

# The King's Hospital Sample Menu – Week 1

## Breakfast

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Porridge/Muesli Bar	Build your own bowl of muesli or rolled oats porridge with a choice of toppings: Toasted oats and bran, natural honey, dried fruit, toasted coconut and selection of seeds	Build your own bowl of muesli or rolled oats porridge with a choice of toppings: Toasted oats and bran, natural honey, dried fruit, toasted coconut and selection of seeds	Build your own bowl of muesli or rolled oats porridge with a choice of toppings: Toasted oats and bran, natural honey, dried fruit, toasted coconut and selection of seeds	Build your own bowl of muesli or rolled oats porridge with a choice of toppings: Toasted oats and bran, natural honey, dried fruit, toasted coconut and selection of seeds	Build your own bowl of muesli or rolled oats porridge with a choice of toppings: Toasted oats and bran, natural honey, dried fruit, toasted coconut and selection of seeds	Build your own bowl of muesli or rolled oats porridge with a choice of toppings: Toasted oats and bran, natural honey, dried fruit, toasted coconut and selection of seeds	Build your own bowl of muesli or rolled oats porridge with a choice of toppings: Toasted oats and bran, natural honey, dried fruit, toasted coconut and selection of seeds
Yoghurt Bar	Probiotic natural yoghurt with a selection of toppings including home-made granola, fresh fruit purees, dried and fresh fruit pieces, honey and preserves						
Fresh Fruit	Selection of fresh fruit including Apples, Oranges, Bananas, Honeydew and Watermelon and Pineapple						
Cereals, Bread & Toast	Selection of cereals including Bran flakes, All Bran, Weetabix and Shredded Wheat served with Full fat and Low fat milk	Selection of cereals including Bran flakes, All Bran, Weetabix and Shredded Wheat served with Full fat and Low fat milk	Selection of cereals including Bran flakes, All Bran, Weetabix and Shredded Wheat served with Full fat and Low fat milk	Selection of cereals including Bran flakes, All Bran, Weetabix and Shredded Wheat served with Full fat and Low fat milk	Selection of cereals including Bran flakes, All Bran, Weetabix and Shredded Wheat served with Full fat and Low fat milk	Selection of cereals including Bran flakes, All Bran, Weetabix and Shredded Wheat served with Full fat and Low fat milk	Selection of cereals including Bran flakes, All Bran, Weetabix and Shredded Wheat served with Full fat and Low fat milk
Hot daily special	Spanish Tortilla	Grilled Gourmet Sausage Crusty	Savoury Filled Croissant	Bacon Toasted Bagels	Home-made Sausage Rolls	Pancakes with fresh fruit and toppings	Full Irish Breakfast
Toast bar	Wholegrain, multi-seed and granary breads with a selection of local jams and preserves	Wholegrain, multi-seed and granary breads with a selection of local jams and preserves	Wholegrain, multi-seed and granary breads with a selection of local jams and preserves	Wholegrain, multi-seed and granary breads with a selection of local jams and preserves	Wholegrain, multi-seed and granary breads with a selection of local jams and preserves	Wholegrain, multi-seed and granary breads with a selection of local jams and preserves	Wholegrain, multi-seed and granary breads with a selection of local jams and preserves
Hydration Station	100% Fresh Fruit Juice, Chilled water, Full fat and Low-fat and milk						

