

SPRING TERM MENU

WEEK ONE

3 - 6 January
30 - 3 February
6 - 10 March

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every day – the toasting station, fruit juice, cereals and homemade yoghurts

Breakfast Special

*Croissants or pain aux
chocolate*

Boiled Egg on Toast

*Poncakes with Maple
syrup*

*Grilled bacon & Hash
Browns*

Ghab

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

Main Event

Thai Red Chicken Curry

*Shepherd's Pie with a
cheesy topping & roast
gravy*

*Jacket potato with a
selection of fillings*

*Roast beef with yorkshire
pudding and gravy*

*Breaded Scampi with Lemon
& Tartare Sauce*

Meat Free Zone

Stuffed Beef Tomatoes

*Sweet Potato & Artichoke
Gnocchi with a herby
tomator sauce*

*Chickpea pancake with a
pak-choi salad*

*Spinach Feta & Cream
Cheese Tart*

*Poached Cod Fillet with
Asparagus & Watercress
Cream*

5 A Day

*Steamed rice
Steamed Sweetcorn
steamed Broccoli*

*Mashed Potato
Roasted Vegetables
Steamed Cauliflower*

*Steamed green beans
Baked beans*

*Roast potatoes
Steamed carrots
Sauteed savoy cabbage*

Glazed Flat Mushrooms

*Chips
Steamed garden peas
Baked beans*

Classic salad bar available

Salads to try...

Flaked Tuna

Mini Pork Pie

Coronation Chicken

Sliced Ham

Salami & chorizo

A selection of fresh fruit available from the fruit trolley & homemade yoghurt

Sweet Treat

*Marbled Chocolate Sponge
with chocolate sauce*

*Glazed Lemon Tart with
pouring cream*

Chocolate Flapjack

Apple Pie & Custard

*Birds Seed with a custard
sauce*

Ghab

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

Tea

*Beef Meatballs with a
Tomato Herb Sauce & Rice*

*Italian Pasta with a herby
tomato sauce and grated
cheese*

*Chinese chicken with egg
noodles & prawn crackers*

*Italian Pasta with a herby
tomato sauce and grated
cheese*

Beef Burger & Wedges

*Italian Pasta with a herby
tomato sauce and grated
cheese*

*Roast Chicken with
Vegetable Ravioli & Garlic
Bread*

*Italian Pasta with a herby
tomato sauce and grated
cheese*

*Pepperoni or Cheese Tomato
Pizza with Dough Balls*

*Italian Pasta with a herby
tomato sauce and grated
cheese*

Also...

Served with squash & water



SPRING TERM MENU

WEEK TWO

9 - 13 January
6 - 10 February
13 - 17 March

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every day – the toasting station, fruit juice, cereals and homemade yoghurts

Breakfast Special

Grilled Potato Waffle & Baked Beans

Croissant or pain aux chocolate

Grilled sausage on hash brown

Boiled egg on english muffin

Ghab

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

Main Event

Grilled Beef Sausages with onion gravy

Turkey & Leek Pie

Jacket potato with a selection of fillings

Roast Chicken with Sage & Onion Stuffing & roast gravy

Battered Cod with lemon & tartare sauce

Meat Free Zone

Butternut Squash & Lentil Dhabsak with Steamed Rice

Roasted vegetable arancini balls with a tomato herb sauce

Poached Egg Florentine

Sweet & Sour Popcorn Tofu

Poached Fillet of Lemon Sole with a mussel broth

5 A Day

*Mashed potatoes
Steamed green beans
Bashed Carrot & Swede*

*Steamed broccoli
Steamed sweetcorn*

*Sauteed courgettes
Baked beans*

*Cheesy Leeks
Roast potatoes
Glazed carrots*

*Sweet Potato & Chickpea enchiladas with a spicy tomato relish
Chips
Steamed garden peas
Baked beans*

Classic salad bar available

Salads to try...

Sliced Chicken

Scotch Egg

Tuna Mayonnaise

Salami & Chorizo

Gala Pie

A selection of fresh fruit available from the fruit trolley & homemade yoghurt

Sweet Treat

Sticky toffee pudding with toffee sauce & cream

Chocolate chipboard with custard

Chocolate Brownie

Mars Bar Mousse

Orange & Jelly Mandarins

Ghab

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

Tea

BBQ Chicken with Ham & Melted Cheese & Rice

Jacket Potatoes with Cheese & Beans

Bacon & Cheese Turnover with potato wedges

Spaghetti Bolognaise with side salad

Pork Ravioli with Garlic Bead

Italian Pasta with a herby tomato sauce and grated cheese

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Also...

