

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Juice Bar	Orange, Apple, or Pineapple Juice,						
Hot Drinks	Selection of Teas, Coffee & Hot Chocolate						
Cereals	Muesli, Special K, Frosties, Weetabix, Cornflakes, Coco Pops served with Chilled Semi Skimmed Milk, Oat, or Soya Milk Porridge						
Hot or Continental Breakfast	Sausage & Egg Bap Quorn Sausage Bap with a selection of Sauces Beetroot Apple & Carrot Juice	Filled Croissant Ham & Cheese Or Cheese & Tomato Boiled Eggs x 2	<u>Full English</u> Grilled Sausage Grilled Bacon Hash Browns Fried Egg Mushrooms Grilled Tomato Baked Beans	Pan au Chocolate Boiled Eggs x 2 Apple Carrot & Ginger Juice	<u>Full English</u> Grilled Sausage Grilled Bacon Hash Browns Fried Egg Mushrooms Grilled Tomato Baked Beans	Chocolate Twist Boiled Eggs x 2 Mixed Berry Smoothie	<u>Full English</u> Grilled Sausage Grilled Bacon Hash Browns Fried Egg Mushrooms Grilled Tomato Baked Beans
Yoghurt Bar	Natural Yoghurt with a Selection of Toppings: Sunflower Seeds, Apricots, Dried Banana, Sultanas, Pumpkin Seeds, Chia Seeds						
Fruit Pots	A Selection of Cut Fruit, Pineapple, Cantaloupe Melon, Watermelon, Orange Segments						
Toast & Preserves	Fresh Toast White Bloomer, Wholemeal Bloomer, English Muffins, Bagels, Crumpet's served with Preserves: Strawberry Jam, Raspberry Jam, Honey						

Breakfast Menu -Week B

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Juice Bar	Orange, Apple, or Pineapple Juice,						
Hot Drinks	Selection of Teas, Coffee & Hot Chocolate						
Cereals	Muesli, Special K, Frosties, Weetabix, Cornflakes, Coco Pops served with Chilled Semi Skimmed Milk, Oat, or Soya Milk Porridge						
Hot or Continental Breakfast	Pan au Chocolate Boiled Eggs x 2 Peach Melba Smoothie	Waffles with Chocolate Sauce Maple Syrup Berry Compote Boiled Eggs x 2 Spinach, Apple Cucumber & Ginger juice	<u>Full English</u> Grilled Sausage Grilled Bacon Hash Browns Fried Egg Mushrooms Grilled Tomato Baked Beans	Cinnamon Swirl Boiled Eggs x 2 Oat Pear Cardamom Smoothie	Crushed Avocado on Toasted Sourdough with Poached Eggs Warm Croissant with Continental Sliced Meats Cheese	Eggy Bread with Crispy Bacon & Maple Syrup Banana Coconut Smoothie	<u>Full English</u> Grilled Sausage Grilled Bacon Hash Browns Fried Egg Mushrooms Grilled Tomato Baked Beans
Yoghurt Bar	Natural Yoghurt with a Selection of Toppings: Sunflower Seeds, Apricots, Dried Banana, Sultanas, Pumpkin seeds, Chia Seeds						
Fruit Pots	A Selection of Cut Fruit, Pineapple, Cantaloupe Melon, Watermelon, Orange Segments						
Toast & Preserves	Fresh Toast White Bloomer, Wholemeal Bloomer, English Muffins, Bagels, Crumpet's served with Preserves: Strawberry Jam, Raspberry Jam, Honey						