# The King's Hospital Sample Menu – Week 1

## Lunch

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<b>Soup Station</b>	Vibrant Carrot & Ginger with choice of handmade loafs and a selection different croutons and seeds	Plum Tomato & Basil with choice of handmade loafs and a selection different croutons and seeds	Freshly made country vegetable served with choice of handmade loafs and a selection different croutons and seeds	Deliciously light Sweet Potato with choice of handmade loafs and a selection different croutons and seeds	Juice & Infused Water	Potato & Leek veloute with choice of handmade loafs and a selection different croutons and seeds	No Soup Sunday
<b>Traditional</b>	MEATLESS Shepherd's Pie – without the Lamb!!	Grilled Artisan Pork and Leek sausages served with an onion gravy	Grilled Hake Fillet with leeks, lemon & Fresh herbs	Baked Chicken served with a sage and onion stuffing and a tarragon veloute		Homemade Beef & Root Vegetable Pie with a Crisp Pastry Crust	Full Irish Breakfast Brunch
<b>Global</b>	Lamb and Rosemary Shepherd's Pie with a creamy potato topping	Classic Beef Bourguignon with smoked bacon and button mushrooms	Pot roasted chicken Breast with chunky seasonal vegetables and belotti beans	Teriyaki Pork with ginger & Soy with Egg Fried Brown Rice	Italian Beef Lasagne served with Garlic Bread		Filled Baked Ham & Irish Cheddar Panini
<b>Vegetarian</b>	Falafel served on a pitta bread served with homemade hummus	Braised Quorn sausages in a stew of barley, summer vegetables and thyme	Goat's Cheese and caramelised red onion tartlet	Garden Pea and Fresh Mint risotto, baby rocket leaves, Parmesan Shavings	Open lasagne of roast Mediterranean vegetables and cherry tomatoes	Roasted Vegetable Moussaka served with toasted pita bread	Filled Irish Cheddar, Beef Tomato & Red Onion Panini
<b>Starch &amp; Vegetables</b>	Champ potatoes, Green Beans and Sweet corn	Baked Potato, Honey and thyme roasted vegetables	Creamy mashed potatoes Mixed Greens, Diced Turnip	Baby Potatoes with parsley butter Steamed Broccoli and Cauliflower	Chunky Chips Garden Peas	Braised Potatoes, Green Beans & Carrots	
<b>Salad Bowl</b>	Greek Salad of Cucumber, Tomatoes, Olives and Feta Cheese	Moroccan Herb Cous Cous Salad	Bulgar Wheat and Wild Rice Salad	Caprese Tomato Salad with Mozzarella Cheese	Chickpea, Fresh Chilli and Coriander Salad	Courgette, Baby Spinach and Butternut Squash Salad	Black eyed Beans, Ginger and Basil Salad
<b>Dessert</b>	King's Mess; crushed meringue with cream and berries	Pineapple Upside Down Cake	Fruit & Cut Fruit bar	Apple & Cranberry Crumble served with fresh custard	Home-baked Cookie	Banana Cake with Carmel Sauce	Home-baked Cupcake
<b>Hydration Station</b>	Still Water & Flavoured Water Infusions available at our Hydration Station daily; Cucumber & Mint, Lemon & Lime, Raspberry or Orange & Passion fruit						

