



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	Bacon & Egg Bap Quorn Sausage Bap with a selection of Sauces	Plain Croissant with Continental Sliced Meats & Cheese Peach Melba Smoothie	<u>Full English</u> Grilled Sausage Grilled Bacon Hash Browns Fried Egg Mushrooms Tomato Baked Beans	Chocolate Twist Boiled Eggs x 2 Mixed Berry Smoothie	<u>Full English</u> Grilled Sausage Streaky Bacon Hash Browns Scrambled Egg Mushrooms Tomato Baked Beans	French Toast with Greek yogurt & Berries Banana Coconut Smoothie	<u>Full English</u> Grilled Sausage Grilled Bacon Hash Browns Fried Egg Mushrooms Tomato Baked Beans
Yoghurt Bar	Natural Yoghurt with a Selection of Toppings: Sunflower Seeds, Apricots, Dried Banana, Sultanas, Pumpkin Seeds						
Fruit Pots	A Selection of Cut Fruit, Pineapple, Cantaloupe Melon, Watermelon, Orange Segments						
Toast & Preserves	Fresh Toast White Bloomer, Wholemeal Bloomer, English Muffins, 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	Breakfast Egg Fried Rice Boiled Eggs x 2	Waffles with Chocolate Sauce Maple Syrup Berry Compote Boiled Eggs x 2	<u>Full English</u> Grilled Sausage Grilled Bacon Hash Browns Fried Egg Mushrooms Tomato Baked Beans	Cinnamon Swirl Boiled Eggs x 2 Oat Pear Cardamom Smoothie	<u>Full English</u> Grilled Sausage Streaky Bacon Hash Browns Scrambled Egg Mushrooms Tomato Baked Beans	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 Tomato Baked Beans
Yoghurt Bar	Natural Yoghurt with a Selection of Toppings: Sunflower Seeds, Apricots, Dried Banana, Sultanas, Pumpkin seeds						
Fruit Pots	A Selection of Cut Fruit, Pineapple, Cantaloupe Melon, Watermelon, Orange Segments						
Toast & Preserves	Fresh Toast White Bloomer, Wholemeal Bloomer, English Muffins, served with Preserves: Strawberry Jam, Raspberry Jam, Honey						



Lunch Menu – Autumn Term – Week 1 (02/09,23/09,14/10)

	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
Main Counter	Korean Chicken Topped Mac & Cheese	Kerela Chicken Leg, Turmeric Basmati Rice, Pineapple Chutney Chapati	Tuscan Slow Braised Pork & Bean Stew with Sautéed Potatoes	Katsu Chicken & Katsu Sauce With Jasmine Rice Coriander	Breaded Fish & Chip Shop Chips With Tartar Sauce, Lemon wedge	Chicken Paella Crusty Bread & Garlic Aioli	Grilled Sausage Streaky Bacon Hash Browns Scrambled Egg Mushrooms Tomato Baked Beans
Main Counter	Pork Jambalaya with Steamed Rice	Cheese, Leek & Potato Shortcrust Pastry Pie Mash Potato	Vegetable Lasagne Rocket Salad	Katsu Cauliflower With Jasmine Rice	Sausages with Chip Shop Chips	Pulled BBQ Beef Brisket with Mac & Cheese	
Vegetarian	Vegan Bolognaise with Penne Pasta	Quorn Sausage Toad in the Hole Mash potato & Gravy	Griddled Halloumi & Roasted Pepper Wrap	Spinach & Ricotta Cannelloni Garlic Dough Balls.	Mushroom Stroganoff with Steamed Rice	Tofu & Spinach Curry Steamed Rice	SUNDAY HOT SNACK
Pasta	Italian 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	Steamed Cauliflower Garden Peas	Broccoli Roast Courgettes	Steamed Leeks Sautéed Cabbage	Garden Peas Steamed Corn	Steamed Carrots Sautéed Spinach	Baked Beans
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	Cookie	Peaches served with Greek Yoghurt	Homemade Reduced Lemon Drizzle	Homemade Apple Crumble & Custard	Ice Cream Tub	Dessert of the Day	Dessert of the Day



Supper Menu – Autumn Term – Week 1 (02/09,23/09,14/10)

