 **Caterham School - Autumn Term - Breakfast Menu**

**All Meals are cooked fresh on site with fresh ingredients daily**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **Juice****Bar** | **Orange, Apple or Pineapple Juice.** **Fresh Fruit infused water** |
| **Hot****Drinks** | **English Breakfast Tea, Peppermint Tea, Green Tea, Earl Grey Tea, Chamomile Tea, Green Tea with Lemon,** **Coffee, Cappuccino, Espresso, Mocha, Latte, Café au Lait, Latte Macchiato and Hot Chocolate** |
| **Cereals** | **Caterham’s own Muesli, Weetabix, Cornflakes, Rice Krispies, Coco Pops** **& Shreddies served with Chilled Semi Skimmed Milk.****Build your own Porridge Bar**  |
| **Hot or Continental Breakfast** | **Warm Croissants.****French** **Toast with Berry Compote** | **American****Pancakes served with crispy Bacon and Maple Syrup** | **Pan Au Chocolate.****Salami, Honey roast Ham****Swiss Cheese** | **Butchers Sausages.****Hash Browns.****Scrambled Eggs.** | **Cheese & Ham filled Croissant.****Mixed Berry Smoothie** | **Scrambled Eggs.****Waffles.****Baked Beans.** | **Pork Sausage,** **Back Bacon,****Hash Browns,****Fried Egg,****Mushrooms,****Tomato,****Baked Beans.** |
| **Yoghurt****Bar** | **Natural Yoghurt with a selection of toppings.****Seeds, Apricots, Banana chips and Sultanas** |
| **Fresh Cut Fruit** | **Fresh cut fruit selection** |
| **Toast & Preserves** | **Fresh toast – artisan Breads, served with preserves** |

 **Caterham School - Autumn Week 1 – Lunch Menu**

**All Meals are cooked fresh on site with fresh ingredients daily**

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Soup station** | **Soup** **Of the Day with fresh baked****Bread** | **Soup** **Of the Day with fresh baked****Bread** | **Soup** **Of the Day with fresh baked****Bread** | **Soup** **Of the Day with fresh baked****Bread** | **Soup** **Of the Day with fresh baked****Bread** | **Soup** **Of the Day with fresh baked****Bread**  | **Brunch****Sausages****Bacon****Fried Eggs****Baked Beans****Hash Brown****Mushrooms****Grilled Tomatoes****Sandwich****Snax****A wide variety of fresh sandwiches****With Crisps****&****Cookies** |
| **Main** | **Butter Chicken,****Naan Bread,** | **Cheese Topped****Cottage Pie** | **Jamaican day****Jerk Chicken** | **Beef Chilli**  | **Its ‘Fry’ day****Fish ‘N’ Chips.****With sustainable fish.** | **Pasta****Bolognaise** |
| **Street wise** | **Mushroom Ravioli****or****Vegetable Bake** | **Pulled Pork served on Khobez bread and red cabbage.** | **Toppers****Baked jacket Potato with a selection of toppings** | **Noodle Pot****Korean Pork****With** **Noodles** | **Battered Sausage or** **Plain Sausage.** | **Proper Cornish Selection** |
| **Vegetarian** | **Quorn** **Tikka Masala** | **Sweet Potato** **&** **Lentil Pie** | **Vegetable & Belotti bean stroganoff with ciabatta** | **Quorn****Chilli** | **Cheese and Red Onion Tart** | **Vegetable** **Pasty** |
| **Pasta****Or****Jacket Potato** |  **Tomato & Basil****or****Cheese & Tarragon** |  **Tomato & Basil****or****Pepper sauce** | **Tomato & Basil** **or****Rocket Pesto** | **Tomato & Basil** **or****Cheese and Onion**  | **Tomato & Basil** **or****Creamy Mushroom** | **Cheese** **Onion Sauce** |
| **Baked Beans****Cheese** | **-------------** | **Baked Beans****Cheese** | **Cold Tuna**  | **Baked Beans****Cheese** |  ------ |
| **Seasonal Salads** | **Seasonal Salad Selection** |
| **Seasonal Vegetables & Potato** | **Braised Rice.****Lemon & Nigella Green Beans.****Saag Aloo.** | **Vegetables roasted with Thyme.****Peas****Gravy** | **Plantain****Macaroni cheese.****Corn Cobs.** | **Braised Rice.****Broccoli florets.****Noodles.****Jalapenos.** | **Chunky Chips.****Baked Beans.****Mushy Peas.****Tartar Sauce.****Lemon wedges.** | **Garlic Bread.****New potato****Pasta.****Green Beans.** |
| **Fresh Fruit** | **Whole or Fresh Cut Fruit always available** |  |  |
| **Sweet Selection** | **Peach Slices****With****Flavoured Yoghurt** | **Chocolate Sponge****With****Chocolate Sauce.** | **Jamaican Ginger cake****With Yoghurt** | **Flapjack** | **Orange Polenta cake with****Custard** | **Dessert Of** **The Day.** |

