

♥ Heart Healthy

	Breakfast	Lunch	Dinner
<b>M O N</b>	Continental Spaghetti Poached eggs	♥ Filled pita bread Bread & spreads Fresh fruit Fruit juice Grated cheese Ham, Salami & Pastrami Muffins Blueberry SELF SERVICE TOASTIE PIE	♥ Chicken Vindaloo ♥ Moroccan Lamb Tofu Stir-Fry with Peanut Steamed potatoes Rice Seasonal fresh vegetables  Pineapple upside down
<b>T U E</b>	Continental Baked beans	Pizza Bread & spreads Fresh fruit Fruit juice Ham, Salami & Pastrami Chocolate Fudge Square SELF SERVICE TOASTIE PIE	Angellino e pasta con pomodore ITALY Wiener Schnitzel ♥ Pasta with tomato and lentil sauce Mashed potatoes Seasonal fresh vegetables  Ice cream and topping
<b>W E D</b>	Continental Poached eggs Full Grain Bread Hashbrowns Sausages Spaghetti Crumpets	Cold meats & Specialty breads Bread & spreads Fresh fruit Fruit juice  Biscuit/Cookie SELF SERVICE TOASTIE PIE	Crumbed Fish fillet & Tartar Sauce Pork chops and apple sauce Kroketes me Ryzi (Greece) Fresh oven baked wedges Rice Seasonal fresh vegetables  Cheesecake Chantilly
<b>T H U</b>	Continental Baked beans Poached eggs	Risotto with smoked chicken and tomato Bread & spreads Fresh fruit Fruit juice  Cyprus crisps (garlic bread) SELF SERVICE TOASTIE PIE	♥ Sauerbraten (Swiss) "SUURE MOCKKE" ♥ Coq au vin (Chicken in red wine) France ♥ Curry Falafel and dressing of the day Parsley Potato Rice Seasonal fresh vegetables  Peach / apricot crumble Anglaise
<b>F R I</b>	Continental Spaghetti Eggs	Cornish Mince pastie Bread & spreads Fresh fruit Fruit juice  Inhouse Baking SELF SERVICE TOASTIE PIE	♥ Pan fried fish & lemon wedges Chinese Honey Chicken Kebabs Ode to chang kung Chips/French fries Evening salad buffet  banana cake
<b>S A T</b>	Continental Eggs	Cream Potato bake Bread & spreads Fresh fruit Fruit juice  Chocolate chip muffins SELF SERVICE TOASTIE PIE	Chicken a la King ♥ Beef Stroganoff Self-Crusting Lentil and Tomato Quiche Mashed potatoes Rice Seasonal fresh vegetables  Ice cream and topping
<b>S U N</b>	Continental Hot breakfast served until 9 am Spicy Fruit Loaf Assorted flavoured Milk	Brunch ♥ Filled croissants Hot dish of the day Fruit juice Fresh fruit  Contin. B/F served during Sunday lunch	Carvery Leg of Roast Lamb on the bone Ginger & Garlic cr. Chicken Schnitzel Vegetarian Lasagna Roast potatoes Seasonal fresh vegetables Rice  Formal dinner dessert surprise