Served with squash & water



SPRING TERM MENU

WEEK THREE

16 - 20 January
20 - 24 February
20 - 24 March

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every day – the toasting station, fruit juice, cereals and homemade yoghurts

Breakfast Special

Grilled Bacon with Baked Beans

French Toast

Croissants or Pain aux Chocolate

Poached Egg with English Muffin

Ghab

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

Main Event

Beef & Mushroom with a Herb Cream Sauce

Chicken & Chorizo with a Tomato Herb sauce

Jacket potato with a selection of fillings

Roast Pork with Apple Sauce & Gravy

Breaded Hoki with Lemon & Tartare Sauce

Meat Free Zone

Broccoli Squash & Mozzarella Frittata

Aubergine Katsu Curry

Homemade Spinach & Ricotta Cannelloni with a tomato sauce

Savoury Herb Scone with Feta, Leek & Cauliflower Cheese topping

Homemade Salmon & Leek Fishcake with a Lemon Butter Sauce

5 A Day

*Steamed pasta
Steamed Peas & Sweetcorn
Steamed green beans*

*Steamed rice
Steamed broccoli
Roasted medley of vegetables*

*Baked Beans
Roasted Courgettes*

*Roast potatoes
Steamed Carrots
Sauteed Cabbage*

*Goats Cheese & Red Onion Marmalade Filo Parcel
Chips
Steamed garden peas
Baked beans*

Classic salad bar available

Salads to try...

Tandori Chicken

Sliced Beef

Chicken & bacon

Tuna mayonnaise

Sliced Ham

A selection of fresh fruit available from the fruit trolley & homemade yoghurt

Sweet Treat

Baked Rice Pudding with a fruit compote

Chocolate Chip board with custard

Chocolate Tiffin

Apple Crumble with a custard sauce

Banoffee Pie with cream

Ghab

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

Tea

Sausage Casserole with Garlic Bread

Cottage Pie with a side salad

Chicken nuggets with potato wedges & peas

Tuna pasta bake with dough balls

Chicken Korma with steamed rice

Italian Pasta with a herby tomato sauce and grated cheese

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Also...

Served with squash & water



SPRING TERM MENU

WEEK FOUR

23 - 27 January
27 - 3 March
27 - 31 March

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every day – the toasting station, fruit juice, cereals and homemade yoghurts

Breakfast Special

Scrambled Egg & Mushrooms

Grilled Sausage with plum tomatoes

Belgian Waffles

Croissants or Pain Au Chocolate

Ghab

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

Main Event

Creamy Coconut Chicken

Spaghetti Bolognese

Jacket potato with a selection of fillings

Roast Gammon & Roast Gravy

Battered Haddock with lemon & tartare sauce

Meat Free Zone

Halloumi Stack with Salsa Verde

Cauliflower & Sweet Potato Samosas with a Chilli Dressing

Thai Red Vegetable Paneer Curry

Roasted vegetable & Red Lentil Loaf with tomato relish

*Seafood Cottage Pie
Cheese Tortellini with a Spinach cream*

5 A Day

*Egg Fried Rice
Steamed Broccoli
Steamed green beans*

*Potato Wedges
Cheesy Leeks
Steamed Sweetcorn*

*Roasted medley of vegetables
Baked beans*

*Roast potatoes
Steamed carrots
Cauliflower Cheese*

*Chips
Steamed garden peas
Baked beans*

Classic salad bar available

Salads to try...

Sliced salami & Chorizo

Tuna Mayonnaise

Chicken Mayonnaise

Sliced Beef

Mini Pork Pie

A selection of fresh fruit available from the fruit trolley & homemade yoghurt

Sweet Treat

Coca cola cake with pouring cream

Dark Chocolate sponge with chocolate custard

Carrot Cake

Mississippi Mud Tart with fudge sauce

Strawberry Jelly & Forest Fruits

Ghab

From a selection of fresh fruit, sweet treats, sandwiches & vegetable sticks

Tea

Macaroni Cheese with Leeks, Peas & Garlic Bread

Jacket Potato with beans & cheese

Hot Dog with Potato Wedges

Chicken Meatballs with steamed rice

Beef Massaman Curry with rice & naan bread

Italian Pasta with a herby tomato sauce and grated cheese

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Also...

Served with squash & water

