

## ***The King's Hospital Sample Menu – Week 2***

### ***Breakfast***

	<b><i>Monday</i></b>	<b><i>Tuesday</i></b>	<b><i>Wednesday</i></b>	<b><i>Thursday</i></b>	<b><i>Friday</i></b>	<b><i>Saturday</i></b>	<b><i>Sunday</i></b>
<b><i>Porridge/Muesli Bar</i></b>	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
<b><i>Yoghurt Bar</i></b>	Probiotic natural yoghurt with a selection of toppings including home-made granola, fresh fruit purees, dried and fresh fruit pieces, honey and preserves						
<b><i>Fresh Fruit</i></b>	Selection of fresh fruit including Apples, Oranges, Bananas, Honeydew and Watermelon and Pineapple						
<b><i>Cereals, Bread &amp; Toast</i></b>	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
<b><i>Hot daily special</i></b>	Grilled Bacon Butty on Wholegrain Bread	Savoury omelette	Grilled Sausage in a Wholemeal Roll	Breakfast muffin with crispy bacon	Poached egg on homemade potato cake	Mini Pastry Selection	Full Irish Breakfast
<b><i>Toast bar</i></b>	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
<b><i>Hydration Station</i></b>	100% Fresh Fruit Juice, Chilled water, Full fat and Low-fat and milk						

## ***The King's Hospital Sample Menu – Week 2***

### *Lunch*

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Soup Station</b>	Freshly made mushroom & thyme with choice of handmade loafs and a selection different croutons and seeds	Italian Minestrone with choice of handmade loafs and a selection different croutons and seeds	Freshly made Carrot & lentil soup served with choice of handmade loafs and a selection different croutons and seeds	Light Mulligatawny Soup served with choice of handmade loafs and a selection different croutons and seeds	Juice & Infused Water	Roasted Red Pepper soup served with choice of handmade loafs and a selection different croutons and seeds	No Soup Sunday
<b>Traditional Choice</b>	Grilled Chicken fillet, Roast Mediterranean vegetables and a pesto dressing	Lamb Tagine on a bed of Citrus & Coriander Cous Cous	Roast Turkey Breast with Herb stuffing, Roast gravy and Cranberry sauce	Beef Tikka Masala – aromatic spices & tomato	“Friday Fish and Chip Shop” Hand-Battered fish, Tartare sauce and all the Sea Side Extras	Chinese Pork with Asian Greens, red chilli, ginger & soy	Full Irish Breakfast Brunch
<b>Global Choice</b>	MEATLESS Polenta & lentil cakes with roast onion	CARB Dish Spaghetti with cherry tomatoes & pancetta	Poached Smoked Haddock with Spinach & Light Cheese sauce	Chicken Biryani – braised with rice			Ham, Mushroom,, Pepperoni & Mozzarella Pizza
<b>Vegetarian</b>	Roast Mediterranean vegetables and Halloumi wrap	Gnocchi in a cream sauce with cherry tomatoes & spinach	Leek and Chickpea Filo Parcels, with a Napoli Sauce	Sweet Potato and Red Lentil Dhal	Roasted Red Pepper and courgette quiche	Teriyaki Noodles with Baby corn and tender stem broccoli	Mozzarella, Basil & Plum Tomato Pizza
<b>Starch &amp; Vegetables</b>	Homemade Potato Wedges, Grilled Sweet corn, Ratatouille	Boiled new potatoes, Steamed Broccoli & Cauliflower	Roast Potatoes, Green Beans, Baton Carrots	Fragrant Jasmine Rice, Sag Aloo, Garlic Naan Bread, Chutney, Poppadom & Yogurt Raita.	Chunky Chips, Mushy Peas and Baked Beans	Fried Rice, Vegetable Stir-Fry	
<b>Salad Bowl</b>	Tuscan Tomato Salad with Rustic Ciabatta Croutons	Avocado Chopped Salad with Feta Cubes	Bulgar Wheat and Kale Salad with Sunflower Seeds	Giant Cous Cous and Quinoa Salad	Fiery Noodle Salad with Fresh Chilli and Sweet Peppers	Warm Broccoli Salad with Vine Ripened Tomatoes	Roast Potato, Red Onion and Balsamic Salad
<b>Dessert</b>	Lemon Curd Sponge Pudding	Traditional Bread & Butter Pudding	Fruit & Cut Fruit bar	Raspberry Jam & Coconut Slice	Home-baked Cookie	Ice-cream bar with Toppings	Home-made Banoffee Pie
<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 2

