







# WEEKLY MENU









**Bethany**  
Since 1866

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HYDRATION</b>	Selection of Juices & Waters	Selection of Juices & Waters	Selection of Juices & Waters	Selection of Juices & Waters	Selection of Juices & Waters	Selection of Juices & Waters	Selection of Juices & Waters
<b>HOT ITEMS</b>	Grilled back bacon Fried egg Sautéed potato Baked tomatoes	Grilled sausages Scrambled eggs Mushrooms Baked beans	Grilled Back Bacon Boiled eggs Grilled Herbed Tomato	Grilled Sausages Scrambled egg Hash browns Baked Beans	Grilled Back Bacon Poached eggs Field mushrooms Black Pudding	Grilled Bacon Scrambled eggs mushrooms Baked beans	<b>Brunch:</b> Grilled bacon Pork sausages Fried eggs
<b>DAILY SPECIAL</b>	 Smoothie Bar	 Ham & Cheese Platter	 Pancakes & Maple Syrup	 French toast with stewed Fruit	 Smashed Avocado on English Muffin	 Belgian Waffle Bar with Selection of toppings;	Plum tomatoes Or Mushrooms Baked Beans Hash Browns
<b>DAILY BREAKFAST ITEMS</b>	Selection of breakfast cereals  Yoghurt station – with fresh fruit, puree's & toppings  Toasting station – with deli bread, spreads & preserves	Selection of breakfast cereals  Yoghurt station – with fresh fruit, puree's & toppings  Toasting station – with deli bread, spreads & preserves	Selection of breakfast cereals  Yoghurt station – with fresh fruit, puree's & toppings  Toasting station – with deli bread, spreads & preserves	Selection of breakfast cereals  Yoghurt station – with fresh fruit, puree's & toppings  Toasting station – with deli bread, spreads & preserves	Selection of breakfast cereals  Yoghurt station – with fresh fruit, puree's & toppings  Toasting station – with deli bread, spreads & preserves	Selection of breakfast cereals  Yoghurt station – with fresh fruit, puree's & toppings  Toasting station – with deli bread, spreads & preserves	Selection of breakfast cereals  Yoghurt station – with fresh fruit, puree's & toppings  Toasting station – with deli bread, spreads & preserves
<b>FRUIT</b>	Cut or whole fruit	Cut or whole fruit	Cut or whole fruit	Cut or whole fruit	Cut or whole fruit	Cut or whole fruit	Cut or whole fruit