 **Caterham School - Autumn week 1 – Supper Menu**

**All Meals are cooked fresh on site with fresh ingredients daily**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday.** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Soup Station** | **Soup** **Of the Day**  | **Soup** **Of the Day**  | **Soup** **Of the Day**  | **Soup** **Of the Day**  | **Soup** **Of the Day**  | **Soup** **Of the Day**  | **Soup** **Of the Day**  |
| **Traditional****Main** | **Chinese Pork with steamed buns &** **Shredded salad**  | **Katsu****Chicken,** **Served with a mild Curry sauce.** | **Classic posh dogs with caramelised onions and potato wedges.** | **Moroccan Lamb tagine served with Cous Cous.** |  **Buttermilk Chicken burger**  | **Pizza Night** | **Sunday style Roast****Roast loin of Pork with** **Apple sauce** |
| **Secondary choice** | **Slow cooked Meatballs in Puttanesca** **sauce** | **Pork Souvlaki****Greek style Pork skewers served with Pitta and Greek salad** | **Cornish** **pasties** | **Spanish style****Seafood** **Paella.** | **Jacket potatoes with assorted toppings, Chilli, Tuna, cheese & Baked Beans** | **Pizza Night** | **Roast Chicken with** **All the****Trimmings.** |
| **Vegetarian** | **Pumpkin Risotto cake with warm Honey mustard dressing.** | **Vegetable Moussaka** | **Omelette to** **order** | **Three Cheese Ravioli** | **Onion Bhaji Burger with Coriander Mayo, Mango Chutney**  | **Pizza Night** | **Vegetable****Wellington.** |
| **Pasta Bar** | **Pasta Bar** **With Choice of sauces.** | **Pasta Bar** **With Choice of sauces.** | **Pasta Bar** **With Choice of sauces.** | **Pasta Bar** **With Choice of sauces.** | **Pasta Bar** **With Choice of sauces.** | **Pasta Bar** **With Choice of sauces.** | **Pasta Bar** **with Choice of** **sauces.** |
| **Seasonal Vegetables &****Potatoes** | **Sticky Rice.****Pasta.****Kung Pao Broccoli.** | **Udon Noodles.****Oven Baked Soy Broccoli.****Cous cous.** | **Potato wedges.****Corn on the cob.****Baked Beans.** | **Boiled potato.****Minted Peas.****Green Beans.** | **Fresh Salad selection.****Half jacket topped with cheese.** | **Chunky Coleslaw.****Skinny fries.****Garlic bread.** | **Roast Potato.****Yorkshire Pudding.****Sautéed Cabbage.****Minted Peas** |
| **Seasonal Salads** | **Seasonal Salad Selection** |
| **Sweet Selection** | **Rice Krispy crunch.** | **Lemon drizzle cake.** | **Hot Cinnamon Doughnuts.** | **Banana Banoffee****pots** | **Chocolate****Brownie** | **Dessert Of** **The day.** | **Dessert Of** **The day.** |

