CATERHAM SCHOOL

Caterham School - Autumn Term - Breakfast Menu
Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Juice Bar	**Orange, Apple or Pineapple**						
Hot Drinks	**Selection of Teas, Coffee & Hot chocolate made daily**						
Cereals	**Caterham's own Muesli, Weetabix, Cornflakes, Coco Pops & Shreddies served with Chilled Semi Skimmed Milk. Porridge**						
Hot or Continental Breakfast	**Warm Croissants. Monte Cristo Sandwich**	**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.**	**Waffles With Maple Syrup Boiled Eggs.**	**Pork Sausage, Back Bacon, Hash Browns, Egg, Mushrooms, Tomato, Baked Beans.**
Yoghurt Bar	**Natural Yoghurt with toppings. Seeds, Apricots, Banana chips and Sultanas.**						
Fruit pots	**Cut Fruit pots**						
Toast & Preserves	**Fresh toast – artisan Breads, served with preserves**						

CATERHAM SCHOOL

Caterham School - Autumn Term - Breakfast Menu
Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Juice Bar	Orange, Apple or Pineapple						
Hot Drinks	Selection of Teas, Coffee & Hot chocolate made daily						
Cereals	Caterham's own Muesli, Weetabix, Cornflakes, Coco Pops & Shreddies served with Chilled Semi Skimmed Milk. Porridge						
Hot or Continental Breakfast	Continental Pain au Chocolate. Selection of Meats and cheeses	English Muffin Sausages Scrambled Egg Baked Beans	Waffle Bar with Crispy Bacon or Berry Compote Boiled Eggs	Bacon & Egg Bap	Cheese & Ham filled Croissant.	Waffles. with Maple Syrup Scrambled Eggs.	Pork Sausage, Back Bacon, Hash Browns, Egg, Mushrooms, Tomato, Baked Beans.
Yoghurt Bar	Natural Yoghurt with a selection of toppings. Seeds, Apricots, Banana chips and Sultanas						
Fruit pots	Cut Fruit pots						
Toast & Preserves	Fresh Toast – artisan Breads, served with preserves						

CATERHAM SCHOOL

Caterham School - Autumn Term 1 – Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Counter	Chilli Con Carne with Wild Rice & Tortilla chips	Paprika Pork chops	Curried Chicken Breast With a spiced lentil Dhansak sauce (Plain Chicken available)	<u>Savoury mince</u> Served with Mashed Potato	<u>Its 'Fry' day</u> Fish 'N' Chips. With sustainable fish. Or a Jumbo sausage	Classic Beef Lasagne	
Main counter	Vegetable Chilli	Falafel Pattie On a wholemeal, flour Bun.	Quorn Tikka Masala	Shepherdess Pie	Cheese and Red Onion Tart	Lemon Chicken Thighs	<u>BRUNCH</u> Sausage Bacon Eggs Baked Beans Hash Brown Mushrooms Tomatoes
Pasta Or Jacket Potato	Tomato & Basil or Cheese & Tarragon	Jacket Potato With Chilli Beef	Tomato & Basil or Rocket pesto	Jacket Potato With Tuna Mayo	Tomato & Basil or Creamy Mushroom	Tomato & Basil Sauce	
	Fresh Salad pots Jelly Pots, Yoghurt Pots. Fruit pot.						
Seasonal Vegetables & Potato	Wild Rice. Broccoli florets. Jalapenos.	Corn on the Cob. Roasted Paprika Potatoes	Rice. Roasted Cauliflower & Peas Naan Bread.	Mashed Potato Glazed Carrots. Broccoli.	Chunky Chips. Baked Beans. Mushy Peas. Tartar Sauce.	New Potatoes Garlic Bread. Green Beans.	<u>SUNDAY SNACK</u> A Variety of sandwiches with Crisps And Cookies
Fresh Fruit	**Banana/Satsuma/Melon pot**						
Sweet Selection	Peach Slices	Lemon drizzle cake	Flapjack	Polenta cake with an Orange & Rosemary syrup	Carrot Cake	Dessert Of The Day.	