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<b>DAILY SPECIAL</b>	 Homemade Breakfast Smoothies	 Toasted crumpets with cheddar Cheese	 Pancakes & Maple Syrup	 Ham & Cheese Platter	 Bubble & Squeak Cakes	 Breakfast Burritos	Plum tomatoes Mushrooms Baked Beans Hash Browns
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<b>HOT ITEMS</b>	Grilled back bacon Fried egg Sautéed potato Baked tomatoes	Grilled sausages Scrambled eggs Mushrooms Baked beans	Grilled Back Bacon Boiled eggs Grilled Herbed Tomato	Grilled Sausages Scrambled egg Hash browns Baked Beans	Grilled Back Bacon Poached eggs Field mushrooms Black Pudding	Grilled Back Bacon Scrambled eggs mushrooms Baked beans	<b>Brunch:</b>  Grilled bacon Pork sausages Fried eggs
<b>DAILY SPECIAL</b>	 Pain au Chocolate & Croissants	 French toast with bananas & chocolate sauce	 Cheese & Ham Croissants	 Toasted teacakes with cream cheese & honey	 Pancakes & Maple Syrup	 <b>Bagel Bar</b> Avocado & Tomato Cream cheese & cucumber	Plum tomatoes Mushrooms Baked Beans Hash Browns
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SOUP</b>	Leek & potato	Tomato & basil	Broccoli & spinach	Vegan cream of Mushroom	Seasonal Vegetable	--	--
<b>MAIN COURSE ONE</b>	Beef & Lentil Bolognese with crispy onions	Roast Turkey with Lemon, Garlic & Pancetta	Homemade Pizza with a selection of toppings	Tandoori butter Chicken Curry with Mini Naan Breads	Battered Pollock Fillets	Italian Bruschetta	
<b>MAIN COURSE TWO</b>	Soya Mince and Tomato Bolognese	Vegan Feta & Pumpkin seed Stuffed Roasted Butternut squash	Creamy Gnocchi with caramelised red onions & Roasted broccoli	Tandoori Sweet potato Roasted Chickpea & Spinach Curry	Southern Fried Chicken Burger	Italian Bruschetta	Sunday Brunch
<b>3<sup>RD</sup> CHOICE</b>	Tuna, sweetcorn & spring onions	Arriabbata Sauce	Bubble & Squeak cakes with poached Egg	Ham & Four Cheese Sauce	Crispy Salt & Pepper Tofu Stir fry	Sauté potatoes Courgette & Carrot ribbons	
<b>ON THE SIDE</b>	Wholemeal & white Spaghetti Garlic Bread Peas and Green Beans	Skin on Roast Potatoes  English Greens & Roasted Root Vegetables	Steamed new potatoes  Classic Caesar salad	50/50 brown & white Rice  Roasted Cauliflower	Chips  Peas and Baked Beans	Italian inspired Salads	Sunday Brunch
<b>PASTA OR JACKET</b>	Jacket Potato	Pasta	Baked Potato	Pasta	Baked Potato	Penne pasta	
<b>HOT &amp; COLD DESSERT</b>	Chocolate Sponge with chocolate Sauce	Toffee Apple Crumble	Rice pudding with spiced rhubarb compote	Iced Banana loaf cake	Assorted Homemade Cookies	Vanilla Panacotta with Fresh berries	
	Eton Mess	Yoghurt Bar with seeds, dried fruit & Granola	Banoffee pot	Key Lime Pie	Vegan Chocolate Mousse	Yoghurts & Toppings	

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<b>SOUP</b>	Sweetcorn chowder	Cream of cauliflower	Pea & Mint	Vegan Creamy mushroom	Seasonal Vegetable		
<b>MAIN COURSE ONE</b>	Italian Meatballs in a BBQ Tomato Sauce	Roast Chicken leg with Pork, Sage & onion stuffing Or Vegan Stuffing	Golden Macaroni Cheese topped with pulled pork	Mild Beef Chilli Nachos, Sour cream, Fresh tomato salsa & homemade guacamole	Breaded Pollock Fillets	Chicken & Pesto Pasta Bake	Sunday Brunch
<b>MAIN COURSE TWO</b>	Turkey Escalope, Mushroom & Tarragon Sauce	Butternut squash, Edamame & Pea Risotto	Vegan Mushroom Stroganoff with steamed wholemeal rice	Quorn chilli Nachos, Fresh tomato salsa & homemade guacamole	Classic Hot Dogs with Fried Onions and Mustard	Halloumi & Pesto Gnocchi	
<b>3<sup>RD</sup> CHOICE</b>	Stuffed field mushroom with Herbed crust	Roasted red pepper & Tomato Sauce	Chunky Chorizo, red pepper and baked beans	Creamy tomato, mascarpone & rocket	Vegan Hot Dogs with Fried Onions and Mustard	Focaccia Garlic bread	Sunday Brunch
<b>ON THE SIDE</b>	Herbed cous cous Sweetcorn with garlic & coriander	Roast potatoes Braised Cabbage & Carrots	Ciabatta Garlic bread Stir-fried Leeks & Broccoli	50/50 brown & white Rice Sweetcorn & Peas	Chips Baked Beans and Mushy Peas	Parmesan roasted green beans	
<b>PASTA OR JACKET</b>	Baked Potato	Pasta	Baked potato	Pasta	Jacket Potato	Jacket Potato	
<b>HOT &amp; COLD DESSERT</b>	Pineapple Upside-down Sponge	Carrot Cake with Cream Cheese Frosting	Oaty Topped Fruit Crumble	Traditional Ginger Cake	Assorted Homemade Cookies	Lemon Curd Fool	
	Biscoff Mousse	Yoghurts & Toppings; Seeds, dried fruit & Honeycomb	Eton Mess	Tiramisu	Chocolate & Mandarin Mousse	Yoghurts & Toppings	