 **Caterham School - Autumn week 2 – Lunch Menu**

 **All Meals are cooked fresh on site with fresh ingredients daily**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Soup Station** | **Soup** **Of the Day** | **Soup** **Of the Day**  | **Soup** **Of the Day**  | **Soup** **Of the Day**  | **Soup** **Of the Day**  | **Soup** **Of the Day** | **Brunch****Sausages****Bacon****Fried Eggs****Baked Beans****Hash Brown****Mushrooms****Grilled Tomatoes** **Sandwich****Snax****A wide variety of fresh sandwiches****With Crisps****&****Cookies** |
| **Main** | **Mince****Bolognaise.** | **Cumberland sausage or Vegetarian with Onion Gravy** | **Beef Lasagne al ‘forno. With Garlic Dough balls** | **Honey Mustard Chicken with root mash.** | **Its ‘Fry’ day****Fish ‘N’ Chips.****With sustainable fish.** | **Louisiana****Pork chops.** |
| **Street wise** | **Chicken Breast with a creamed Leek Sauce.** | **Poutine****Sweet potato fries, Chicken wings, Gravy.** | **Tuna or Quorn****Salad.** | **Pulled Pork****With a crunchy** **Slaw and served in a Wrap.** | **It’s ‘Pie’ day****A deep filled** **Meat Pie.** | **Mediterranean Chicken Thighs** |
| **Vegetarian** | **Quorn** **Bolognaise.** | **Three Cheese,****Cauliflower** **Cheese.** | **Vegetable lasagne topped with Crème fraiche sauce.** | **Stuffed** **Peppers.**  | **It’s ‘Pie’ day****Cheese & Onion** **Pie or** **Vegetable** | **Vegetable Moussaka** |
| **Pasta****Or****Jacket Potato** | **Tomato & Balsamic****Or****Peppercorn** | **Tomato & Basil** **Or****Cheese & Spinach** | **Tomato & Balsamic****Or****Pesto Cream** | **Tomato & Basil** **Or****Rocket & Ricotta** | **Tomato & Basil** **Or****Butter Bean** | **Pasta Bar.** |
| **Baked Beans****Cheese** | **Beef****Bolognaise** | **Baked Beans****Cheese** | **Beef****Bolognaise** | **Baked Beans****Cheese** | ------- |
| **Seasonal Salads** | **Seasonal Salad Selection** |
| **Seasonal Vegetables &****Potato** | **Pasta.****Minted new Potato****Broccoli florets****Garlic Bread.** | **Olive oil creamed Potato.****Carrots, Cabbage & Kale** | **Garlic Dough balls.****Roasted Courgette****& Aubergine** | **Root mash.****Roasted Beetroot****Cabbage** | **Chunky Chips****Peas****Baked Beans****Tartar Sauce****Lemon wedges** | **Dirty Rice.****Potato.****Broccoli.** |
| **Fresh Fruit** | **Whole or Fresh Cut Fruit always available** |
| **Sweet Selection** | **Warm Pineapple chunks with****Honey Yoghurt.** | **Rice Pudding with Rhubarb** | **Blueberry Sponge with** **Yoghurt.** | **Eve’s pudding & Custard** | **Ice Cream** **pot** | **Dessert Of** **The day.** |  |

