



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 (04/11,25/11)

| | 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 | Cottage Pie Topped with Mashed Potato | 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 Bolognese with Penne Pasta | Griddled Halloumi & Roasted Pepper Wrap | Quorn Sausage Toad in the Hole Mash potato & Gravy | 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 | Orange Polenta Cake | Dessert of the Day | Dessert of the Day |



Supper Menu – Autumn Term – Week 1 (04/11,25/11)

| | 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 (11/11,02/12)

| | 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 | Cheeseburger with French Fries | Buttermilk Chicken Burger on a Brioche Bun, Spicy Mayo & Steamed New Potatoes | Beef Lasagne | 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 | |
| Vegetarian | Caribbean Vegetable Coconut Curry with Steamed Rice | Vegan Lancashire Hot Pot | 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 | SUNDAY HOT SNACK Chicken Nuggets & Chips Veggie Nuggets & 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 | 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 | Rhubarb & Apple Crumble with Custard | Homemade Reduced Sugar Banana Cake | Mandarins with Cherry Yoghurt | Chocolate Sponge with Chocolate Custard | Dessert of the Day | Dessert of the Day |



Supper Menu – Autumn Term – Week 2 (11/11,02/12)

| | 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 | Pineapple Upside Down Cake | Homemade Berry Cheesecake | Dessert of the Day | Dessert of the Day |



Lunch Menu – Autumn Term – Week 3 (18/11,09/12)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|---|--|---|--|
| Soup Station With Fresh Bread | Soup of the day | Soup of the day | Mulligatawny Soup | Soup of the day | Soup of the day | Soup of the day | Soup of the day |
| Main Counter | Hungarian Braised Pork Stew with Crispy Potatoes | Roast Chicken Thighs, Roast Potatoes & Gravy | Indian Pop-Up Lamb Dhansak Pilau Rice | 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 |
| Main Counter | Shepherd's Pie Topped with Cheese Mashed Potato | Spanish Omelette with Garlic Aioli, Potato Bravas | Chicken Tikka Masala Pilau Rice Naan Bread, pauperdoms, Mango Chutney & Riata | 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 | Matar Paneer Channa Saag | 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 | Braise Red Cabbage Steamed Carrots | Sagg Aloo Potato & Lentil Curry | 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 | Cardamom & Orange Rice Pudding | Apple Pie With Custard | Steamed Ginger and Pineapple Sponge Pudding | Dessert of the Day | Dessert of the Day |



Supper Menu – Autumn Term – Week 3 (18/11,09/12)

| | 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 |