

Rockport Menu - Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey
	Cinnamon Swirl	Bacon and Egg Muffin	French Toast & Maple Syrup	Mini Fry	Croissants
Lunch	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
	Salad & Sandwich Bar	Salad & Sandwich Bar	Salad & Sandwich Bar	Salad & Sandwich Bar	Salad & Sandwich Bar
	Main Course 1 Spaghetti Bolognese	Main Course 1 Roast leg of Lamb	Main Course 1 Chicken & Chorizo Jambalaya	Main Course 1 Pork & Green Bean Stir Fry	Main Course 1 Battered Cod Tartar Sauce
	Main Course 2 Sweet Chilli Chicken	Main Course 2 Cod & Potatoes in Rosemary Cream Sauce	Main Course 2 Jacket potatoes with Selection of fillings	Main Course 2 Fish Pie	Main Course 2 Chicken Shawarma Pitta Pockets
	Vegetarian Vegan Bolognese	Vegetarian Cauliflower Cheese	Vegetarian Vegan Jambalaya	Vegetarian Vegetable Stir Fry	Vegetarian Veggie Pitta Pockets
	Steamed Rice Mixed Veg	Roast Potatoes Spring Greens	Garlic Flatbreads	Seasonal Veg	Chips Peas
	Sweet Traybakes	Sweet Fresh Fruit Salad	Sweet Mini Eclairs	Sweet Jelly Pots	Sweet Ice Cream
	Main Course 1 Chilli Con Carne & Taco Shells	Main Course 1 Chicken Chow Mein	Main Course 1 Croque Monsieur	Main Course 1 Chicken Kiev	Main Course 1 BBQ Ribs
	Main Course 2 Quesadilla	Main Course 2 Sweet & Sour Prawns	Main Course 2 Pasta Bake	Main Course 2 Braised Steak Peppercorn Sauce	Main Course 2 Chicken Wings
Guacamole, Salsa, Salad, Cheese	Egg Fried Rice	Wedges & Salad	Sauté Potatoes & Veg	Cob, Coleslaw, Salad	
Fresh Fruit	Fresh Fruit	Fresh Fruit	Cheesecake	Fresh Fruit	
Evening Meal					

Rockport Menu - Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey
	Pain Au Chocolate	Scrambled Eggs Veg Roll Hashbrowns	Pancakes & Bacon	Sausage & Egg Soda	Cinnamon Swirl
Lunch	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
	Salad & Sandwich Bar	Salad & Sandwich Bar	Salad & Sandwich Bar	Salad & Sandwich Bar	Salad & Sandwich Bar
	Main Course 1 Pasta Marinara Garlic Bread	Main Course 1 Honey & Mustard Baked Gammon	Main Course 1 Beef Enchiladas	Main Course 1 Chicken & Broccoli Bake	Main Course 1 Fish Fingers
	Main Course 2 Jambons	Main Course 2 Roast Chicken & Gravy	Main Course 2 Spiced Coconut & Basil Chicken	Main Course 2 Pork Chops with Garlic Butter	Main Course 2 Margarita Pizza
	Vegetarian Pasta Marinara Garlic Bread	Vegetarian Vegan Wellington	Vegetarian 5 Bean Enchiladas	Vegetarian Broccoli & Cheese Bake	Vegetarian Margarita Pizza
	Homemade Potato Wedges	Dauphinoise Potatoes Roast Green Beans	Steamed Rice Broccoli	New Potatoes Spring Greens	Skinny Fries Peas & Corn
	Sweet Donuts	Sweet Profiteroles	Sweet Fresh Fruit	Sweet Muffins	Sweet Ice Lolly
Evening Meal	Main Course 1 Beef Curry	Main Course 1 Paninis	Main Course 1 Cajun Salmon	Main Course 1 Southern Fried Chicken	Main Course 1 Burritos
	Main Course 2 Pulled Pork in BBQ Sauce Udon Noodles	Main Course 2 ---	Main Course 2 Lemon & Thyme Roast Chicken	Main Course 2 Lasagne	Main Course 2 Chicken Fajitas
	Steamed Rice	Criss Cuts & Salad	Sauté Potatoes Green Beans	Jacket Wedges, Salad & Slaw	Salsa, Guacamole & Tortillas
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Cheesecake	Fresh Fruit

Rockport Menu - Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey	Cereals / Toast & Preserves Pure Fruit Juice Porridge with Honey
	Croissant Hot Chocolate	Mini Fry	Breakfast Wrap	Poached Eggs Potato Bread	Pain Au Chocolat
Lunch	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
	Salad & Sandwich Bar	Salad & Sandwich Bar	Salad & Sandwich Bar	Salad & Sandwich Bar	Salad & Sandwich Bar
	Main Course 1 Pasta Carbonara	Main Course 1 Roast Beef Yorkshire Pudding	Main Course 1 Chicken Curry	Main Course 1 Honey & Garlic Baked Salmon	Main Course 1 Hotdog & Fried Onions
	Main Course 2 Vegetable Frittata	Main Course 2 Chicken Kiev	Main Course 2 Cottage Pie	Main Course 2 Chicken Fajitas Mexican Rice	Main Course 2 Battered Cod Tartar Sauce
	Vegetarian Mushroom Carbonara	Vegetarian Quorn Kiev	Vegetarian Vegetable Curry	Vegetarian Vegan Fajitas	Vegetarian Vegetarian Hotdog
	Sauté Potatoes	Mashed potatoes Seasonal Veg & Gravy	Steamed Rice Mixed Veg	Boiled New Potatoes Asparagus	Chips Peas
	Sweet Gingerbread Men	Sweet Fresh Cut Fruit	Sweet Traybakes	Sweet Sponge Cake	Sweet Jelly & Ice Cream
	Main Course 1 Seabass & Caper Butter	Main Course 1 Pepperoni Pizza	Main Course 1 Chicken & Mushroom Pie	Main Course 1 Katsu Chicken Curry	Main Course 1 Pasta Bake
	Main Course 2 Pork Chops & Gravy	Main Course 2 Margarita Pizza	Main Course 2 Sausages & Onion Gravy	Main Course 2 Gyoza	Main Course 2 Ratatouille
Crushed New Potatoes Asparagus	Potato Wedges	Champ Peas & Carrots	Sticky Rice	Garlic Bread Salad / Slaw	
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
Evening Meal					