Lunch Menu – Autumn Term – Week 1 (01/09,22/09,13/10)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup Station With Fresh Bread	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the Day	<u>Full English Brunch</u> Grilled Sausage Streaky Bacon Hash Browns Scrambled Egg Mushrooms Tomato Baked Beans
Main Counter	Beef Chili with Nachos, Sour Cream Brown & White Rice	Chicken Coconut & Pineapple Curry	Korean BBQ Beef Topped Mac & Cheese with Crispy Onions	Katsu Chicken & Katsu Sauce With Jasmine Rice Coriander	Cheeseburger with French Fries	Karaage Chicken with Steamed Rice	
Main Counter	NF Chicken Satay with Sticky Rice	Goan Pork Balchao with Steamed Rice	Chicken & Lentil Dhansak Garlic Naan Boiled Rice	Katsu Cauliflower With Jasmine Rice	Breaded Fish & Chip Shop Chips With Tartar Sauce, Lemon wedge	Spaghetti Carbonara with a Rocket Parmesan Salad Garlic Bread	
Vegetarian	Vegan Bolognaise with Penne Pasta	Vegetable Gyros, Flat Bread & Yogurt Dressing	Sriracha Roasted Cauliflower Cucumber Spring Onion Taco	Mushroom & Spinach Gnocchi	Sweet Potato Bean Burger	Buffalo Fried Cauliflower	<u>SUNDAY HOT SNACK</u>
Pasta	Tomato Or Cheese Sauce	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Pepperoni Pizza & Fries
Jacket Potato Half Sweet Potato	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Cheese & Tomato Pizza & Fries
Vegetables	Roasted Carrots Sweetcorn	Green Beans Cauliflower	Broccoli Roast Courgettes	Steamed Leeks Sautéed Cabbage	Garden Peas Steamed Corn	Steamed Carrots Sautéed Spinach	Selection of Sandwiches
Fresh Salads	Seasonal Salad Selection						Sweetcorn
Fresh Fruit	A Selection of Cut Fruit, Pineapple, Cantaloupe Melon, Watermelon, Orange Segments, Whole Fruit, Banana, Apples, Oranges						
Cold Desserts	Jelly, Raspberry or Strawberry, Yoghurt Pots. Cold Dessert of the Day						
Sweet Selection	Cookie	Peaches served with Greek Yoghurt	Homemade Apple Crumble & Custard	Carrot Cake	Ice Cream Tub	Dessert of the Day	Dessert of the Day



Supper Menu – Autumn Term – Week 1 (01/09,22/09,13/10)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup Station With Fresh Bread	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
Main Counter	Katsu Chicken & Katsu Sauce With Jasmine Rice Coriander	Beef Lasagne with Garlic Bread	Hoi sin Stir-Fry Beef with Mushrooms & Green Beans & Noodles	Sticky Shogayaki Pork Steak with Stir Fried Noodles	Beef Meatballs in a Basil Tomato Sauce with Herb Spaghetti	Chicken Gyoza Ginger & Lime Dipping Sauce	Lamb Sheperds Pie
Main Counter	Urban Spicy Hotdog with Chilli Sauce	Chicken Mozzarella Pasta Bake	Mexican Chicken Burrito	Sweet & Sour Crispy Chicken, Egg Fried Rice	BBQ Pork Mac & Cheese with Crispy Onions	Sticky Maple Soy & Ginger Pollock	Southern Fried Chicken Wrap Curly Fries
Vegetarian	Cheese, Leek & Potato Pie	Veggie Bolognaise with Herb Spaghetti & Garlic Bread	Mushroom & Parmesan Risotto	Spinach & Ricotta Cannelloni Garlic Dough Balls	Mixed Bean Lentil & Cheddar Quesadilla	Sweet & Sour Vegetables with Steamed Rice	Mushroom Tortellini Rocket & Parmesan Salad
Pasta Bar	Tomato Or Cheese Sauce	Tomato Or Cheese Sauce	Tomato Or Cheese Sauce	Tomato Or Cheese Sauce	Tomato Or Cheese Sauce	Tomato Or Cheese Sauce	Tomato Or Cheese Sauce
Vegetables	Steamed Carrots Garden Peas	Steamed Broccoli Ratatouille	Sautéed Pak Choi Baby Sweetcorn	Roast Courgettes Green Beans	Steamed Carrots Sweetcorn	Cauliflower Cheese Baked Beans	Cabbage Sweetcorn
Cold Counter	Seasonal Salad Selection Jelly, Raspberry or Strawberry, Yoghurt Pots, Cold Dessert of the Day						
Sweet Selection	Cherry Apple Crumble & Custard	Lemon Syrup Sponge Pudding	Homemade Sticky Toffee Pudding & Custard	Homemade Berry Cheesecake	Doughnuts	Dessert of the Day	Dessert of the Day



