

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, Hash Brown & Egg Bap Quorn Sausage, Hash Brown & Egg 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	Pan au Chocolate Boiled Eggs x 2 Mixed Berry Smoothie	<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 Beetroot Apple & Carrot 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 Banana Smoothie
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	<u>Full English</u> Grilled Sausage Grilled Bacon Hash Browns Fried Egg Mushrooms Grilled Tomato Baked Beans Banana Coconut 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	Crushed Avocado on Toasted Sourdough with Poached Eggs Warm Croissant with Continental Sliced Meats Cheese Oat Pear Cardamom Smoothie	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
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 (31/08, /12/10)

	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	Spanish Chicken Paella	Pulled Calabrian Chilli Pulled Pork Topped Mac & Cheese with Crispy Onions	Katsu Chicken & Katsu Sauce With Jasmine Rice Coriander	Cheeseburger with French Fries	Chicken Milanese with Salsa Verde	
Main Counter	Sri Lankan Black Pork Curry	Spaghetti Carbonara	Chicken Dopiazza Pilaf Rice	Katsu Cauliflower With Jasmine Rice	Breaded Fish & Chip Shop Chips With Tartar Sauce, Lemon wedge	South Indian Curried Fish	
Vegetarian	Vegan Bolognaise with Spaghetti	Stir-fried Tofu Noodles with Yum Yum Sauce	Gnocchi With Kale & Sundried Tomatoes	Jollof Quorn Pilau	Vegi Hot Dog with French Fries	Sweet Potato Topped Cottage Pie	SUNDAY HOT SNACK
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
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
Vegetables	Roasted Carrots Steamed Leeks	Cauliflower Sweetcorn	Broccoli Roast Courgettes	Sautéed Cabbage Corn on the Cob	Garden Peas Baked Beans	Steamed Carrots Sautéed Spinach	Selection of Sandwiches Crisps & Cookie
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	Old Fashion School Cake	Cookie	Homemade Apple Crumble & Custard	Fruit salad	Ice cream	Dessert of the Day	Dessert of the Day

Supper Menu – Autumn Term – Week 1 (31/08, /12/10)

	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	Chicken Kiev Garlic & Herb Butter with New Potatoes	Beef Lasagne with Garlic Bread	Sweet & Sour Crispy Chicken, Egg Fried Rice	Indonesian Pork Satay with Sticky Rice	Tuscan Roast Chicken Leg with Cannellini Beans	Pork Schnitzel with New Potatoes & Mustard Sauce	Beef Meatballs in a Basil Tomato Sauce with Herb Spaghetti
Main Counter	Pork Ramen With Egg Noodles	Chicken Mozzarella Pasta Bake	Venison Stir-fry with Hoisin Sauce & Egg Noodles	Turkey & Feta patties With New Potatoes	Hoi sin Stir-Fry Beef with Mushrooms & Green Beans & Udon Noodles	Sticky Maple Soy & Ginger Salmon	Garlic & Herb Chicken Leg with Spicy Potato Wedges
Vegetarian	Sriracha Roasted Cauliflower Cucumber Spring Onion Taco	Spanish Omelette with Patatas Bravas	Veggie Bolognese with Herb Spaghetti & Garlic Bread	Spinach & Ricotta Cannelloni Garlic Dough Balls	Mac N Cheeseburger	Indian Shahi Paneer with Basmati Rice	Three Cheese 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	Garden Peas Steamed Cauliflower	Steamed Broccoli Steamed Carrots	Sautéed Pak Choi Baby Sweetcorn	Roast Courgettes Green Beans	Herb Roast Carrots Sweetcorn	Cauliflower Cheese Broccoli with Garlic	Cabbage Sweetcorn
Cold Counter	Seasonal Salad Selection Jelly, Raspberry or Strawberry, Yoghurt Pots, Cold Dessert of the Day						
Sweet Selection	Double Chocolate Chip Cookie	Frozen Yogurt Pots	Homemade Sticky Toffee Pudding & Custard	Homemade Berry Cheesecake	Blueberry Muffin	Dessert of the Day	Dessert of the Day

Lunch Menu - Autumn Term – Week 2 (07/09,28/09)

	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	Venison Spaghetti Bolognese	Greek Pork Gyros Greek Salad, Pitta Bread & Chilli Sauce	Chicken & Pesto Patsa Bake	Turkey Chilli Con Carne with Steamed Rice	Breaded Fish & Chip Shop Chips With Tartar Sauce, Lemon wedge	Italian Pork Stew with Penne Pasta	
Main Counter	Sweet & Sour Pork Hong Kong Style	Lamb Tagine with Cous Cous	Beef Keema with Ginger & Onion Rice	Massamam Thai Beef Curry with Sticky Rice	Korean Corn Dog with Fries	Mediterranean Roasted Pollock Steamed Potatoes	
Vegetarian	Chickpea Falafel Wrap With Beetroot Slaw & Mint Dressing	Bean & Vegetable Chilli with Sour cream & Nachos	Marrakesh Vegetable Curry with Rice	Spinach & Ricotta Lasagne	Malaysian Pumpkin Curry with Coconut Rice	Plant Based Meatless Balls in a Basil Tomato Sauce with Spaghetti	SUNDAY HOT SNACK Beef Burger Vegi Burger Selection of Sandwiches Crisps & Cookie
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	Peaches & Yoghurt	Reduced Sugar Flapjack	Chocolate Sponge with Chocolate Sauce	Homemade Reduced Sugar Banana Cake	Ice cream	Dessert of the Day	Dessert of the Day

