

LVS Ascot Breakfast Summer Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot choice of the day	Boiled Eggs, Toasted Cheese Soldiers and Diced Sautéed Potatoes	Cumberland Sausages with Baked Hash Browns and Baked Beans	Back Bacon with Potato Waffles	Toasted Sour Dough, Chorizo, Potato Hash and Crushed Avocado	Fluffy Pancakes, Golden Syrup, Lemon sugar and a Fruit Compote	<p>Breakfast in houses</p> <p>LVS Sunday Brunch</p> <p>This is a more informal way for the students to enjoy their Saturday mornings. Breakfast rations to be collected for the boarding houses and will include bread for toasting with preserves, honey and a large selection of cereals, pastries selection, fruit salad and fruit based yoghurt. Drinks to include tea, coffee and fruit juices</p>	<p>LVS Sunday Brunch</p> <p>Please see Sunday lunch for details</p>
Live Cook	Diced Sautéed Potatoes	Smoothie Bar	Roasted Flat Mushrooms	Free Range Poached Eggs	Pancakes		
Make your own Muesli or Porridge	<p>Build your own bowl of Muesli with a choice of ingredients including toasted oats and bran. Banana chips, dried papaya, dried pineapple, dried fruit, toasted coconut and a selection of seeds.</p> <p>Rolled oat porridge with clear blossom honey and infused sugars</p>						
Yogurt Bar	Probiotic natural yoghurt with fruit purees, selection of toppings, dried fruit and honey.						
Fresh Cut Fruits	Selection of home cut mixed fruits, Including Pineapple, Melon Selection and Segmented Grapefruit						
Cereals, toast and breakfast juices	<p>Selection of cereals that include Shreddies, Weetabix, Cornflakes and Rice Krispies. Wholemeal and white breads for toasting with a selection of preserves and honey. Juices to include chilled apple, orange and multi-vitamin. Please help yourself to tea and coffee</p>						



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LVS Ascot Lunch Summer Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup, Fresh Breads and Cheese Board	Freshly made soup with a choice of handmade wholemeal and white loaves and a selection of croutons, dehydrated herb and mixed seeds. Chefs Choice British cheese board with handmade chutneys, crackers and grapes					Counter closed	<p>Sunday Brunch @ LVS Ascot</p> <p>The hot brunch choice consists of Locals sourced Cumberland Sausage, Back Bacon, Black Pudding, Baked Hash Browns, Baked Beans, Sautéed Mushrooms Roasted Vine Tomatoes, Lightly Scrambled Eggs and live cooked Fried or Poached Eggs to Order</p> <p>The continental choice of Croissant and pain au Chocolate and Raisin that can be enjoyed with freshly brewed coffee or Tea Selection</p> <p>Selection of cereals that include shreddies, bran flakes, Weetabix, cornflakes and rice krispies. Wholemeal and white breads for toasting with a selection of preserves and honey. Juices to include chilled apple, orange and multi-vitamin</p> <p>Probiotic natural yoghurt with a selection of toppings to include granola, fruit purees, dried fruit and honey.</p>
Hot Counter Main Choice and Side Salads	Braised pork, sweet cure bacon, summer vegetables and white bean fricassee, Crushed Potato and Roasted mixed vegetables Selection of side salads	Chilli Con Carne, White Rice and Loaded Nachos or Tacos, with Sweetcorn Selection of side salads OR "LVS Ascot Deli Bar"	Chicken Provençal with Diced Sweet Potato, Olives & Artichokes, Fluffy Cous-Cous with Raw Summer Vegetable salad Selection of side salads	Summer Braised Lamb Lancashire hotpot, Sautéed Potatoes, Warm Salad of Garden Peas, Asparagus and Broccoli Selection of side salads OR "LVS Ascot Deli Bar"	"Fish and Chips" Battered Pollock fillets, fish fingers or chefs special, served with seasoned chips, garden peas, mushy peas and baked beans, sides to include lemon wedge, tartar sauce and vinegar Selection of side salads	"LVS Pastry Bar" Selection of Pasties, Slice and Rolls, with Baked Potato Wedges, Baked Beans and pea, sweetcorn medley	
Vegetarian Main Choice	Glazed Onion and Goats Cheese Tart	Five Bean and Lentil Chilli Con Carne	Moroccan Chickpea and Apricot Stew	Stuffed Aubergine with Rice, Watermelon and Feta Cheese	Root Vegetable, parmesan cheese, spinach and egg Swiss roll with salsa and sour cream	Cheese and Onions Pasties	
Pasta, Jacket, Sweet Potato and Chefs Choice Bar	Pasta, with sweet chilli chicken sauce or red lentil and basil sauce and Mixed jackets potatoes, Fillings	Pasta with Bacon Carbonara or Vegetable Carbonara and Mixed jackets potatoes, Fillings	Pasta with a pepper, pesto white sauce or olive, tomato sauce and mixed jacket potatoes, Fillings	Pasta with classic tomato and basil sauce or butternut squash sauce and Mixed jackets potatoes, Fillings	Mixed jacket and sweet potato with a selection of fillings	Closed	
All served with Handmade Nut Free Pesto, Marinated Olives, Parmesan Cheese and Mixed Oils to Dress							
Special Diets Main Counter and Dessert	Braised pork, sweet cure bacon, summer vegetables and white bean fricassee, Crushed Potato and Roasted mixed vegetables Scones, Cream and Jam	Chilli Con Carne, White Rice and Loaded Nachos or Tacos, with Sweetcorn Banana Bread, Custard	Chicken Provençal with Diced Sweet Potato, Olives & Artichokes, Crushed Potato, Raw Vegetable Slaw Frosted Pina Colada Cake	Summer Braised Lamb Lancashire hotpot, Sautéed Potatoes, Warm Salad of Garden Peas, Asparagus and Broccoli Fruit Salad	Battered Pollock or Sausage, peas, mushy peas and baked beans with chips Crumble with Custard	Counter closed (please see a member of the catering team)	
Salad and Protein Bar	A selection of freshly sliced meats and vegetable options. All served with selection of freshly produced salad items to include basic, Tomato, Cucumber, Sweetcorn and Mixed Leafs Also a Selection of Complex Salad Including Coleslaw, Potato Salad and Beetroot Salads.						
Hot Desserts	Tray Bake Scones, Double Cream and Jam	Banana Bread with Caramel Sauce	Pina Colada Cake with Toasted Coconut Cream	Queen of Puddings	Summer Fruits, Apple Crumble with Custard	Cured fruit rock cakes with cream and jam	
Cold Desserts	Peach Melba Fool	Vanilla and Strawberry Trifle	Cinnamon, Star anise Frosted Carrot Cake	Rhubarb and Cream Tarts	Chocolate and Yuzu Mousse	Closed	
Jelly, Cut Fruit of the Day and Yoghurt	Jelly, Chunky cut extra sweet pineapple, natural yoghurt with a fruit puree and toppings	Jelly, Chunky cut Honeydew yellow melon, natural yoghurt with a fruit puree and toppings	Jelly, Chunky cut watermelon, natural yoghurt with a fruit puree and toppings	Jelly, Chunky cut green and red apples or extra sweet large orange, natural yoghurt with a fruit puree and toppings	Jelly, Chunky cut mixed fruit Salad, natural yoghurt with a fruit puree and toppings	Chunky cut extra sweet pineapple and melons, natural yoghurt with a fruit puree and toppings	