	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	Greek Pork Gyros Chilli Sauce Salad	Katsu Chicken & Katsu Sauce With Jasmine Rice Coriander	Beef Barbecoa with Steamed Rice	Vietnamese Pork Belly with Stir Fried Noodles & Sweet Chilli Dipping Sauce	Beef Meatballs in a Basil Tomato Sauce with Herb Spaghetti	Southern Fried Chicken Wrap Curly Fries	Beef Lasagne with Garlic Bread
Main Counter	Lamb Rogan Josh Pilau Rice Mango Chutney	Spaghetti Carbonara with a Rocket Parmesan Salad Garlic Bread	Sweet & Sour Crispy Chicken Egg Fried Rice	Mexican Chicken Burrito	Slow Cooked Pork Ragu Penne Pasta	Vietnamese Pork Chop Stir-Fry Vegetables	Chicken Gyoza Ginger & Lime Dipping Sauce
Vegetarian	Sweet Potato Tagine with Cous Cous	Veggie Bolognese with Herb Spaghetti & Garlic Bread	Mushroom. Lentil & Spinach Wellington With Sautéed Potato	Plant Based Tikka Masala with Rice Naan Breads & Mint Yogurt	Enchilada Meatball Bake	Cheese, Leek & Potato Pie	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 Broccoli Garden Peas	Steamed Carrots Ratatouille	Sautéed Pak Choi Baby Sweetcorn	Sauteed Pak Choi Roast Courgettes	Steamed Carrots Sweetcorn	Cauliflower Cheese Green Beans	Cabbage Sweetcorn
Cold Counter	Seasonal Salad Selection Jelly, Raspberry or Strawberry, Yoghurt Pots, Cold Dessert of the Day						
Sweet Selection	Lychees & Fruit Salad Pouring Cream	Cookie	Homemade Sticky Toffee Pudding & Custard	Homemade Blueberry Sponge with Custard	Doughnuts	Dessert of the Day	Dessert of the Day



Lunch Menu - Autumn Term – Week 2 (09/09,30/09)

	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	Cumberland Sausage Ring with Mashed Potato & Onion Gravy	Beef Burger with French Fries	Buttermilk Chicken Burger on a Brioche Bun, Spicy Mayo & Steamed New Potatoes	Beef Lasagne with Garlic Dough Balls	Fish Fingers Chip Shop Chips	Chicken Tikka Masala Pilaf Rice, Mango Chutney & Poppadom's	
Main Counter	Malay Beef Rendang with Sticky Coconut Rice	Vegetable Paella with Garlic Aioli & Crusty Bread	Mushroom & Spinach Gnocchi	Courgette & Parmesan Risotto	Beef Chili with Nachos, Sour Cream Brown & White Rice	Sausage Roll With Curly Fries	SUNDAY HOT SNACK Chicken Nuggets & Chips Veggie Nuggets & Chips
Vegetarian	Caribbean Vegetable Coconut Curry with Steamed Rice	Quorn Shawarma with Salad, Chilli Sauce & Pitta Bread	Butternut Squash & Chickpea Feta Filo Pie	Chickpea Falafel Wrap With Beetroot Slaw & Mint Dressing	Plant Based Meatless Balls in a Basil Tomato Sauce with Spaghetti	Butternut Squash Chilli, Corn Taco, Coriander and Avocado	
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	Minted Peas Cauliflower	Sweetcorn Baked Beans	Broccoli Sautéed Cabbage	Steamed Corn Roasted Courgettes.	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	Mandarins with Cherry Yoghurt	Homemade Reduced Sugar Banana Cake	Rhubarb Crumble with Custard	Ice Cream Tub	Dessert of the Day	



Supper Menu – Autumn Term – Week 2 (09/09,30/09)

