

Monday

Leek and potato soup

Main

Mild beef and bean chilli with cheese and nacho crust
Vegetable mince and bean chilli with cheese and nacho crust

Sides

Cauliflower, garden peas
Salad bar and jacket potatoes

Dessert

Chocolate and vanilla marble cake, custard

Tuesday

Pea and mint soup

Main

Roast loin of pork, apple sauce and herb stuffing
Cherry tomato, feta and onion chutney slice

Sides

Roast potatoes
Baton carrots, broccoli
Salad bar and jacket potatoes

Dessert

Fruits of the forest cheesecake
Fruit jelly

Wednesday

Lightly spiced parsnip soup

Main

Sweet and sour chicken
Stir fried vegetables with black bean sauce

Sides

Streamed rice
Steamed leeks, roasted vegetables
Salad bar and jacket potatoes

Dessert

Eve's pudding and custard

Thursday

Butternut squash and coconut soup

Main

Cumberland sausage Yorkshire pudding
Veggie toad in the hole

Sides

Mash potatoes
Sweetcorn, green beans
Salad bar and jacket potatoes

Dessert

Eton mess

Friday

Vegetable goulash soup

Main

Oven baked battered pollock
Fish fingers
Roasted vegetable moussaka

Sides

Chips
Peas, baked beans
Salad bar and jacket potatoes

Dessert

Ice-cream bar

Saturday

Tomato soup

Main

Chicken tacos or wraps
Vegetable and bean enchilada

Sides

Rice
Vegetable medley
Salad bar and jacket potatoes

Dessert

Marshmallow crispy bar

Sunday

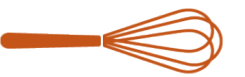
Brunch is served at the senior school from 12.30pm – 1.00pm

Full English breakfast

healthy selection

wholegrain cereal
chopped fruit
homemade yoghurt
fruit juices





Monday

Main

Pork sausage roll
Cheese and tomato turnover

Sides

New potatoes
Garden peas
Salad bar and jacket potatoes

Dessert

Blueberry muffin

Tuesday

Main

Beef bolognaise
Vegetable bolognaise

Sides

Garlic bread
Sweetcorn
Salad bar and jacket potatoes

Dessert

Bakewell tart

Wednesday

Main

Filled baguettes

Sides

Salad bar and jacket potatoes

Dessert

Flapjack

Thursday

Main

Creamy beef stroganoff
Mushroom stroganoff

Sides

Penne pasta
Garden peas
Salad bar and jacket potatoes

Dessert

Chocolate fudge cake

Friday

Main

Asian take away

Sides

Salad bar and jacket potatoes

Dessert

Millionaires shortbread

Saturday

Main

Chicken burger
¼ lb vegetable burger

Sides

chips
Sweetcorn, baked beans
Salad bar and jacket potatoes

Dessert

Banana cake

Sunday

Main

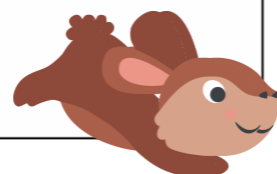
Hunters chicken with BBQ sauce and cheese
Hunters Quorn fillet

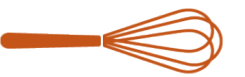
Sides

Croquette potatoes
Carrots, green beans
Salad bar and jacket potatoes

Dessert

Ice-cream





Monday

Main

Oven baked bacon
Hash brown

Juice

Apple, Orange

Cereal

Rice krispies, Cornflakes Weetabix,
Semi skimmed milk, Soya milk

Healthy Option

Porridge, Yoghurt, Cut fruit

Toast

White, brown bread, sunflower
spread, butter, jam and marmite

Tuesday

Main

Cheese Crumpet
Spaghetti Hoops
Poached Egg

Juice

Apple, Orange

Cereal

Rice krispies, Cornflakes Weetabix,
Semi skimmed milk, Soya milk

Healthy Option

Porridge, Yoghurt, Cut fruit

Toast

White, brown bread, sunflower
spread, butter, jam and marmite

Wednesday

Main

Pork sausage
Poached egg

Juice

Apple, Orange

Cereal

Rice krispies, Shreddies
Weetabix,
Semi skimmed milk, Soya milk

Healthy Option

Porridge, Yoghurt, Cut fruit

Toast

White, brown bread, sunflower
spread, butter, jam and marmite

Thursday

Main

American style pancakes
Maple Syrup, Fruit compote

Juice

Apple, Orange

Cereal

Rice krispies, Cornflakes Weetabix,
Semi skimmed milk, Soya milk

Healthy Option

Porridge, Yoghurt, Cut fruit

Toast

White, brown bread, sunflower
spread, butter, jam and marmite

Friday

Main

Oven baked bacon
Poached eggs

Juice

Apple, Orange

Cereal

Rice krispies, Cornflakes
Weetabix,
Semi skimmed milk, Soya milk

Healthy Option

Porridge, Yoghurt, Cut fruit

Toast

White, brown bread, sunflower
spread, butter, jam and marmite

Saturday

Main

Cheese on toast
Baked beans, Grilled tomato
Boiled egg

Juice

Apple, Orange

Cereal

Shreddies, Cornflakes Weetabix,
Semi skimmed milk, Soya milk

Healthy Option

Porridge, Yoghurt, Cut fruit

Toast

White, brown bread, sunflower
spread, butter, jam and marmite

Sunday

Brunch is served at the
senior school from
12.30pm – 1.00pm

Full English breakfast

healthy selection
wholegrain cereal
chopped fruit
homemade yoghurt
fruit juices

