

Reach  
your

# FULL PGL POTENTIAL



with our delicious menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**BREAKFAST**

### AVAILABLE EVERYDAY

Fruit yogurts. Selection of dried fruits. Platter of fresh fruit. Fruit juice | Croissants or pain au chocolat baked on site | Fresh bread | Portions of Jam and honey | Selection of fresh cheese | Cereals



**LUNCH**

### AVAILABLE EVERYDAY

Prepare your own packed lunch. Make a sandwich or salad box from the following choices - ham, turkey, cheese, tuna mayonnaise, eggs, cheese, salad, jam or honey. Crisps, biscuits and fruit.



**DINNER**

**AVAILABLE EVERYDAY**

Soup of the Day  
Cold meat platter and salad bar  
choice of meat, vegetarian option or vegan

Breaded Turkey Fillet  
Mushroom Stroganoff  
Tomato sauce  
**Side**  
Plain potato wedges & Couscous  
Peas & Baby Carrots  
Peaches & cream

Bolognaise Sauce  
Vegetable Bolognaise  
**Side**  
Spaghetti & Garlic Bread  
Broccoli & Glazed mixed vegetables  
Chocolate mousse

Roast Loin of Pork  
Pineapple sauce  
Tomato, cheese and basil quiche  
**Side**  
Noisette Potatoes & Rice  
Cauliflower & Julienne Vegetables  
Sugar-Dusted Ring Donut

Chicken in Red Wine Sauce  
Three Cheese Tart  
**Side**  
Roast potatoes & Butterfly Pasta  
Mixed Green Vegetables & Sliced Carrots  
Apricot tarte

Battered Fish Fillet  
Tartare Sauce  
Vegetable Lasagne  
**Side**  
"Steakhouse" chips  
Peas & sweetcorn  
Ice cream

Beef Lasagne  
Vegetable Rissotto  
**Side**  
Plain potato wedges & Garlic Bread  
Broccoli & Roasted Mixed Peppers  
Lemon Drizzle Cake

Roast Turkey  
Mushroom sauce  
Vegetable Vol au vent  
**Side**  
Dauphinois Potatoes & couscous  
Roasted Tomatoes & Green Beans  
Chocolate Eclair

For your last evening, we offer you a tasting of snails

## Healthy Choices

Available daily

Fresh fruit

- every mealtime



Unlimited salad

- from our salad bar, lunch & dinner

## Unlimited Drinks

Coffee, tea, chilled squash

## Dietary & Allergens

We can cater for a wide variety of food requirements when notified in advance, including allergies, intolerances, medical conditions, and those specified by culture and religion.

It may not always be possible to cater for more specific diets such as weight management programmes, organic etc.

Some of our dishes contain ingredients that are produced in a factory which handles nuts - please ask us for more information.

This menu applies to weeks commencing:  
31/7, 14/8, 28/8, 11/09, 25/09, 09/10, 23/10, 6/11, 20/11, 4/12, 18/12

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## DINNER

### AVAILABLE EVERYDAY

Soup of the Day  
Cold meat platter and salad bar  
choice of meat, vegetarian option or vegan

Chipolata Sausages  
Vegetable sausages  
Onion Gravy  
**Side**  
Mashed potato & Tricolour Pasta  
Peas & Baby Carrots  
Peaches & cream

Chicken Breast  
Creamy Garlic & Herb Sauce  
Sweet Potato & Chickpea Curry  
**Side**  
Noisette Potatoes & Rice  
Broccoli & Glazed mixed vegetables  
Chocolate mousse

Beef Meat Balls  
Spicy Tomato Sauce  
Vegetable Falafels  
**Side**  
Sautéed Potatoes & Coquillettes Pasta  
Cauliflower & Julienne Vegetables  
Sugar-Dusted Ring Donut

Roast Pork  
Apple Sauce  
Goats Cheese Tart  
**Side**  
Dauphinois Potatoes & couscous  
Mixed Green Vegetables & Sliced Carrots  
Apricot tarte

Cod Fillet or Chorizo Pizza  
Creamy Dill Sauce  
Cheese & Tomato Pizza  
**Side**  
Chips  
Peas & sweetcorn  
Ice cream

Chicken Breast with cheese  
BBQ sauce  
Chickpea & Vegetable Ragout  
**Side**  
Broccoli & Roasted Mixed Peppers  
Lemon Drizzle Cake

Roast Beef  
Peppercorn sauce  
Leek tart  
**Side**  
Crunchy potato Cubes & Pasta  
Roasted Tomatoes & Green Beans  
Chocolate Eclair

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This menu applies to weeks commencing:  
7/8, 21/8, 4/09, 18/09, 2/10, 16/10, 30/10, 13/11, 27/11, 11/12