Lunch Menu - Autumn Term – Week 2 (08/09,29/10)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup Station With Fresh Bread	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the Day	Full English Brunch Grilled Sausage Streaky Bacon Hash Browns Scrambled Egg Mushrooms Tomato Baked Beans
Main Counter	Beef Meatballs with Spaghetti	Buttermilk Chicken Burger on a Brioche Bun, Spicy Mayo & Steamed New Potatoes	Spiced Pork Sweet Potato Bean & Kale Stew	Hunters Stew with Creamed Mashed Potato	Breaded Fish & Chip Shop Chips With Tartar Sauce, Lemon wedge	Garlic & Soy Chicken with Steamed Rice	
Main Counter	Greek Pork Gyros Greek Salad & Chilli Sauce	Spinach & Ricotta Lasagne	Chicken & Pesto Patsa Bake	Thai, Quorn & Vegetable Curry	Urban Spicy Hotdog Chip Shop Chips	Sausage Roll With Curly Fries	
Vegetarian	Butternut Squash Chilli, Corn Taco, Coriander and Avocado	Plant Based Meatless Balls in a Basil Tomato Sauce with Spaghetti	Tuscan Bean & Butternut Risotto	Vegetable Paella with Garlic Aioli & Crusty Bread	Chickpea Falafel Wrap With Beetroot Slaw & Mint Dressing	Sweet Potato Frittata with a Tomato Salsa	SUNDAY HOT SNACK Chicken Nuggets & Chips Veggie Nuggets & Chips Selection of Sandwiches
Pasta	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Tomato or Cheese Sauce	
Jacket Potato Half Sweet Potato	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	
Vegetables	Cauliflower Green Beans	Roasted Courgettes. Steamed Corn	Broccoli Carrots	Steamed Corn Sautéed Cabbage	Baked Beans Garden Peas	Green Beans Steamed Carrots	
Fresh Salads	Seasonal Salad Selection						
Fresh Fruit	A Selection of Cut Fruit, Pineapple, Cantaloupe Melon, Watermelon, Orange Segments Whole fruit, Banana, Apples, Oranges						
Cold Desserts	Jelly, Raspberry or Strawberry, Yoghurt Pots, Cold Dessert of the Day						
Sweet Selection	Homemade Reduced Sugar Flapjack	Chocolate Sponge with Chocolate Custard	Homemade Reduced Sugar Banana Cake	Fruit Salad	Ice cream Tub	Dessert of the Day	Dessert of the Day



Supper Menu – Autumn Term – Week 2 (08/09,29/10)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup Station With Fresh Bread	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
Main Counter	Katsu Chicken & Katsu Sauce With Jasmine Rice Coriander	Pork & Leek Sausage with Mashed Potato & Onion Gravy	Breaded Chicken Bao Buns with Chilli & Spring Onion Pickles	Sri Lankan Black Pork Curry	Japanese Chicken Yakitori with Jasmine Rice	BBQ Chicken Pizza with Garlic Bread & French Fries	Butter Milk Chicken Burger Curly Fries
Main Counter	Pumpkin Katsu & Katsu Sauce Coriander & Chilli With Jasmine Rice	Korean Chicken Bibimbap	Caribbean Fish Stew	Turkey Schnitzel with Steamed New Potatoes	Sausage & Caramelised Onion Platt with Mash & Red Onion Gravy	Southern Fried Chicken Wrap	Baked Salmon with Ginger & Soy
Vegetarian	Vegetable Gyoza with a Ginger & Lime Dipping Sauce	Lentil & Courgette Ragu with pasta	Malaysian Pumpkin Curry with Coconut Rice	Mexican Quorn Burrito	Tuscan Bean & Butternut Risotto	Margarita Pizza with Garlic Bread & French Fries	Three Cheese Ravioli
Pasta Bar	Tomato Or Cheese Sauce	Tomato Or Cheese Sauce	Tomato Or Cheese Sauce	Tomato Or Cheese Sauce	Tomato Or Cheese Sauce	Tomato Or Cheese Sauce	Tomato Or Cheese Sauce
Vegetables	Green Beans with Garlic & Soy Sweetcorn	Spring Greens Roast Carrots	Courgettes Green Beans	Cauliflower Steamed Cabbage	Steamed Carrots Leeks	Corn on The Cob Salad Bar	Peas Red Cabbage
Cold Counter	Seasonal Salad Selection Jelly, Raspberry or Strawberry, Yoghurt Pots, Cold Dessert of the Day						
Sweet Selection	Fried Apple Gyoza with Ice cream	Fruit Salad Pouring Cream	Peaches	Banana Bread	Homemade Lemon Cheesecake	Dessert of the Day	Dessert of the Day



