poached eggs Bacon	♥ Beef and lettuce Torpedo Bread & spreads Fresh fruit Fruit juice Cheese Scones SELF SERVICE TOASTIE PIE	♥ Penne a la marinara Spicy Lamb nuggets Corn Nuggets with S&S sauce Chips/French fries Seasonal fresh vegetables Hot Fudge Pudding & runny cream
S A T	Continental Choice of 8 cereals Fruits & yoghurts / soy milks Eggs Spaghetti	Wedges sour cream Bread & spreads Fresh fruit Fruit juice Inhouse Baking SELF SERVICE TOASTIE PIE	♥ Marinated Beef Steak Vegetarian BBQ Pizza (2nd choice 4all) Sautéed potatoes Seasonal fresh vegetables Banana cake
S U N	Continental Choice of 8 cereals Fruits & yoghurts / soy milks Assorted flavoured Milk Croissants	Brunch ♥ Filled baguette Bread & spreads Hot dish of the day Fresh fruit Fruit juice Contin. B/F served during Sunday lunch	♥ CARVERY: Hot Glazed Ham on t/Bone ♥ Chicken & cashews Spanakopita (GREECE) Croquette potatoes Seasonal fresh vegetables Formal dinner dessert surprise