 **Caterham School - Autumn week 2 – Supper Menu**

**All Meals are cooked fresh on site with fresh ingredients daily**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Soup Station** | **Soup****Of the Day** | **Soup****Of the Day** | **Soup****Of the Day** | **STUDENT THEMED NIGHT** | **Soup****Of the Day** | **Soup****Of the Day** | **Soup****Of the Day** |
| **Traditional****Main** | **Crispy Sweet & Sour Pork.** | **Herb Crust****Cod Loin.** | **Char grilled Pesto Chicken.** | **STUDENT THEMED NIGHT** | **Chicken** **Fajita.** | **Asian Buffet****Yakatori Chicken skewers.****Omurice Omelette.** | **Carbonnara** |
| **Secondary choice** | **Chicken Drumsticks** | **Spanish style Beef with Chorizo and onions.** | **Moroccan Lamb tagine** | **STUDENT THEMED NIGHT** | **Beef & Bean Burritos** | **Classic American****Beef Burger, includes chilli and cheese toppings** | **Spanish** **Meatballs** |
| **Pasta** | **Pasta Bar** **With Choice of sauces.** | **Pasta Bar** **With Choice of sauces.** | **Pasta Bar** **With Choice of sauces.** | **STUDENT THEMED NIGHT**  | **Pasta Bar** **With Choice of sauces.** | **-----------** | **Pasta Bar** **With Choice of sauces.** |
| **Vegetarian** | **Spring Rolls with Plum sauce.** | **Baked Butterbean stew with crumbled Feta Cheese.** | **Roasted Basil Tofu with Oriental Noodle** | **STUDENT THEMED NIGHT**  | **BBQ day****Vegetable & Bean Fajita** |  | **Quorn Meatballs** |
| **Seasonal Vegetables & Potatoes** | **Chili & Soy Broccoli.****Udon Noodles.****Oriental Broth.** | **Crushed Basil New Potato.****Courgettes and Red onion.** | **Cous Cous****Tagliatelle.****Charred Vegetables** | **STUDENT THEMED NIGHT** | **Jacket Potato****Sautéed Onions****Re-fried Beans.** | **Scented Rice.****Roasted Broccoli with pumpkin seeds.** | **Spaghetti.****Broccoli.** |
| **Seasonal Salads** | **Seasonal Salad Selection** |
| **Sweet Selection** | **Assorted flavoured Muffins.** | **Crepes with assorted** **Toppings.** | **Berry Cheesecake.** | **Carte D’Or Gelateria Ice cream** | **Doughnuts** | **Dessert Of****The day.** | **Dessert Of****The day** |

 **Caterham School – Autumn week 3 – Lunch Menu**

**All Meals are cooked fresh on site with fresh ingredients daily**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Soup** | **Soup****Of the Day** | **Soup****Of the Day** | **Soup****Of the Day** | **Soup****Of the Day** | **Soup****Of the Day** | **Soup****Of the Day** | **Brunch****Sausages****Bacon****Fried Eggs****Baked Beans****Hash Brown****Mushrooms****Grilled Tomatoes****Sandwich****Snax****A wide variety of fresh sandwiches****With Crisps****&****Cookies** |
| **Main** | **Chilli con** **Carne** | **Chicken and Chorizo stew** | **Fish Finger** **Wrap.** | **Mac & Cheese.** | **Its ‘Fry’ day****With sustainable fish. Fresh battered or oven baked** | **Chicken Korma****With mango chutney & Naan Bread** |
| **Street wise** | **Kalua Pork** **Chops** | **Szechuan Beef with Vegetable Noodles** | **Herb Roast** **Chicken Leg** | **A little bit corny****Cornish pasty or** **Sausage roll** | **Deli** **Sandwich****(**Pastrami or Ham**)** | **-----------------** |
| **Vegetarian** | **Vegetarian** **Chilli** | **Vegetable & Bean Enchilada** | **Cheese & Red onion Tart** | **Cheese pasty** **Or** **Vegetable Sausage Roll** | **Deli** **Sandwich** | **Chickpea & Lentil Dhal** |
| **Pasta****Or****Jacket Potato** | **Tomato & Basil**  | **Tomato & Basil** **Or****Rocket & Ricotta** | **Tomato & Basil** **Or****Pesto Cream** | **Tomato & Basil** **Or****Cheese** | **Tomato & Basil** **or****Three Cheese** | **Tomato & Basil** **Or****Butterbean** |
| **Baked Beans****Cheese** | **Beef****Bolognaise** | **Baked Beans****Cheese** | **Lamb****Chilli** | **Baked Beans****Cheese** | ----- |
| **Seasonal Salads** | **Seasonal Salad Selection** |
| **Seasonal Vegetables &****Potatoes** | **Wild Rice.****Nachos.****Roast Sweet potato.** | **Noodles****New Potato.****Cabbage.****Peas.** | **Mashed Potato****Gravy.****Honey glazed Carrots.** | **Garlic Bread.****Mashed potato.****Baked beans.** | **Chunky Chips****Peas****Mushy Peas****Tartar Sauce****Lemon wedges** | **Rice.****Assorted sides.****Naan breads.****Mash Potato.****Carrots** |
| **Fresh Fruit** | **Whole or Fresh Cut Fruit always available** |
| **Sweet Selection** | **Plain sponge with Custard.** | **Rice pudding with assorted toppings.** | **Fruit Crumble with Custard.** | **Pumpkin**  **Cake.** | **Ice Cream** **Pot.** | **Dessert Of****The day.** |

