

# Breakfast



MILTON  
ABBEY



All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hydration	Juice & Water Infusion, Fairtrade Tea & Coffee	Juice & Water Infusion, Fairtrade Tea & Coffee	Juice & Water Infusion, Fairtrade Tea & Coffee	Juice & Water Infusion, Fairtrade Tea & Coffee	Juice & Water Infusion, Fairtrade Tea & Coffee	Juice & Water Infusion, Fairtrade Tea & Coffee	Breakfast Served in Houses
Hot Choice	Grilled Back Bacon Poached Egg Sauté Potato Baked Beans	Scrambled Egg <b>Waffles</b> With a Selection of Toppings and Fillings	Pork Sausage Boiled Egg Breakfast Bubble Field Mushroom	Bagels  Cream Cheese Smoked Streaky Bacon	Grilled Back Bacon Fried Eggs Hash Browns Grilled Tomato	Garlic Mushrooms Scrambled Eggs Baked Beans Tinned Plum Tomatoes	
Breakfast Items	Selection of Breakfast Cereals  Yoghurt Station – with Fresh Fruit, Puree’s & Toppings  Toasting Station – with Bread, Spreads & Preserves	Selection of Breakfast Cereals  Yoghurt Station – with Fresh Fruit, Puree’s & Toppings  Toasting Station – with Bread, Spreads & Preserves	Selection of Breakfast Cereals  Yoghurt Station – with Fresh Fruit, Puree’s & Toppings  Toasting Station – with Bread, Spreads & Preserves	Selection of Breakfast Cereals  Yoghurt Station – with Fresh Fruit, Puree’s & Toppings  Toasting Station – with Bread, Spreads & Preserves	Selection of Breakfast Cereals  Yoghurt Station – with Fresh Fruit, Puree’s & Toppings  Toasting Station – with Bread, Spreads & Preserves	Selection of Breakfast Cereals  Yoghurt Station – with Fresh Fruit, Puree’s & Toppings  Toasting Station – with Bread, Spreads & Preserves	
Fruit	Seasonal Dried & Cut Fruit	Seasonal Dried & Cut Fruit	Seasonal Dried & Cut Fruit	Seasonal Dried & Cut Fruit	Seasonal Dried & Cut Fruit	Seasonal Dried & Cut Fruit	



# Lunch



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Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup & accompaniments	Moroccan Vegetable Freshly Baked Bread	Roasted Pepper Freshly Baked Bread	Parsnip Freshly Baked Bread	Thai Carrot Freshly Baked Bread	Harissa Green Lentil Freshly Baked Bread	Pea & Mint Freshly Baked Bread	Juice & Water Infusion, Fairtrade Tea & Coffee
Main	Lamb and Green Lentil Bhuna	Jacket Potato and Baguette Bar	Roast Gammon	Cottage pie	Milton Abbey Chip Shop	Saturday Deli Bar  Artisan Breads Filled With a Selection of Meats, Cheeses & Salad.	Sunday Brunch  Traditional Butcher's Sausage Smoked Back Bacon Scrambled Eggs Boiled Eggs Grilled Tomatoes Baked Beans Grilled Mushrooms Crushed Avocado Sliced Cold Meats Sliced Cheese  Hot Porridge  Cereal bar  Yoghurt station Toast & preserves Freshly Baked pastries
Vegetarian	Chickpea and Tomato Bhuna	Tofu and spinach	Vegetable crumble	Vegetable cottage pie			
On the side	Pilau Rice Naan Bread Onion Bhaji Saag Aloo Cucumber Raita	Sauté potatoes Lamb and mint sausage Chilli beef Baked beans Cheese Cold selection	Roast potatoes Carrots Peas Broccoli Bead sauce Gravy	Green beans Parsnips Dressed butternut	Mushy Peas Garden Peas Baked Beans Chips Tartar Sauce Chip Shop Curry Sauce	A Selection of Chutneys  Freshly Made Hummus  Potato Wedges  Salads	
Jacket & Pasta Bar	Baked Beans & Cheddar Cheese	Baked Beans & Cheddar Cheese	Baked Beans & Cheddar Cheese	Baked Beans & Cheddar Cheese	Baked Beans & Cheddar Cheese	Baked Beans & Cheddar Cheese	
	Slow Roasted Tomato Pasta Pasta Dish Of The Day	Slow Roasted Tomato Pasta Pasta Dish Of The Day	Slow Roasted Tomato Pasta Pasta Dish Of The Day	Slow Roasted Tomato Pasta Pasta Dish Of The Day	Slow Roasted Tomato Pasta Pasta Dish Of The Day	Slow Roasted Tomato Pasta Pasta Dish Of The Day	
Dessert	Crumble Bar & Custard	Roast Pineapple Cake & Custard	Baked Apple Pastry Slice Cream	Steamed Fruit Sponge & Custard	Fun Friday Puddings	Cheesecake Pots	
Daily	Freshly Made Seasonal Salad Bar, Yoghurt, Fruit Pots	Freshly Made Seasonal Salad Bar, Yoghurt, Fruit Pots	Freshly Made Seasonal Salad Bar, Yoghurt, Fruit Pots	Freshly Made Seasonal Salad Bar, Yoghurt, Fruit Pots	Freshly Made Seasonal Salad Bar, Yoghurt, Fruit Pots	Freshly Made Seasonal Salad Bar, Yoghurt, Fruit Pots	Seasonal Whole & Cut Fruit

