































































































































































# ARDVRECK MENU WEEK 1



























































































	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	Cereal, porridge, whole fruit & yoghurt, fruit juice, warm baked bread with honey & jam						
	Continental platters and pastries 	Smoothies, crispy bacon and mushrooms 	Potato waffles, baked beans, cheeses and fresh fruit platter 	Continental platters and pastries 	Hash browns, baked beans, smoothies and fruit platter 	Croque Monsieur and Smoothies	
<b>LUNCH</b>	<b>SOUP</b>	<b>SOUP</b>	<b>SOUP</b>	<b>SOUP</b>	<b>SOUP</b>	<b>SOUP</b>	
	Mushroom tarragon  	Lentil   	Lightly curried parsnip   	Cauliflower and smoked applewood cheese  	Roast butternut squash, coconut with a hint of chilli   	Lentil   	
	<b>MAIN</b>	<b>MAIN</b>	<b>MAIN</b>	<b>MAIN</b>	<b>MAIN</b>	<b>MAIN</b>	
	Sausage, bacon, eggs, baked beans, hash browns, mushrooms, & croissants 	Chicken & vegetable with noodles and black bean sauce 	Beef chilli taco sour cream, guacamole & rice 	'Barry's' curry with rice and naan  	Lasagne with garlic bread	Wholetail scampi, chunky chips, chip-shop mushy peas and homemade tartare sauce   	Creamy chicken pie served with mash potatoes & carrots
	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	
	Stir fry vegetable with noodles and black bean sauce  	Mixed bean chilli taco   	Potato and spinach curry with rice   	Gluten free lasagne & vegan lasagne  	Fishless fingers and gluten free wholetail scampi, chunky chips, chip-shop mushy peas and homemade tartare sauce   	Leek and mushroom pie  	
	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	
	Jam roly-poly with custard 	Lemon drizzle sponge, custard 	Carrot cake & cream cheese 	Belgian chocolate ice cream 	Chef's choice Cheesecake 	Fruit jelly and peaches and cream  	
Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit		
<b>SUPPER</b>	<b>Milk &amp; buns</b> 	Cookies 	Gunge cake 	Toffee mini muffin 	Cookies 	Choc mini muffin 	Cup cakes 
	Roast pork, roast potatoes and roasted root vegetables with Yorkshire pudding and gravy	Three cheese macaroni and garlic ciabatta	Sausage rolls served with chips and baked beans	Southern fried fish goujons, Duchess potatoes and petits pois 	Pork & apple burger on a brioche bun with fries and milkshake	Spaghetti carbonara and garlic bread	Pork sausage Casserole with roast potatoes and roasted vegetables 
	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
	Roast Quorn fillet with Yorkshire pudding and gravy 	Tomato oregano pasta 	Cheese and onion pasty served with chips and baked beans 	Vegan fishless fingers/ gluten free fish goujons served with Duchess potatoes and petits pois 	Gluten free and vegan burger on a brioche bun with fries and milkshake   	Gluten free and vegan Spaghetti carbonara & garlic bread   	Quorn sausage casserole  
	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
	Strawberry mousse  	Fruit corner  	Assorted cheese board and biscuits  	Churros and chocolate sauce 	Chocolate brownie 	Strawberry gateau 	Fruit crumble 
Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	
A comprehensive salad bar and baked potatoes with assorted fillings are also offered at every lunch and supper.							

## ARDVRECK MENU WEEK 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	Cereal, porridge, whole fruit & yoghurt, fruit juice, warm baked bread with honey & jam						
	Continental platters and pastries 	Continental platters and pastries 	Smoothies and pain au chocolate 	Pancakes, crispy bacon, maple flavoured syrup 	Continental platters and pastries 	Hash browns, baked beans, smoothies and fruit platter 	Croque Monsieur and smoothies 
<b>LUNCH</b>	<b>SOUP</b>	<b>SOUP</b>	<b>SOUP</b>	<b>SOUP</b>	<b>SOUP</b>	<b>SOUP</b>	<b>SOUP</b>
	Mushroom tarragon  	Lentil  	Lightly curried parsnip  	Cauliflower and smoked applewood cheese  	Roast butternut squash, coconut with a hint of chilli  	Lentil  	
	<b>MAIN</b>	<b>MAIN</b>	<b>MAIN</b>	<b>MAIN</b>	<b>MAIN</b>	<b>MAIN</b>	<b>MAIN</b>
	Sausage, bacon, eggs, baked beans, hash browns, mushrooms, & croissants	Penne Bolognese served with garlic bread	Smoked gammon, served with pineapple, potato croquettes & carrots 	Beef olives, rich onion gravy, creamy mashed potatoes with roasted root vegetables 	'Barry's' curry served with rice and poppadom's 	Breaded haddock, chunky chips, chip-shop curry sauce and petits pois  	Cottage pie served with green beans 
	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
	Vegan bolognese served with garlic bread  	Vegetable quiche served with potato croquettes & carrots 	Vegan sausages, rich onion gravy, mashed potatoes with roasted root vegetables  	Potato and spinach curry with rice and poppadom's  	Vegan fishless-fingers/ Gluten free haddock with chunky chips, chip-shop curry sauce and petits pois 	Meat free cottage pie served with green beans  	
	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
	Artic roll 	Syrup sponge and custard 	Banoffee tart 	Chocolate sponge and hot chocolate sauce 	Chef's choice Cheesecake 	Ardvreck mess 	
Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	
<b>SUPPER</b>	<b>Milk &amp; buns</b> 	Cookies 	Gunge cake 	Toffee mini muffin 	Cookies 	Choc mini muffin 	Cup cakes 
	Roast turkey, roast potatoes and roasted root vegetables with Yorkshire pudding and gravy 	Chicken and chorizo paella with Focaccia 	Steak night! Rump steak, served with mushrooms, tomatoes, chunky chips, onion rings with peppercorn sauce	Chicken pesto pasta parmesan with garlic bread	Beef burger, on a brioche bun, served with curly fries and optional cracked black pepper mayo  	Chargrilled chicken with egg fried rice and sweetcorn 	Pizza and Caesar Salad
	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
	Roast Quorn fillet with Yorkshire pudding and gravy 	Vegan vegetable paella   	Vegan steak, mushrooms, tomatoes, chunky chips, onion rings with peppercorn sauce  	Roasted vegetable pasta served with garlic bread   	Vegan and gluten free burger with curly fries  	Vegetable stir-fried rice, with optional Quorn goujons  	Pizza and Caesar Salad
	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
Chocolate mousse  	Fruit corner  	Assorted cheese board and biscuits  	Churros and chocolate sauce 	Chocolate brownie 	Strawberry gateau 	Fruit crumble and whipped cream 	
Whole fruit							