# The King's Hospital Sample Menu – Week 1

## Snack

Bar	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Creamy Roast Parsnip with choice of handmade loafs and a selection different croutons and seeds	Plum Tomato & Basil with choice of handmade loafs and a selection different croutons and seeds	Celeriac, Apple & Sage puree with choice of handmade loafs and a selection different croutons and seeds	Deliciously light Sweet Potato with choice of handmade loafs and a selection different croutons and seeds	Vibrant Carrot & Ginger with choice of handmade loafs and a selection different croutons and seeds		
Hot Pot	Shepherd's Pie – without the Lamb!!	Grilled Artisan Pork and Leek sausages served with an onion gravy	Pot roasted chicken Breast with chunky seasonal vegetables and belotti beans	Teriyaki Pork with ginger & Soy with Egg Fried Brown Rice	Italian Beef Lasagne served with Garlic Bread		
Hot 2 Hand	Falafel served on a pitta bread served with homemade hummus	Baked Ham and Dubliner Cheddar Cheese Toastie	'Dirty Dog' Gourmet Pork and Leek Sausage in a Brioche Sub	Piri Piri Chicken and sweet pepper strips in a Tortilla Wrap	Homemade Beef Burger served in a floury bap		
Sandwiches	Freshly made sandwiches with a selection of traditional fillings on White and Wholegrain Bread Protein and Vegetarian Fillings in Plain, Tomato and Arctic Wraps Artisan sandwiches served on Herb Foccacia, Sundried Tomato Bread, Rustic Ciabattina, Seeded Bagels and Sourdough Bloomers						
Protein & Salad Bar	Freshly sliced Turkey Breast, Baked Ham, Plain and marinated Chicken fillets, Dubliner Cheddar and Emmental Cheese Serving of Smoked Mackerel, Sardines and Flaked Tuna served three times a week Selection of fresh salad items including mixed leaves, tomatoes, cucumber, sweet peppers and red onion Salad dressings including balsamic, vinaigrette, honey & soy and chilli & sesame Additional offering of wholegrain, multigrain and artisan breads served daily						
Balanced Selection of Compound, Nude, & Simple Salads	Herb Roasted Potato and Bacon Salad, Baby Mixed Leaves, Greek Salad of Cucumber, Tomatoes, Olives and Feta Cheese	Moroccan Herb Cous Cous Salad, Rocket & Baby Spinach, Carrot and Courgette Salad	Chilli Bean & Bacon Salad, Lamb's Lettuce, Warm Broccoli and Carrot Salad	'Jazzed Up' Rice Salad, Watercress Leaves, Celeriac & Apple Slaw	Chickpea, Fresh Chilli and Coriander Salad, Shredded Iceberg Lettuce, Reduced fat Coleslaw		
Sweet Treats	Orange Flapjacks	Rocky Road	Home-made Shortcake	'No Butter' Banana Cake	Cranberry & White Chocolate Cookies		

# The King's Hospital Sample Menu – Week 1

Beverages	Bottled Water: Still, Sport and Sparkling, Lemon and Lime, Forest Fruit and Strawberry Flavoured Vit Hit Beverages: Mandarin & Green Tea, Berry Boost and Lean & Green 100% Natural Cold Pressed Juices: Introjuice (Carrot, Orange, Apple & Ginger), Heartbeet (Apple, Beetroot, Carrot & Pomegranate), Zesty Tropical Fruits (Pineapple, Mango, Cantaloupe & Mango)		
-----------	--	--	--

<i>Supper</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday Asia Themed Night</i>	<i>Saturday Burrito Themed Night</i>	<i>Sunday</i>
Hot Choice	Seared Fillet of Salmon with a lemon butter sauce	Piri Piri marinated Chicken Breast served in a floury bap	Pizza Bar:- pepperoni, ham and pineapple, meat feast	Braised Bacon Chop, with a white sauce	Thai Beef & Chicken Curries with Coconut Milk	Fire-roasted Spicy Chicken Fillet Burrito with Lettuce & Sour Cream	Roast Beef Joint with Yorkshire Pudding & Rich Roast Gravy
Vegetarian	Baked Courgette, roast tomatoes and butter beans	Hand pressed five bean burger served in a floury bap	Halloumi, rocket and marinated olive pizza	Root Vegetable and White Bean Cassoulet	Curry of aubergine, courgette & sweet peppers	Mexican Enchiladas with Beans, Rice, Sour Cream & Melted Cheese	Garlic Flatbread with Mozzarella, Roasted Tomatoes and Salsa Verde
Sides	Parsley potatoes, Green vegetables	Homemade Potato Wedges Salad Bar	Skinny fries, Corn on the Cob	Stir Fried Vegetables	Brown & White Rice, Bombay Potatoes, Green Beans	Salad, Sweetcorn, Guacamole & Salsa	Steamed Potatoes, Honey Roasted Carrots
Protein & Salad Bar	A selection of freshly sliced meats, cheeses and flaked tuna fish. Selection of fresh salad items including mixed leaves, tomatoes, cucumber and red onion. One compound, nude, simple or mixed salad. Salad dressings including balsamic, vinaigrette, honey & soy and chilli & sesame. Additional offering of wholegrain, multigrain and artisan breads offered daily						