# Supper



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All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main	<p><b><u>German Night</u></b></p> <p>Schnitzel Wurst/Bratwurst Vegetarian Frankfurter</p> <p>Baked Potatoes Sauerkraut Cucumber Salad</p>	Spaghetti Bolognese	Moroccan lamb	<p><b><u>Mexican Night</u></b></p> <p>Beef Chilli Chicken Burritos Sweet Potato and Feta Quesadilla</p> <p>Mexican Spiced Rice Empanadas Loaded Nachos Corn On The Cob Homemade Slaw Roasted Vegetable</p>	Howe's Fried Chicken	<p><b>Boarders' Choice</b></p>	Lasagne
Vegetarian		Quorn Bolognese	Broccoli & Chestnut Mushroom Chow Mein		Howe's Fried Mozzarella		Pasta bake
On The Side		Homemade Garlic Bread	Noodles Sesame Pak Choy & Courgette Stir Fried Vegetables Prawn Crackers Homemade Flat Bread		Sweet Potato Chunks Pickled Slaw Baked BBQ Beans Chipotle Mayo Louisiana BBQ Sauce		Macaroni cheese Dressed broccoli Garlic potatoes
Jacket & Pasta Bar	Baked Beans & Cheddar Cheese	Baked Beans & Cheddar Cheese	Baked Beans & Cheddar Cheese	Baked Beans & Cheddar Cheese	Baked Beans & Cheddar Cheese	Baked Beans & Cheddar Cheese	Baked Beans & Cheddar Cheese
	Slow Roasted Tomato Sauce, Chefs Special	Slow Roasted Tomato Sauce, Chefs Special	Slow Roasted Tomato Sauce, Chefs Special	Slow Roasted Tomato Sauce, Chefs Special	Slow Roasted Tomato Sauce, Chefs Special	Slow Roasted Tomato Sauce, Chefs Special	Slow Roasted Tomato Sauce, Chefs Special
Salad	A Selection of Simple Salads & Dressings	A Selection of Simple Salads & Dressings	A Selection of Simple Salads & Dressings	A Selection of Simple Salads & Dressings	A Selection of Simple Salads & Dressings	A Selection of Simple Salads & Dressings	A Selection of Simple Salads & Dressings
Hot Dessert	Apple Strudel	Lemon Meringue Pie	Chocolate & Orange Cake	Churros with Chocolate Sauce	Vanilla Cheesecake	Doughnuts	Apple Pie & custard
Daily	Fruit Bowl, Sliced Fruit	Fruit Bowl, Sliced Fruit	Fruit Bowl, Sliced Fruit	Fruit Bowl, Sliced Fruit	Fruit Bowl, Sliced Fruit	Fruit Bowl, Sliced Fruit	Fruit Bowl, Sliced Fruit

# Breakfast



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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hydration	Juice & Water Infusion, Fairtrade Tea & Coffee	Juice & Water Infusion, Fairtrade Tea & Coffee	Juice & Water Infusion, Fairtrade Tea & Coffee	Juice & Water Infusion, Fairtrade Tea & Coffee	Juice & Water Infusion, Fairtrade Tea & Coffee	Juice & Water Infusion, Fairtrade Tea & Coffee	Breakfast served in houses
Hot Choice	Pork Sausage Poached Egg Sauté Potato Baked Beans	<b>Croissants</b> Ham Sliced Cheese	Smoked Bacon Poached Egg Sauté Potato Baked Beans	<b>Pancakes</b> With A Selection of Toppings & Fillings  Scrambled Egg	Lincolnshire Sausage Fried Egg Hash Browns Grilled Tomato	Chestnut Mushrooms Scrambled Egg Baked Beans Tinned Plum Tomatoes	
Breakfast Items	Selection of Breakfast Cereals  Yoghurt Station – with Fresh Fruit, Puree's & Toppings  Toasting Station – with Bread, Spreads & Preserves	Selection of Breakfast Cereals  Yoghurt Station – with Fresh Fruit, Puree's & Toppings  Toasting Station – with Bread, Spreads & Preserves	Selection of Breakfast Cereals  Yoghurt Station – with Fresh Fruit, Puree's & Toppings  Toasting Station – with Bread, Spreads & Preserves	Selection of Breakfast Cereals  Yoghurt Station – with Fresh Fruit, Puree's & Toppings  Toasting Station – with Bread, Spreads & Preserves	Selection of Breakfast Cereals  Yoghurt Station – with Fresh Fruit, Puree's & Toppings  Toasting Station – with Bread, Spreads & Preserves	Selection of Breakfast Cereals  Yoghurt Station – with Fresh Fruit, Puree's & Toppings  Toasting Station – with Bread, Spreads & Preserves	
Fruit	Seasonal Dried & cut Fruit	Seasonal whole & cut Fruit	Seasonal Dried & cut Fruit	Seasonal Dried & cut Fruit	Seasonal Dried & cut Fruit	Seasonal Dried & cut Fruit	