Supper Menu – Autumn Term – Week 2 (07/09,28/09)

	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	Turkey Schnitzel with Steamed New Potatoes	Stir-fried Pork Noodles with Yum Yum Sauce	Spanish Chicken Paella	Pork Chilli Amarillo	Chicken Kiev with Garlic Butter & New Potatoes	Gyros Lamb Shoulder with Khobez Bread & Salad	Japanese Chicken Yakitori with Jasmine Rice
Main Counter	Korean Chicken Bibimbap with Pickles & Fried Egg	Jerk Chicken Leg with Rice & Peas	Beef Rendang with Jasmine Rice	Mexican Turkey Meatballs with Mexican Rice	Venison Enchilada	Tandoori Chicken Leg with Spiced Rice	Korean Salmon with Kimchi & Cucumber
Vegetarian	Butternut Squash & Harissa Tagine with Cous Cous	Quorn Mushroom & Leek Pie with Mashed Potato	Three Cheese Ravioli	Mexican Quorn Burrito	Butternut Squash & Aubergine Curry	Pesto Pasta Bake with Garlic Bread	Sweet Potato Shaksuka with Sriracha Butter
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 Cauliflower	Peas Sweetcorn
Cold Counter	Seasonal Salad Selection Jelly, Raspberry or Strawberry, Yoghurt Pots, Cold Dessert of the Day						
Sweet Selection	Ice cream	Fruit Salad Pouring Cream	Chocolate Marble Cake	Cookie	Homemade Lemon Cheesecake	Dessert of the Day	Dessert of the Day

Lunch Menu – Autumn Term – Week 3 (14/09,05/10)

	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	Southern Fried Chicken Goujon Wrap Spicy Mayo & Steamed New Potatoes	Beef Bolognaise with Pasta & Garlic Bread	Chicken Shawarma Lemon Rice Flat Bread	African Beef Curry with Brown & White Rice	Texan Meat Pizza & Curly Fries	Oriental Beef Stir Fry with Pak Choi and Udon Noodles	<u>Full English Brunch</u> Grilled Sausage Streaky Bacon Hash Browns Scrambled Egg Mushrooms Tomato Baked Beans
Main Counter	Lamb Keema peas Pilau Rice	Arroz Al Homo Pork, Black Pudding Paella	Beef Chilli with Rice, Sour cream Nachos Jalapeños	Chicken Mole with Lime & Coriander Rice	Breaded Fish & Chip Shop Chips With Tartar Sauce, Lemon wedge	Roast Salmon with Crème Fesh Steamed Potatoes	
Vegetarian	Sweet Potato Mac & Cheese	NF Pesto Pasta Bake	Smoky Aubergine Chilli Brown Rice	Mushroom & Parmesan Risotto	Veggie Supreme Pizza & Curly Fries	Goan Butternut Squash Chickpea & Tofu Curry	<u>SUNDAY HOT SNACK</u> Sausage Roll Cheese Sausage Roll Selection of Sandwiches Crisps & Cookie
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	Steamed Broccoli Steamed Corn	Steamed Green Beans Roast Carrots	Leeks Sautéed Cabbage	Cauliflower Sauteed Courgettes	Baked Beans Garden Peas	Green Beans Corn on the Cob	
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	Mandarin's With Yoghurt	Carrot Cake	Apple Pie With Custard	Oat & Raisin Cookie	Ice cream	Dessert of the Day	Dessert of the Day

Supper Menu – Autumn Term – Week 3 (14/09,05/10)

	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	Korean Pork with Beans	Chicken Pesto Pasta Bake	Venison Burger Brioche Roll New Potatoes	Cajan Turkey Tacos	Chicken Khoa Pad	Roast Gammon with Yorkshire Pudding & Roast Potatoes, Rich Gravy
Main Counter	Chicken Donburi with Sticky Rice	Turkey Fajitas with Flat Breads & Sour Cream	Sticky Shogyaki Barbecued Pork, Sticky Rice	Chicken Parmigiana with Penne Arrabiata	Makhani Butter Chicken with Naan Bread, Mango Chutney	Massamam Thai Beef Curry	Pesto Chicken Caprese
Main Counter	Aubergine & Halloumi Schnitzel	Coconut Tofu with Lemongrass Stir- fried Vegetables	Plant Based Meatballs with Pasta in a Rich Tomato Sauce	Lebanese Stuffed Aubergine with Cous Cous	Four Cheese Ravioli with Garlic Bread	Vegan Ramen Bowl	Quorn Sausage Toad in the Hole, Onion Gravy
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	Chocolate Brownie	Yum Yum	White Chocolate Cheesecake	Pineapple Upside Down Cake	Dessert of the Day	Dessert of the Day