 **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**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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** |