

LUNCH MENU WEEK 1
W/C 9th and 30th July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST 8-9.15AM	BREAKFAST 8-9.15AM	BREAKFAST 8-9.15AM	BREAKFAST 8-9.15AM	BREAKFAST 8-9.15AM	BREAKFAST 8-9.15AM	BREAKFAST 7-8AM
CROISSANTS & PASTRIES, BOILED EGG, HASH BROWN, SLICED HAM & CHEESE, TOMATO, CUCUMBER, TOAST, CEREALS & SPREADS, YOGHURT, FRUIT, JUICE, TEA & COFFEE, HOT CHOCOLATE	CROISSANTS & PASTRIES, BOILED EGG, HASH BROWN, SLICED HAM & CHEESE, TOMATO, CUCUMBER, TOAST, CEREALS & SPREADS, YOGHURT, FRUIT, JUICE, TEA & COFFEE, HOT CHOCOLATE	CROISSANTS & PASTRIES, BOILED EGG, HASH BROWN, SLICED HAM & CHEESE, TOMATO, CUCUMBER, TOAST, CEREALS & SPREADS, YOGHURT, FRUIT, JUICE, TEA & COFFEE, HOT CHOCOLATE	CROISSANTS & PASTRIES, BOILED EGG, POTATO WAFFLE, SLICED HAM & CHEESE, TOMATO, CUCUMBER, TOAST, CEREALS & SPREADS, YOGHURT, FRUIT, JUICE, TEA & COFFEE, HOT CHOCOLATE	CROISSANTS & PASTRIES, BOILED EGG, HASH BROWN, SLICED HAM & CHEESE, TOMATO, CUCUMBER, TOAST, CEREALS & SPREADS, YOGHURT, FRUIT, JUICE, TEA & COFFEE, HOT CHOCOLATE	FULL ENGLISH BREAKFAST BACON, SAUSAGE, EGG OF THE DAY, BEANS, POTATO WAFFLES, PLUM TOMATO, TOAST & SPREADS, CEREAL, YOGHURT, FRUIT, JUICE, TEA & COFFEE, HOT CHOCOLATE + VEGGIE OPTION	CROISSANTS & PASTRIES, BOILED EGG, HASH BROWN, SLICED HAM & CHEESE, TOMATO, CUCUMBER, TOAST, CEREALS & SPREADS, YOGHURT, FRUIT, JUICE, TEA & COFFEE, HOT CHOCOLATE
LUNCH 1.00-2.00 PM	LUNCH 1.00-2.00 PM	LUNCH 1.00-2.00 PM	LUNCH 1.00-2.00 PM	Packed Lunch	LUNCH 1.00-2.00 PM	Packed Lunch
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Packed Lunch	Soup of the Day	Packed Lunch
Chilli Con Carne with Corn Chips, Sour Cream and Cheese	Chicken Milanese with a Spiced Tomato Basil Sauce and Buttered Spaghetti	Tikka Spiced Chicken Legs with Grilled Limes, Cucumber and Mint Yoghurt	Braised Spiced Pork Wraps with Sour Cream ,Guacamole and Salsa	Roast Chicken Salad or Feta & Chargrilled Pepper Sandwich	Classic Shepherds Pie	Roast Chicken Salad Sandwich or Mozzarella Tomato and Pesto Sandwich
Sweet and Sour King Prawn Stir-Fry	Grilled Plaice Fillets with Fried Capers & Lemon Parsley Butter Sauce	Miso Glazed Cod with Pickled Ginger	Grilled Pollock with Harissa and Lemons		Roasted Cod with Pesto Comfit, Cherry Tomatoes and Pea Shoots	
Vegetable and Mixed Bean Chilli	Goats Cheese and Red Onion Tart	Summer Vegetable Risotto with Basil Oil	Spiced Vegetable and Black Eyed Bean Tacos		Jacket Potatoes with a Vegetable and Bean Ragù and Grated Cheese	
Vegetable Braised Rice	Spaghetti / Herb Potatoes	Baby Garlic Roast Potatoes	Potato Bravas		Potatoes of the Day	
Shredded Lettuce, Red Onion, Tomato, Pesto	Sauté Mixed Panache	Green Beans	Corn Cobs, Sautéed Peppers and Onions		Vegetable Panache	
Sweetcorn and Peppers		Sauté Courgettes	Salsa, Sour Cream & Guacamole			
Salad Bar	Salad Bar	Salad Bar	Salad Bar		Salad Bar	
Freshly Cut Fruit	Freshly Cut Fruit	Freshly Cut Fruit	Freshly Cut Fruit		Freshly Cut Fruit	
Dinner 7-8 PM	Dinner 7-8 PM	Dinner 7-8 PM	Dinner 7-8 PM	Dinner 7-8 PM	Dinner 7-8 PM	Dinner 7-8 PM
HURST BBQ	Braised Beef with a Creamy Chestnut Mushroom Sauce	Chicken, Tomato and Basil Pasta Bake	Hurst Pizza Bar	Roast Chicken	Pan Roasted Minute Steak with a Red Wine Jus	Hurst Pasta Bar
Hurst Sausages with Brioche Buns	Grilled Sea Trout with New Potatoes and Watercress Sauce	Beef Moussaka	Selection of Hurst Pizza	Roast Leg Lamb with Redcurrant Jelly	Grilled Bacon Loin Steak and Pineapple	Bolognaise or Carbonara Sauce
Chicken or Ground Beef Burger with Relish and Ketchup	Spanish Style Tortilla with Spiced Tomato Sauce and Crusty Bread	Aubergine and Courgette Bake with Feta	Hurst Vegetarian Pizza	Pumpkin Tortellini with Tomato & Thyme Sauce and Vegetable Crisps	Tomato Spinach and Feta Baklava	Tomato and Basil Sauce
Vegetable and Halloumi Kebabs with Pitta Bread	Buttered New Potatoes with Chives and Parsley	Focaccia Bread		Roast Potatoes	Potato Wedges	Garlic Bread
	Broccoli and Carrots	Panache of Seasonal Vegetables	Coleslaw & Potato Salad	Carrots and Savoy Cabbage	Tomatoes, Onion Rings, Mushrooms and Peas	
Salad Bar	Salad Bar	salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Selection of Ice Creams	Chocolate Sponge with Chocolate Sauce	Pineapple Upside Down Pudding	Banoffee Cheesecake	Profiteroles	Rocky Road Sundae	Coconut Macaroons