

Breakfast Menu - Week A

	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	<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	Filled Croissant Ham & Cheese Or Cheese & Tomato Boiled Eggs x 2	Pan au Chocolate Boiled Eggs x 2 Apple Carrot & Ginger Juice	Crushed Avocado on Toasted Sourdough with Poached Eggs Warm Croissant with Continental Sliced Meats Cheese	<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	Filled Croissant Ham & Cheese Or Cheese & Tomato 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 – Spring Term – Week 1 (23/02, /16/03)

	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	Pork & Leek Sausage with Mashed Potato & Onion Gravy	Chipotle Chilli 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	Caribbean Pork Stew with Steamed Rice	NF Chicken Satay with Sticky Rice	Chicken Dopiazza Pilaf Rice	Katsu Cauliflower With Jasmine Rice	Breaded Fish & Chip Shop Chips With Tartar Sauce, Lemon wedge	Beef & Vegetable Pie	
Vegetarian	Vegan Bolognese with Penne Pasta	Vegetable Gyros, Flat Bread & Yogurt Dressing	Sriracha Roasted Cauliflower Cucumber Spring Onion Taco	Halloumi Wrap	Roast Vegetable Toad in The Hole	Buffalo Fried Cauliflower	SUNDAY HOT SNACK BBQ Chicken Pizza & Fries
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	Cheese & Tomato 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	Selection of Sandwiches
Vegetables	Roasted Carrots Steamed Leeks	Sautéed Cabbage Cauliflower	Broccoli Roast Courgettes	Sweetcorn Sautéed Cabbage	Garden Peas Baked Beans	Steamed Carrots Sautéed Spinach	Sweetcorn Coleslaw
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	Rice Pudding with Jam Sauce	Homemade Apple Crumble & Custard	Chocolate Sponge with Chocolate Sauce	Cookie	Carrot Cake	Dessert of the Day	Dessert of the Day

Supper Menu – Spring Term – Week 1 (23/02, /16/03)

	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 & Udon Noodles	Sweet & Sour Crispy Chicken, Egg Fried Rice	Chicken Gyoza Ginger & Lime Dipping Sauce	Lebanese Lamb Burger	Beef Meatballs in a Basil Tomato Sauce with Herb Spaghetti
Main Counter	Sicilian Fish Pie	Chicken Mozzarella Pasta Bake	Pork Schnitzel with New Potatoes & Mustard Sauce	Pulled Beef Bibimap	Korean Pulled Pork Donburi Rice Bowl	Sticky Maple Soy & Ginger Salmon	Southern Fried Chicken Wrap Curly Fries
Vegetarian	Spanish Omelette with Patas Bravas	Veggie Bolognese with Herb Spaghetti & Garlic Bread	Vegetarian Lancashire Hot Pot	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 - Spring Term – Week 2 (02/03,23/03)

	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
Main Counter	Beef Rendang with Brown & White Rice	Katsu Chicken & Katsu Sauce With Jasmine Rice Coriander	Sweet & Sour Pork Hong Kong Style	Buttermilk Chicken Burger on a Brioche Bun, Spicy Mayo & Steamed New Potatoes	Breaded Fish & Chip Shop Chips With Tartar Sauce, Lemon wedge	Chicken Laksa Curry with Rice Noodles	Grilled Sausage Streaky Bacon Hash Browns Scrambled Egg Mushrooms Tomato Baked Beans
Main Counter	Greek Pork Gyros Greek Salad & Chilli Sauce	Spinach & Ricotta Lasagne	Chicken & Pesto Patsa Bake	Thai, Quorn & Vegetable Curry	Chicken & Mushroom pie Chips	Sausage Roll With Curly Fries	
Vegetarian	Quorn Goulash with Steamed Rice	Plant Based Meatless Balls in a Basil Tomato Sauce with Spaghetti	Vegetable Paella with Garlic Aioli & Crusty Bread	Butternut Squash & Harissa Tagine with Cous Cous	Sweet Potato Frittata with a Tomato Salsa	Chickpea Falafel Wrap With Beetroot Slaw & Mint Dressing	
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	SUNDAY HOT SNACK Chicken Nuggets & Chips Veggie Nuggets & Chips Selection of Sandwiches
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	Peaches & Yoghurt	Homemade Reduced Sugar Flapjack	Homemade Reduced Sugar Banana Cake	Fruit Salad	Jam Sponge with Custard	Dessert of the Day	Dessert of the Day