A comprehensive salad bar and baked potatoes with assorted fillings are also offered at every lunch and supper.

# ARDVRECK MENU WEEK 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	Cereal, porridge, whole fruit & yoghurt, fruit juice, warm baked bread with honey & jam						
		Continental platters and Pastries 	Smoothies & bacon and baked beans	Pork sausages and mini waffles 	Continental platters and pastries  	Hash browns, baked beans, smoothies and fruit platter  	Croque Monsieur and Smoothies
<b>LUNCH</b>		<b>SOUP</b>	<b>SOUP</b>	<b>SOUP</b>	<b>SOUP</b>	<b>SOUP</b>	<b>SOUP</b>
		Mushroom tarragon  	Lentil   	Lightly curried parsnip   	Cauliflower and smoked applewood cheese  	Roast butternut squash, coconut with a hint of chilli   	Lentil   
	<b>BRUNCH</b> Sausage, bacon, eggs, baked beans, hash browns, mushrooms, & croissants	<b>MAIN</b>	<b>MAIN</b>	<b>MAIN</b>	<b>MAIN</b>	<b>MAIN</b>	<b>MAIN</b>
		Chicken sweet and sour with rice and prawn crackers  	Meatballs in a rich tomato sauce with pasta	Crispy buttermilk chicken, crunchy cubed potatoes with steamed broccoli 	Beef cannelloni and garlic bread  	Chunky breaded haddock, with chunky chips, petits pois and homemade tartare sauce 	Lasagne served with garlic bread
		<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
		Sweet and sour stir fry with rice   	Vegan meatballs in a rich tomato sauce with pasta  	Crispy coated vegan-strips/ crispy gluten free buttermilk chicken, crunchy cubed potatoes with steamed broccoli   	Vegan and gluten free cannelloni and garlic bread   	Tempura battered vegetables with chunky chips, petits pois and homemade tartare sauce  	Vegetable lasagne served with garlic bread 
		<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
		Choc fudge cake and cream  	Apple crumble and custard 	Raspberry pavlova 	Mars bar crispy cake 	Chef's choice Cheesecake  	Magnum ice cream  
	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	
<b>SUPPER</b>	<b>Milk &amp; buns</b>	Cookies 	Gunge cake 	Muffins 	Cookies 	Viennese 	Cup cakes 
	Roast beef, roast potatoes and roasted root vegetables with Yorkshire pudding and gravy	Chicken goujons served with wedges and beans	Pork Medallions, onion rings, medley veg & dauphinois potatoes with a wholegrain mustard sauce 	Steak pie, served with baby potatoes, carrots and green beans	Crispy coated chicken burger, in a brioche bun with sweet potato fries served with an optional spicy mayo 	Chicken fajitas served with rice, guacamole and crème fraiche 	Chicken korma, with garlic and coriander bites 
	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>	<b>VEGETARIAN</b>
	Roast Quorn fillet, Yorkshire pudding   	Gluten free goujons/ vegan goujons served with wedges and beans  	Mushroom stroganoff  	Cauliflower cheese served with baby potatoes, carrots and green beans 	Veg burger with sweet potato fries served with an optional spicy mayo   	Vegetable fajitas served with rice and guacamole   	Vegetable Korma   
	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
	Strawberry mousse  	Fruit corner  	Assorted cheese boards and biscuits  	Churros and chocolate sauce  	Chocolate brownie 	Strawberry gateau  	Fruit crumble with custard 
Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	

A comprehensive salad bar and baked potatoes with assorted fillings are also offered at every lunch and supper.

**All Items are subject to availability**



Suitable for vegetarians



Suitable for vegans



Dairy Free



**CONTAINS  
SEAFOOD**

Contains fish



Gluten Free Option Available