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<b>SOUP</b>	Leek & Potato	Tomato & Basil	Carrot & Coriander	Curried Cauliflower	Vegetable & Noodles		
<b>MAIN COURSE ONE</b>	Panini Bar	Crispy chicken Katsu coconut curry	Pasta Bar; Beef Bolognese, Mushroom & Tarragon, Sundried tomato pesto	Selection of Sausages with Caramelised Onion and Herb Gravy	Battered Pollock Fillets	Chicken & Chorizo Mini Quiche	
<b>MAIN COURSE TWO</b>	Chickpea & Pinto bean Meatballs with sweet & sour Sauce	Breaded Katsu Quorn fillets	Cheese, Bacon & red onion potato pie	Vegan sausages with caramelised onions	Prime Beef Burger in a Bun	Roasted Vegetable mini quiche	Sunday Brunch
<b>3<sup>RD</sup> CHOICE</b>	Beef Chilli con carne	Roasted red pepper, Tomato & Basil sauce	Thai green & coconut vegetable curry	Fresh Homemade Basil Pesto	Homemade Bean Burger in a bun	Caprese Salad Garden salad with homemade dressing	
<b>ON THE SIDE</b>	Jacket Wedges Steamed Peas & Baked beans	Steamed Rice Green Beans & Sweetcorn	Garlic Bread Stir fried courgettes Steamed Broccoli	Mashed Potato Steamed Greens	Chips Steamed Peas and Baked Beans	Lemon New Potatoes	Sunday Brunch
<b>PASTA OR JACKET</b>	Baked Potato	Pasta	Baked potato	Pasta	Baked Potato	Chocolate Mousse	----
<b>HOT &amp; COLD DESSERT</b>	Lemon Drizzle Sponge	Baked Vanilla Cheesecake	Chocolate Chip Bread & Butter pudding	Syrup sponge & Custard	Assorted Homemade cookies	Yoghurts & Toppings	
	Banoffee Pie	Yoghurts with toppings	Spiced Rhubarb fool	Orange Possets	Cheesecake Pots	Yoghurts & Toppings	

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<b>MAIN COURSE ONE</b>	BBQ Hunters Chicken	Grilled Gammon Steak With Fried Egg Or Glazed Pineapple	Traditional Italian Beef Lasagne Homemade Garlic Bread	Chipotle Ribs 3 Way Wings Sticky BBQ Meatballs	Build your own Fajita Bar	Chicken Gyros with Tzatziki	Tortellini Formaggio
<b>MAIN COURSE TWO</b>	BBQ Quorn Fillet	Individual Roasted vegetable quiche	Soya Mince Lasagne Homemade Garlic Bread	Peri Peri Cauliflower Steak	Build your Vegetables own Fajita Bar	Mixed vegetable gyros with Tzatziki	Spinach Cannelloni
<b>ON THE SIDE</b>	Seasoned Potato Wedges Peas Corn on the Cobs	Seasoned fries Medley of vegetables	Sweet Potato Fries House Slaw House Salad	Broccoli with chilli, smoked garlic & sunflower seeds Mixed leaf salad	Guacamole Sour Cream Grated Cheese Jalapeno's	Grilled flatbreads Greek salad	Homemade Garlic bread Steamed broccoli
<b>DESSERT ONE</b>	Raspberry Ice Cream Roll	Chocolate Chip Muffins	Toffee Bananas & Custard	Tiramisu	Churros & Chocolate Sauce	Mixed Ice creams	Fruit Sorbet Pots
<b>DESSERT TWO</b>	Fruit pots Jelly Whole fruit	Fruit pots Jelly Whole fruit	Fruit pots Jelly Whole fruit	Fruit pots Jelly Whole fruit	Fruit pots Jelly Whole fruit	Fruit pots Jelly Whole fruit	Fruit pots Jelly Whole fruit