	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	Katsu Chicken & Katsu Sauce With Jasmine Rice Coriander	Beef Stir fry With Garlic Green Beans Pak Choi	Thai Green Chicken Curry Jasmine Sticky Rice	Sweet & Sour Pork Shoulder, Asian Vegetables and Egg Fried Rice	BBQ Chicken with Mac & Cheese	Pepperoni Pizza with Garlic Dough Balls & French Fries	Roast Crown of Turkey, Sage & Onion Stuffing Roast Potatoes, Gravy
Main Counter	Pumpkin Katsu & Katsu Sauce Coriander & Chilli With Jasmine Rice	Hoi Sin Pork with Special Fried Rice	Lebanese Lamb Burger New Potatoes	Chermoula Chicken Wings	Pulled Pork Soft Shell Tacos with Pico De Gallo	Southern Fried Chicken & Chips	Baked Cod with Ginger & Soy
Vegetarian	Vegetable Gyoza with a Ginger & Lime Dipping Sauce	Soy & Ginger Vegetable Chow Mein with Sweet Chilli Sauce	Mushroom Stroganoff with Wild Rice	Butternut Squash, Spinach and Chickpea Filo Pie with New Potatoes	Beetroot Burger in a Brioche Roll with Burger Sauce & Salad	Margarita Pizza with Garlic Dough Balls & 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	Chocolate Cookie	Calippo Ice lolly	Homemade Berry Cheesecake	Dessert of the Day	Dessert of the Day



Lunch Menu – Autumn Term – Week 3 (16/09,07/10)

	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 with Brown & white Steamed Rice	Hungarian Braised Pork Stew with Crispy Potatoes	Italian Pop-Up Tuscan Roast Chicken with Cannellini Beans	BBQ Beef Brisket Topped Mac & Cheese	Pepperoni Pizza & French Fries	Pollo a La Brasa with Diced Potatoes	<u>Full English Brunch</u> Grilled Sausage Streaky Bacon Hash Browns Scrambled Egg Mushrooms Tomato Baked Beans
	Lamb Tagine with Herb Cous Cous	Spanish Omelette with Garlic Aioli, Potato Bravas	Gnocchi Primavera with Rocket & Shaved Parmesan Or Pasta Puttanesca	Sweet Potato & Lentil Tagine with Herb Cous Cous and Flat Bread	Jumbo Fish Fingers with Tartar Sauce, Lemon Wedge & French Fries	Cajun Spiced Salmon with Harissa Yoghurt Steamed Potatoes	
Vegetarian	Vegi Mince Lasagne	Vegetarian Moussaka	Aubergine Parmigiana	Mushroom Halloumi & Rocket Burger	Margherita Pizza & French Fries	Beetroot Burger Onion Chutney Brioche Bun Sweet Potato Fries	<u>SUNDAY HOT SNACK</u> Sausage Roll & Chips Cheese Sausage Roll & Chips
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 Pak Choi Roast Courgettes	Oregano Roast Vegetables Garlic Roast Diced Potatoes	Steamed Corn Cauliflower	Baked Beans Garden Peas	Steamed Broccoli 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	Reduced Sugar Chocolate Brownie	Jam Sponge with Custard	Tiramisu	Apple Pie With Custard	Frozen Yoghurt	Dessert of the Day	Dessert of the Day



Supper Menu – Autumn Term – Week 3 (16/09,07/10)

	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 Goulash Topped with Sour Cream	Char Siu Pork Egg Fried Rice Prawn Crackers	Stone Baked BBQ Chicken Pizza Potato Wedges	Hunters Chicken Sautéed Potatoes	Beef Souvlaki, Pitta Bread & Salad	Chicken Katsu Curry Sauce with Jasmine Rice	Beef Lasagne Garlic Bread
Main Counter	Chicken Chow Main Egg Noodles	Oriental Beef Stir Fry with Pak Choi and Udon Noodles	Loaded Beef Nachos topped with Sour Cream, Jalapenos Coriander	Turkey Fajitas	Jerk Chicken Leg Spicy Rice Mint Yoghurt	Pulled Pork Burger Homemade Potato Wedges	Southern Fried Chicken Wrap with Cos Lettuce, Sweet Chilli Mayo & New Potatoes
Main Counter	Vegetable & Chickpea Chilli Steamed Brown & White Rice	Roast Vegetable Patsa Bake with Garlic Bread	Stone-Baked Vegetarian Pizza Potato Wedges	Plant Based Meatballs with Pasta in a Rich Tomato Sauce	Lentil & Paneer Curry Steamed Rice Cucumber Salad	Halloumi Shawarma Wrap	Bean & Vegetable Tacos, Refried Beans, Guacamole, Cheese, Sour Cream
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	Homemade Rice Crispy Cake	Blueberry Muffin	Baked Jam sponge	Homemade Reduced Sugar Flapjack	Dessert of the Day	Dessert of the Day