CATERHAM SCHOOL

Caterham School - Autumn Term 1 – Supper Menu

	Monday	Tuesday.	Wednesday	Thursday	Friday	Saturday	Sunday
Main counter	Chinese Pork Shredded salad Peppers and Onion	Buttermilk Chicken burger Served in a Flour Bun with Lettuce.	Classic posh dogs with caramelised onions and potato wedges.	Beef Lasagne With Garlic Bread	Katsu Chicken, Served with a mild Curry sauce	<u>Pizza Night</u> Meat Feast, Ham Pepperoni Spiced Beef	<u>Sunday style Roast</u> Roast loin of Pork with Apple sauce
Main counter	Meatballs in A Puttanesca sauce	Fresh Fish Burger with Lemon Mayo	Traditional Cornish Pasty	Roasted Jerk Chicken leg	Honey mustard Pork chop	<u>Pizza Nights</u> Spiced chicken Wings or BBQ Wings	----------
Main Counter	Pumpkin Risotto	Onion Bhaji Burger with Mango Chutney	Sweet Potato Jacket with Guacamole & Kidney Beans	Ravioli With Tomato sauce	Chinese Vegetable Curry	<u>Pizza Night</u> Veggie delight	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	Noodles. Crispy Kale. Roasted Veg. Pasta	Skinny fries. Sweetcorn. Coleslaw	Oven baked Potato wedges. Corn on the cob. Baked Beans.	Rice. Minted Peas. Garlic Bread.	Udon Noodles. Fried Rice Oven Baked Soy Broccoli.	Chunky Coleslaw. Half Jacket. Onion Rings. Corn on the Cob.	Roast Potato. Roasted Parsnips & Carrots Minted Peas Yorkshire Pudding.
	Fresh Salad pots Jelly Pots, Yoghurt Pots Popcorn or Fruit Pots						
Sweet Selection	Rice Krispy crunch.	Apple Pie With Custard	Chocolate Brownie	Lemon drizzle cake.	Glazed Doughnuts.	Dessert Of The day.	Dessert Of The day.

CATERHAM SCHOOL

Caterham School - Autumn Term 2 – Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Counter	Mince Beef Bolognaise.	Cumberland Sausage with Onion Gravy	Chicken Burger with Mayo	Oriental Pork	<u>Its 'Fry' day</u> Fish 'N' Chips. With sustainable fish. Or Meat Pie.	Louisiana Pork chops.	
Main Counter	Vegetable & Lentil Bolognaise	Vegetarian Sausage with Onion Gravy	Five Bean burger	Stuffed Peppers.	Cheese & Onion Slice	Vegetable Moussaka	<u>BRUNCH</u> Sausage Bacon Eggs Baked Beans Hash Brown Mushrooms Tomatoes
Pasta Or Jacket Potato	Tomato & Basil Or Cheese & Spinach	Jacket Potato With Baked Beans & Cheese	Tomato & Basil Or Mushroom & Tarragon	Jacket Potato With Tuna mayo	Tomato & Basil Or Cheese & Spinach	Pasta Bar With Choice of sauces…	
	Fresh Salad pots Jelly Pots, Yoghurt Pots. Fruit pot.						<u>SUNDAY SNACK</u>
Seasonal Vegetables & Potato	Pasta. Sweetcorn. New Potatoes & Peas	Mashed Potato. Carrots & Kale	Loaded Jacket Half. Corn on the cob.	Oriental Noodles. Broccoli with Pumpkin seed.	Chunky Chips Peas Baked Beans Tartar Sauce	Dirty Rice. Potato. Green Beans	A Variety of sandwiches with Crisps And Cookies
Fresh Fruit	Banana/Satsuma/Melon pot						
Sweet Selection	Blueberry Sponge	Orange cake	Glazed Doughnut ring	Spiced Pineapple chunks	cookie	Dessert Of The day.	

CATERHAM SCHOOL

Caterham School - Autumn Term 2 – Supper Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main counter	Teriyaki Pork.	Char grilled Pesto Chicken.	Grilled Pork Chop with salsa	Beef Stew & Dumplings	Chicken Fajita.	<u>Asian</u> Yakatori Chicken Burger	Carbonnara
Main counter	BBQ or Salt & Pepper Chicken Drumsticks	<u>Scandinavian Trout</u> Using only "sustainable" rainbow Trout fillets	Beef Stroganoff	Thai Chicken Curry	<u>Traditional Cottage Pie</u> Lean Minced Beef Topped with creamy mashed potato.	<u>Classic American</u> Beef Burger, includes chilli and cheese toppings	Spanish Meatballs
Main counter	Roasted Basil Tofu with Oriental Noodle	Baked Butterbean stew with crumbled Feta Cheese	Mushroom & Bean Stroganoff	Spring Rolls	<u>BBQ day</u> Vegetable & Bean Fajita	Sweet potato & Chickpea Burger	Quorn Meatballs
Pasta	Pasta Bar With Choice of Sauce	Pasta Bar With Choice of Sauce.	Pasta Bar With Choice of Sauce.	Pasta Bar With Choice of Sauce.	Pasta Bar With Choice of Sauce.	Pasta Bar With Choice of Sauce	Pasta Bar With Choice of Sauce.
Seasonal Vegetables & Potatoes	Chilli & Soy Broccoli. Udon Noodles. Oriental Broth.	Crushed New Potato. Savoy Cabbage.	Cous Cous Wild Rice Roasted Kale	Thai Jasmine Rice Stir Fried Oriental Veg	Jacket Potato Sautéed Onions Re-fried Beans.	Roasted Broccoli with pumpkin seeds.	Spaghetti. Sweetcorn
	Fresh Salad pots Jelly Pots, Yoghurt Pots. Fruit pot.						
Sweet Selection	Assorted flavoured Muffins.	Sticky Toffee sponge With Custard	Berry Cheesecake.	Carrot Cake	Beetroot & Chocolate Cake	Dessert Of The day.	Dessert Of The day