 **Caterham School – Autumn week 3 – Supper Menu**

 **All Meals are cooked fresh on site with fresh ingredients daily**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Soup Station** | **Soup****Of the Day** | **Soup****Of the Day** | **Soup****Of the Day** | **Soup****Of the Day** | **Soup****Of the Day** | **Soup****Of the Day** | **Soup****Of the Day** |
| **Traditional****Main** | **Herb Roasted Chicken Leg with****Olive & Caper Tapenade** | **Breaded Pork escalope.** | **Teriyaki Beef** **With** **Prawn Crackers.** | **Chicken Salad with a choice of dressings.** | **Honey glazed pulled Pork Burger**  | **Swedish Meatballs with a creamy Gravy** | **Chicken Chasseur.**(thighs) |
| **Secondary choice** | **Beef Donburi rice bowl With** **Carrot and Mouli salad.** | **Chilli Beef and Bean Nacho’s with Cheese sauce and Jalapenos** | **De constructed Chicken & Leek**  **Pie.** | **Bangers****&** **Mash** | **Tandoori Chicken on flatbread with Kachumber & Mint Yoghurt** | **Fish Pie** | **Hot Carved Gammon with a selection of Breads and sauces** |
|  **Pasta** | **Pasta Bar** **With Choice of** **sauces.** | **Pasta Bar** **With Choice of sauces.** | **Pasta Bar** **With Choice of sauces.** | **Pasta Bar** **With Choice of sauces.** | **Pasta Bar** **With Choice of sauces** | **Pasta Bar** **With Choice of sauces.** | **Pasta Bar** **With Choice of sauces.** |
| **Vegetarian** | **Stuffed Beef** **Tomato**  | **Cheesy****Ratatouille** | **Pea and asparagus Risotto.** | **Quorn sausage****& Mash** | **Mexican Bean Burger** | **Swedish style Quorn Balls in a creamy Gravy** | **Baked Aubergine and Spinach .** |
| **Seasonal Vegetables & Potatoes** | **Thyme and Garlic Potato wedges.****Roasted Vegetables.** | **Mashed Potato.****Broccoli.****Cabbage.** | **Noodles.****Oriental Veg’.****Roast new potato.** | **Mashed potato.****Baked Beans.****Onion Gravy.****Peas.** | **Indian Rice.****Onion Rings.****Corn on the cob.****Sweet potato fries.** | **Rice.****Cabbage.****Sweetcorn.** | **Boiled Parsley potato.****Green Beans.** |
| **Seasonal Salads** | **Seasonal Salad Selection** |
| **Sweet Selection** | **Gateau** **selection** | **Cheesecake** | **Fresh Fruit Salad with Cream** | **Millionaires shortbread** | **Jaffa cake** **sponge** | **Dessert Of****The day** | **Dessert Of****The day** |