**SELECTION OF FRESHLY CUT & WHOLE FRUITS**

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<b>MAIN COURSE ONE</b>	Pimp your own Pizza Bar	"Sausage N Mash" with Onion Gravy	Battered Chinese Sweet & Sour Pork	Build your own Chicken or Beef Burger Bar	Chicken or Seafood Paella	BBQ Pork belly Ribs & BBQ Chicken Wings	Crispy hoi sin chicken
<b>MAIN COURSE TWO</b>	Gnocchi with Creamy mozzarella tomato sauce	Vegetarian "Sausage n Mash"	Battered Quorn pieces in a teriyaki glaze	Build your own Vegetarian Burger Bar	Vegetable Paella	Spicy vegetable chilli con carne	Hoi sin Quorn pieces
<b>ON THE SIDE</b>	Garlic Focaccia Freshly made Caesar Salad with garlic croutons	Roasted Vegetable Medley Minted Steamed new potatoes	Egg Fried Rice Prawn crackers Wilted vegetables with Pak choi	Waffle Fries BBQ Beans	Stir fried Broccoli Green Beans and Red peppers	Potato wedges Smoky paprika Corn on the cobs	Herby potatoes Cucumber Spring onions Hoi sin sauce pancakes
<b>DESSERT ONE</b>	Apple & Cinnamon Turnovers	White Chocolate & Blueberry muffins	Poached Pears & Chocolate sauce	Lemon Drizzle sponge	Beetroot Brownie	Smores	Deep fried apples with maple syrup
<b>DESSERT TWO</b>	Fruit pots Jelly Whole fruit	Fruit pots Jelly Whole fruit	Fruit pots Jelly Whole fruit	Fruit pots Jelly Whole fruit	Fruit pots Jelly Whole fruit	Fruit pots Jelly Whole fruit	Fruit pots Jelly Whole fruit

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<b>MAIN COURSE ONE</b>	Sausage meat Plait with Onion Gravy	Slow cooked Beef short ribs	Southern fried Chicken fillets with a peanut free satay sauce	Build your own Pizza Bar	Marinated Chicken Pepper & Mushroom kebabs	Chicken & Chorizo Jambalaya	Pulled pork
<b>MAIN COURSE TWO</b>	Roasted Vegetable puff	Warm Tofu Salad	Southern fried Vegan fillet with a peanut free satay sauce	Build your own Pizza Bar	Halloumi, pepper & mushroom kebabs	Pan fried sweetcorn burger	Marinated Chinese style Quorn
<b>ON THE SIDE</b>	Roasted new potatoes Panache of green vegetables	Creamy Mash potato Roasted root vegetables	Savoury Jacket wedges BBQ Beans	House Slaw Warm potato salad	Savoury Rice with peas & Sweetcorn	Homemade Garlic bread House slaw	Bao Buns Sesame noodles Assorted sauces
<b>DESSERT ONE</b>	Pineapple upside down cake	Lemon curd & poppy seeds muffins	Apple & Mixed fruit crumble with cream	Rocky Road	Sticky toffee banana sponge with caramel	Oreo Doughnuts	Spring rolls Asian slaw
<b>DESSERT TWO</b>	Fruit pots Jelly Whole fruit	Fruit pots Jelly Whole fruit	Fruit pots Jelly Whole fruit	Fruit pots Jelly Whole fruit	Fruit pots Jelly Whole fruit	Fruit pots Jelly Whole fruit	Fruit pots Jelly Whole fruit

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