Lunch Menu – Autumn Term – Week 3 (15/09,06/10)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup Station With Fresh Bread	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
Main Counter	Butter Chicken Pilau Rice	Beef Bolognaise with Pasta & Garlic Bread	Spanish Chicken with Vegetable Paella	Chicken Pie with Mashed Potato	Meat Pizza & Sweet Potato Fries	Beef Stroganoff with Boiled Rice	<u>Full English Brunch</u>
Main Counter	Sweet & Sour Pork with Rice	Spanish Omelette with Garlic Aioli, Potato Bravas	Beef Chili with Rice, Sour cream	Indonesian Pork Saty with Sticky Pineapple Rice	Breaded Fish & Chip Shop Chips With Tartar Sauce, Lemon wedge	Cajun Spiced Salmon with Harissa Yoghurt Steamed Potatoes	Grilled Sausage Streaky Bacon Hash Browns Scrambled Egg Mushrooms Tomato Baked Beans
Vegetarian	Vegi Mince Lasagne	Moroccan Cauliflower Spinach & Borlotti Bean Stew with Cous Cous	Matar Paneer	Goan Butternut Squash Chickpea & Tofu Curry	Margherita Pizza & Sweet Potato Fries	Roasted Butternut Squash Mac & Cheese with Crispy Onion Crumb	<u>SUNDAY HOT SNACK</u>
Pasta	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Tomato Or Cheese Sauce	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Sausage Roll & Chips
Jacket Potato Half Sweet Potato	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Baked Beans & Cheese	Cheese Sausage Roll & Chips
Vegetables	Steamed Broccoli Steamed Corn	Steamed Green Beans Roast Carrots	Cauliflower Peas	Steamed Spinach Sauteed Courgettes	Baked Beans Garden Peas	Steamed Broccoli Corn on the Cob	Selection of Sandwiches
Fresh Salads	Seasonal Salad Selection						
Fresh Fruit	A Selection of Cut Fruit, Pineapple, Cantaloupe Melon, Watermelon, Orange Segments Whole Fruit: Banana, Apples, Oranges						
Cold Desserts	Jelly, Raspberry or Strawberry, Yoghurt Pots, Cold Dessert of the Day						
Sweet Selection	Reduced Sugar Chocolate Brownie	Apple Pie With Custard	Mandarins With Yoghurt	Sticky Toffee Pudding & Custard	Ice Cream Tubs	Dessert of the Day	Dessert of the Day



Supper Menu – Autumn Term – Week 3 (15/09,06/10)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup Station With Fresh Bread	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
Main Counter	Beef Lasagne Garlic Bread	Chicken Parmigiana with Penne Arrabiata	Stone Baked Pepperoni Pizza Curly Fries	Mexican Beef Quesadilla with Sour Cream	Baked Chicken Fajita Wrap	Chicken Katsu Curry Sauce with Jasmine Rice	Smokey Beef & Butternut Gratin
Main Counter	Peruvian Chicken Burger with Spicy Mayo	Pulled Pork Burger, Brioche Bun Homemade Potato Wedges	Oriental Beef Stir Fry with Pak Choi and Udon Noodles	Chicken Shawarma Bowl, Spicy Rice	Mandarin Barbecued Pork, Sticky Rice	Beef Keema, Pickled Cucumber & Spring Onion Salad	Turkey Fajitas
Main Counter	Butternut Squash & Puy Lentil Chilli Steamed Brown & White Rice	Roast Vegetable Pasta Bake with Garlic Bread	Stone-Baked Vegetarian Pizza Curly Fries	Plant Based Meatballs with Pasta in a Rich Tomato Sauce	Crispy 5 spice Cauliflower Hoisin Bao Buns	Halloumi Skewer with Hummus	Vegetable Gyros with Folded Flat Bread
Pasta Bar	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Tomato or Cheese Sauce	Tomato or Cheese Sauce
Vegetables	Corn on The Cob Sautéed Courgettes	Steamed Broccoli Steamed Carrots	Sweetcorn Coleslaw	Steamed Leeks Garden Peas	Sautéed Spinach Green Beans	Cauliflower Broccoli	Sautéed Cabbage Carrots
Cold Counter	Seasonal Salad Selection Jelly, Raspberry or Strawberry, Yoghurt Pots, Cold Dessert of the Day						
Sweet Selection	Fresh Fruit Salad & Pouring Cream	Cookie	Chocolate Muffin	White Chocolate Cheesecake	Homemade Reduced Sugar Flapjack	Dessert of the Day	Dessert of the Day