## Snack

### Bar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Freshly made mushroom & thyme with choice of handmade loafs and a selection different croutons and seeds	Delicious Butternut Squash served with choice of handmade loafs and a selection different croutons and seeds	Freshly made smoked bacon & lentil served with choice of handmade loafs and a selection different croutons and seeds	Roasted Red Pepper soup served 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		
Hot Pot	MEATLESS Polenta & lentil cakes with roast onion	Spaghetti with cherry tomatoes & pancetta	Roast in a Roll Roast Turkey Baguette with Cranberry Sauce	Beef Tikka Masala or Chicken Biryani	Hand-Battered fish & home-made wedges		
Hot 2 Hand	Chicken & Roast Mediterranean Vegetable Fajita Wrap	Lamb Tagine in a Crisp Ciabatta Roll		Chilli Beef and Refried Bean Burrito			
Sandwiches	Freshly made sandwiches with a selection of traditional fillings on White and Wholegrain Bread Protein and Vegetarian Fillings from the Bar 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 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	Tuscan Tomato Salad, Baby Gem Leaves, Carrot and Broccoli Salad	Smoked Bacon and Pasta Salad, Baby Spinach Leaves, Chopped Salad	Bulgar Wheat and Wild Rice Salad, Butter head and Iceberg Lettuce, Rainbow Salad	Giant Cous Cous and Quinoa Salad, Mixed Leaves, Grated Carrot and Ginger Salad	Fiery Noodle Salad, Peppery Rocket, Caprese Tomato Salad		
Sweet Treats	Double Chocolate Muffins	Fruit & Oatmeal Cookies	Dairy Free Carrot Cake	Chocolate Brownie	Gluten Free Granola Bars		
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)						

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	<b><i>Monday</i></b>	<b><i>Tuesday</i></b>	<b><i>Wednesday</i></b>	<b><i>Thursday</i></b>	<b><i>Friday Caribbean Themed Night</i></b>	<b><i>Saturday</i></b>	<b><i>Sunday</i></b>
<b><i>Supper</i></b>							
<b>Hot Choice</b>	BBQ Pulled Pork Sub with Spicy Slaw & Hickory Smoked Sauce	Baked Chicken Breast Gratin with melted Emmental Cheese	Penne Pasta with Smoked Irish Bacon, Parmesan & Parsley Carbonara	Spicy Meatballs in a Tomato and Basil Passata	<b>“Caribbean Carnival”</b>  Spiced Jerk Chicken Skewer, Caribbean Belly Pork & Roast Sweet Potatoes, Reggae Reggae Vegetable Skewers, Rice & Peas Pepper Frenzy Salsa	Hand-pressed Beef Patty with Onion Gravy	Roast Honey glazed Gammon Joint with Parsley Sauce
<b>Vegetarian</b>	Roasted Butternut Squash and Sage Risotto	Tomato, Basil Pesto and Balsamic Tart Tatin	Spinach and Ricotta Pasta bake with sautéed courgettes	Vegetarian Fajitas, Soured Cream, Tomato Salsa and Guacamole		Three Bean & Vegetagle Cassoulet Pastry Pie	Spanish Omelette of Potato and Onion with Garlic Aioli
<b>Sides</b>	Sweet Potato Wedges, Garden Peas	Rustic Potato Bravas, Rainbow Salad Bowl	Garlic Bread Corn on the Cob	Herb Roasted Baby Potatoes, Green Beans		Whipped Potato & Braised Red Cabbage	Mashed Potatoes, Braised Savoy Cabbage, Carrot and Parsnip ‘Crush’
<b>Protein &amp; Salad Bar</b>	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						