CATERHAM SCHOOL

Caterham School – Autumn Term 3 – Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Counter	Chicken Breast with Tomato Salsa	Beef Bolognaise.	Bangers & Mash	Herb Roasted Chicken Thighs	<u>Its 'Fry' day</u> With sustainable fish. Fresh battered or oven baked	Chicken Korma With mango chutney & Naan Bread	
Main Counter	Mushroom Ravioli in a parmesan cream sauce	Quorn Bolognaise	Cheese & Red Onion Tart	Vegetable & Bean Enchilada	Vegetable slice	Chickpea & Lentil Dhal	<u>BRUNCH</u> Sausage Bacon Eggs Baked Beans Hash Brown Mushrooms Tomatoes
Pasta Or Jacket Potato	Tomato & Basil Or Butterbean sauce	Jacket Potato With Baked Beans & Cheese	Tomato & Basil Or Butterbean sauce	Jacket Potato With Minced Beef	Tomato & Basil Or Butterbean sauce	Pasta Bar With Choice of sauces...	
	Fresh Salad pots Jelly Pots, Yoghurt Pots. Fruit pot.						
Seasonal Vegetables & Potatoes	New Potato. Cumin Cabbage & Peas...	Pasta. Garlic Bread. Cauliflower & Broccoli.	Sweet Mashed Potato. Carrots & Peas. Gravy.	New Potatoes. Broccoli. Roasted Red Onion and Courgettes	Chunky Chips. Peas. Mushy Peas. Tartar Sauce. Lemon wedges.	Rice. Assorted sides. Naan breads. Mash Potato. Carrots.	<u>SUNDAY SNACK</u> A Variety of sandwiches with Crisps And Cookies
Fresh Fruit	**Banana/Satsuma/Melon pot**						
Sweet Selection	Apple Cake	Pear halves with Flavoured Yoghurt.	Chocolate ship sponge	Pumpkin Cake.	Flapjack	Dessert Of The day.	

CATERHAM SCHOOL

Caterham School – Autumn Term 3 – Supper Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main counter	**Herb Roasted Chicken Leg**	**Breaded Pork escalope.**	**Spanish Chicken**	**<u>Fully loaded pizza</u> Pepperoni, Ham, Chicken & Peppers**	**Honey glazed pulled Pork served on Flatbread**	**Swedish Meatballs with a creamy Gravy**	**Chicken Chasseur.** (thighs)
Main counter	**Classic French Beef Bourguinon**	**Chilli Beef and Bean Nacho's with Cheese sauce and Jalapenos**	**Lamb Tagine With Cous Cous**	**Chicken Dippers with Choice of dips**	**Tandoori Chicken on flatbread with Mango Chutney & Mint Yoghurt**	**Slow Cooked Pork Ribs**	**Hot Carved Gammon with a selection of Breads and sauces**
Main counter	**Stuffed Peppers**	**Aubergine Potato and Goats cheese Gratin**	**Pea and asparagus Risotto**	**<u>Loaded Pizza</u> Red Onion, mixed Peppers and Olives**	**Mexican Bean Wrap**	**Swedish style Quorn Balls in a creamy Gravy**	**Baked Aubergine and Spinach**
Pasta	**Pasta Bar With Choice of Sauce.**	**Pasta Bar With Choice of Sauce**	**Pasta Bar With Choice of Sauce**	**Pasta Bar With Choice of Sauce.**	**Pasta Bar With Choice of Sauce**	**Pasta Bar With Choice of Sauce.**	**Pasta Bar With Choice of Sauce.**
Seasonal Vegetables & Potatoes	**Thyme and Garlic Potatoes Roasted Carrot & Peas**	**Potato Wedges. Wild Rice Broccoli. Roasted Kale**	**Olive New Potato. Tomato Salsa Guacamole**	**Onion Rings. Corn on the cob**	**Indian Rice. Roasted Vegetables.**	**Garlic Mash Creamy Cabbage Sweetcorn**	**Boiled Parsley potato. Green Beans.**
	Fresh Salad pots Jelly Pots, Yoghurt Pots. Fruit pot.						
Sweet Selection	**Gateau selection**	**Chocolate sponge with Chocolate sauce**	**Fresh Fruit Salad with Cream**	**Cheesecake**	**Chocolate Mousse**	**Dessert Of The day**	**Dessert Of The day**