

♥ Heart Healthy

	Breakfast	Lunch	Dinner
M O N	Continental Hashbrowns Poached eggs Sausages	♥ Hot roast of the day panini Bread & spreads Fresh fruit Fruit juice Natural yoghurt Pita bread Inhouse Baking SELF SERVICE TOASTIE PIE	Shepherds Pie ♥ Szechwan baked chicken (China) Vegetarian shepherd's pie Rice Seasonal fresh vegetables Jelly fruit and cream
T U E	Continental Scrambled egg Bacon Baked beans	Cornish Mince pastie Bread & spreads Fresh fruit Fruit juice Cheese puffs SELF SERVICE TOASTIE PIE	Texas Pork and Slaw Sub Sweet and sour Wontons ♥ Sweet & Sour Tofu on Rice Chateau potatoes Rice Salads Ice cream and topping
W E D	Continental Pancake / Pikelets Maple syrup Full Grain Bread Poached eggs Sausages Spaghetti	Italian Casserole Bread & spreads Fresh fruit Fruit juice Date scones SELF SERVICE TOASTIE PIE	Herb Baked Chicken Breast ♥ Beef Olives in gravy Bean and spinach Lasagna Fondant potatoes Rice Seasonal fresh vegetables Hot Fudge Pudding & runny cream
T H U	Continental Hashbrowns Poached eggs Baked beans	Rarebit / toasted cheese/bacon bun Bread & spreads Fresh fruit Fruit juice Inhouse Baking SELF SERVICE TOASTIE PIE	♥ Corned beef Tandori Chicken rice pilav Curried Egg Florentine on rice and Cash Mashed potatoes Rice Seasonal fresh vegetables Danish Apricot and Custard
F R I	Continental Eggs Bacon Spaghetti	Bacon and Vege Fried Rice Bread & spreads Fresh fruit Fruit juice Garlic buns SELF SERVICE TOASTIE PIE	Seafood basket and lemon mayo Fettuccine Alfredo Vegetarian Fettuccine Alfredo Rice Chips/French fries Evening salad buffet Ice cream and topping
S A T	Continental Scrambled egg	Steak and Cheese pie Bread & spreads Fresh fruit Fruit juice Scones Pinwheels SELF SERVICE TOASTIE PIE	Chicken Korma (India) Piccata Milanese (Italy) Mixed grain stuffed Mushrooms Rice Roast potatoes Seasonal fresh vegetables Creamed Donuts
S U N	Continental Spicy Fruit Loaf Assorted flavoured Milk	Brunch ♥ Filled baguette Hot dish of the day Tossed lettuce Bread & spreads Fresh fruit Fruit juice Contin. B/F served during Sunday lunch	Baked ham on the bone Chicken and Mushroom Vol au vent Zucchini -feta pancakes Gourmet Potatoes Seasonal fresh vegetables Rice Formal dinner dessert surprise