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LVS Ascot Supper Summer Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot main course	Caesar Chicken Fillet Burger, Broccoli and Spinach with Roasted Sweet Potatoes	Classic Shepard's Pie, Carrots with Peas, Cauliflower Cheese and Gravy	Beef Cooked in Tomato and Red Pepper Sauce, Tagliatelle and Garlic Bread	"Oriental Bar" Japanese infused chicken Thighs, on a bed of sautéed greens and vegetables, with glass noodles and miso broth, Prawn Crackers	"LVS Street Food" Waffle Basket Filled with Crispy Chicken Bits, Diced Potato, Sweetcorn and Southwest Sauce	"House Choice" Giving each boarding house students the opportunity to come up with their own food menu. (To be Approved by house HMs and KO)	"English Roast" Chicken legs or Breast, Roast Potatoes, Root Vegetables and Greens with Gravy
Live Cook	Seared Chicken Fillet Burger	Closed	Pasta, and Sauce	Japanese Chicken Thighs. Stir Fried Vegetables	Closed		
Vegetarian hot choice	Cauliflower, Kale and Smoked Cheese Burger	Quorn Mince and Lentil Shepard's Pie	Pepper, Courgette and Quinoa Bolognaise	Sweet Chilli Chinese Vegetable Dim Sum	Crispy Chilli Cheese Bits with Southwest Sauce	"House Choice"	Vegetable and lentil Moussaka
Pasta, Jacket Potato Bar	Pasta with a choice of two sauces	Jacket Potatoes served with one hot meat filling and a choice of English mature cheddar cheese, Flaked Tuna mayonnaise or baked Beans	Pasta with a choice of two sauces	Jacket Potatoes served with one hot meat filling and a choice of English mature cheddar cheese, flaked tuna mayonnaise or baked beans	Pasta with a choice of two sauces	Closed	Closed
	All Pasta served with handmade nut free pesto, marinated olives, parmesan cheese, and mixed oils to dress						
Salad and Protein Bar	A selection of freshly sliced meats and vegetable options. All served with selection of freshly produced salad items to include basic, Tomato, Cucumber, Sweetcorn and Mixed Leafs Also a Selection of Complex Salad Including Coleslaw, Potato Salad and Beetroot Salads.						
Desserts	Pineapple Upside Down Cake with Custard	Honey, Apricot and Almond Swiss Roll	Banoffee Pie	Lemon Curd Topped Sponge with Cream	Churros with Chocolate dip	"House Choice"	Treacle Sponge with custard
	Freshly sliced selection of seasonal fruits, yoghurt with toppings to include handmade granola, crumbled biscuit and shortbread, a selection of fruit pulps and compotes,						



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