Supper Menu – Spring Term – Week 2 (02/03,23/03)

	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	Korean Glazed Pork Loin with Sautéed Pak Choi	Breaded Chicken Bao Buns with Chilli & Spring Onion Pickles	Pork & Leek Sausage with Mashed Potato & Onion Gravy	Butter Milk Chicken Burger Curly Fries	Beef & Cumin Kofta with Steamed Rice & Tzatziki	Japanese Chicken Yakitori with Jasmine Rice
Main Counter	Pumpkin Katsu & Katsu Sauce Coriander & Chilli With Jasmine Rice	Katayama Chicken Donburi	Massamam Thai Beef Curry	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	Malaysian Pumpkin Curry with Coconut Rice	Vegetable Fajita with Sour cream	Sweet Potato Mac & Cheese	Butternut Squash & Wow Butter Curry	Mexican Quorn Burrito	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 – Spring Term – Week 3 (09/03,30/03)

	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	Chicken Mushroom & leek Pie with Mashed Potato	Beef Bolognaise with Pasta & Garlic Bread	Spanish Chicken with Vegetable Paella	Methi Chicken Peas Pilau Rice	Meat Pizza & Sweet Potato Fries	Beef Stroganoff with Boiled Rice	<u>Full English Brunch</u>
Main Counter	Beef Chilli with Rice, Sour cream Nachos Jalapeños	Chicken Shawarma Wrap	Spanish Omelette with Garlic Aioli, Potato Bravas	Lamb keema peas Peas Pilau Rice	Fish Finger Wrap with Tartar Sauce	Cajun Spiced Salmon with Harissa Yoghurt Steamed Potatoes	Grilled Sausage Streaky Bacon Hash Browns Scrambled Egg Mushrooms Tomato Baked Beans
Vegetarian	Vegi Mince Lasagne	NF Pesto Pasta Bake	Goan Butternut Squash Chickpea & Tofu Curry	Cajun Bean & Vegetable Burrito with a Tomato Salsa	Margherita Pizza & Sweet Potato Fries	Bhaji Burger	<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	Leeks Sweetcorn	Cauliflower 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	Apple Pie With Custard	Reduced Sugar Chocolate Brownie	Mandarin's With Yoghurt	Sticky Toffee Pudding with Custard	Cardamom Rice Pudding	Dessert of the Day	Dessert of the Day

Supper Menu – Spring Term – Week 3 (09/03,30/03)

	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	Stone Baked Pepperoni Pizza Curly Fries	Chicken Parmigiana with Penne Arrabiata	Mandarin Barbecued Pork, Sticky Rice	Oriental Beef Stir Fry with Pak Choi and Udon Noodles	Chicken Katsu Curry Sauce with Jasmine Rice	Roast Beef with Yorkshire Pudding & Roast Potatoes
Main Counter	Pulled Pork Burger, Brioche Bun Homemade Potato Wedges	Peruvian Chicken Burger with Spicy Mayo	Sticky Asian Beef with Jasmine Rice	Chicken Shawarma Bowl, Spicy Rice	Makhani Butter Chicken with Naan Bread	Hoi Sin Pork Belly Boa Bun, Pickled Cucumber & Spring Onion Salad	Turkey Fajitas
Main Counter	Plant Based Meatballs with Pasta in a Rich Tomato Sauce	Stone-Baked Vegetarian Pizza Curly Fries	Coconut Tofu with Lemongrass Stir- fried Vegetables	Crispy 5 spice Cauliflower Hoisin Bao Buns	Roast Vegetable Pasta Bake with Garlic Bread	Halloumi Wraps	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 Sauteed Courgettes	Steamed Broccoli Sweetcorn	Steamed Carrots Green Beans	Steamed Leeks Garden Peas	Sautéed Spinach Green Beans	Cauliflower Broccoli with Garlic	Sauteed 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	Doughnuts	White Chocolate Cheesecake	Homemade Reduced Sugar Flapjack	Dessert of the Day	Dessert of the Day