

Reach
your

FULL PGL POTENTIAL



with our freshly prepared menu

MONDAY

TUESDAY

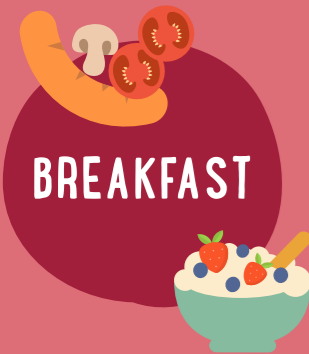
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (ve) Hash Browns	Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (ve) Mushrooms	Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (ve) Hash Browns	Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (ve) Mushrooms	Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (ve) Hash Browns	Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (ve) Mushrooms	Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (ve) Hash Browns
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Available every day: Choice of Cooked & Continental Breakfast | Continental Options - Porridge, Selection of Cereals, Assorted Yoghurts & White or Brown Toast & Jam



Pizza Choices: Pepperoni Margherita (v) Vegan Margherita (ve) Sides: Potato Wedges	Pasta Choices: Mac 'N' Cheese (v) Plant-based Bolognese (ve) Tomato & Basil (ve) Sides: Garlic Bread	Hot Dog Choices: Pork Hot Dog Plant-based Hot Dog (ve) Sides: Onions, Skinny Fries	Hot Sandwich Choices: Ham & Cheese Baguette Meatball Baguette (ve) Fish Finger Sandwich Sides: Crisps	Burger Choices: Beef Burger Plant-based Burger (ve) Sides: Cheese, Tomato Relish, Onions, Curly Fries	Tacos & Fajitas Choices: Chicken Plant-based (ve) Soft Wrap Crispy Shell Sides: Salsa, Tortilla Chips	Roast Dinner Choices: Roast Beef Vegan Sausage Rolls (ve) Sides: Carrots, Broccoli, Peas, Yorkshire Pudding, Roast Potatoes, Gravy
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Available every day: Homemade Soup of the Day or Tomato Soup & Bread Roll | Classic Sandwiches - Ham, Tuna Mayo or Cheese



Piri Piri Chicken Tuna Pasta Bake Spaghetti & Meatballs (ve) Sides: Curly Fries, Baby Corn, Green Beans	Bangers & Mash Chicken Chow Mein Sausage & Bean Stew (ve) Sides: Mashed Potato, Broccoli, Green Beans, Gravy	Meatball Lasagne Cod Goujons Plant-based Shepherd's Pie (ve) Sides: Garlic Bread, New Potatoes, Country Vegetables, Broccoli	Bacon Mac 'N' Cheese Chicken Kiev Vegetable Curry (ve) Sides: New Potatoes, Rice, Mangetout, Carrots	Fish & Chips Chicken Katsu Curry Vegan Fish Fingers (ve) Sides: Skinny Fries, Rice, Peas, Carrots	Fried Chicken Pulled Pork Filled Yorkshire Pudding Spaghetti Bolognese (ve) Sides: Mashed Potato*, Curly Fries, Broccoli, Baby Corn, Gravy*	Sweet Chilli Chicken Fish Fingers Butternut Squash Wellington (ve) Sides: Potato Wedges, Country Vegetables, Green Beans
Spaghetti Served with: Tomato Sauce, Grated Cheese	Penne Pasta Served with: Cheese Sauce, Grated Cheese	Penne Pasta Served with: Tomato Sauce, Grated Cheese	Penne Pasta Served with: Cheese Sauce, Grated Cheese	Penne Pasta Served with: Cheese Sauce, Grated Cheese	Spaghetti Served with: Tomato Sauce, Grated Cheese	Penne Pasta Served with: Cheese Sauce, Grated Cheese
Chocolate Fudge Cake with Ice Cream	Sticky Toffee Sponge Cake with Ice Cream	Chocolate Crispy Cake	Apple Crumble with Custard	Chocolate Eclairs	Belgian Waffles with Ice Cream	Chocolate Brownies

Available every day:
Dessert -
Classic Fruit Salad

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.

This menu applies to weeks commencing:
25/04, 9/05, 23/05, 6/06, 20/06, 4/07, 18/07,
1/08, 15/08, 29/08, 12/09, 26/09, 10/10, 24/10,
7/11, 21/11, 5/12, 19/12

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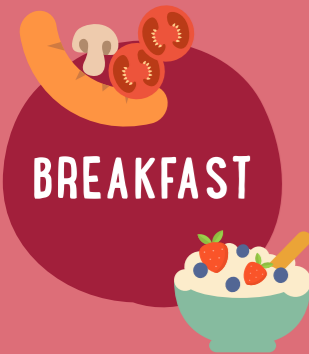
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Available every day: Choice of Cooked & Continental Breakfast | Continental Options - Porridge, Selection of Cereals, Assorted Yoghurts & White or Brown Toast & Jam



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Available every day: Homemade Soup of the Day or Tomato Soup & Bread Roll | Classic Sandwiches - Ham, Tuna Mayo or Cheese



Sausage Pasta Bake Sweet & Sour Chicken Chilli non Carne (ve) Sides: New Potatoes, Rice, Country Vegetables, Broccoli Penne Pasta Served with: Cheese Sauce, Grated Cheese Chocolate Fudge Cake with Ice Cream	Piri Piri Chicken Fishcakes Spaghetti & Meatballs (ve) Sides: Curly Fries, Garlic Bread*, Mini Corn, Green Beans Penne Pasta Served with: Tomato Sauce, Grated Cheese Sticky Toffee Sponge Cake with Ice Cream	Bacon Mac 'N' Cheese Chicken Fillets with a BBQ Sauce Plant-based Shepherd's Pie (ve) Sides: New Potatoes, Broccoli, Peas Penne Pasta Served with: Cheese Sauce, Grated Cheese Chocolate Crispy Cake	Roasted Chicken Breast Pulled Pork Filled Yorkshire Pudding Vegetable Curry (ve) Sides: Roast Potatoes, Rice, Roasted Vegetables, Country Vegetables, Gravy Spaghetti Served with: Tomato Sauce, Grated Cheese Apple Crumble with Custard	Fish & Chips Chicken Tikka Masala Vegan Fish Fingers (ve) Sides: Skinny Fries, Rice, Peas, Carrots Penne Pasta Served with: Tomato Sauce, Grated Cheese Chocolate Eclairs	Meatball Lasagne Fried Chicken Penne Bolognese (ve) Sides: Curly Fries, Garlic Bread, Broccoli, Baby Corn Penne Pasta Served with: Tomato Sauce, Grated Cheese Belgian Waffles with Ice Cream	Chicken Fried Rice Fish Fingers Butternut Squash Wellington (ve) Sides: Potato Wedges, Country Vegetables, Broccoli Penne Pasta Served with: Cheese Sauce, Grated Cheese Chocolate Brownies
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Available every day:
Dessert -
Classic Fruit Salad

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.

We aim to make our food enjoyable for as many people as possible, so we have a great range of vegetarian (v), vegan (ve) and dietary specific dishes. Please note: this menu is subject to product availability and may change. *Item may be unavailable at: Beam House, Dalguise, Tregoyd House and Winmarleigh Hall. Apologies for any inconvenience.

This menu applies to weeks commencing:
2/05, 16/05, 30/05, 13/06, 27/06, 11/07, 25/07,
8/08, 22/08, 5/09, 19/09, 3/10, 17/10, 31/10, 14/11,
28/11, 12/12, 26/12