

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
Tomato 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*

*Chinese Chicken with Egg
Noodles & Prawn rackers*

Beef Burger & Wedges

*Roast Chicken with
Vegetable Ravioli & Garlic
Bread*

*Pepperoni or Cheese Tomato
Pizza with Dough Balls*

*Italian Pasta with a Herby
Tomato Sauce and Grated
Cheese*

*Italian Pasta with a Herby
Tomato Sauce and Grated
Cheese*

*Italian Pasta with a Herby
Tomato Sauce and Grated
Cheese*

*Italian Pasta with a Herby
Tomato Sauce and Grated
Cheese*

*Italian Pasta with a Herby
Tomato Sauce and Grated
Cheese*

Rocky Road Slice

Rice Krispie Cake

Jam Doughnut

Lemon Drizzle Cake

Selection of Cakes

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
Dhansak 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

Sauteed courgettes

*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*

*Italian Pasta with a Herby
Tomato Sauce and Grated
Cheese*

*Italian Pasta with a Herby
Tomato Sauce and Grated
Cheese*

*Italian Pasta with a Herby
Tomato Sauce and Grated
Cheese*

*Italian Pasta with a Herby
Tomato Sauce and Grated
Cheese*

White Choc-Chip Cookie

Chocolate Tiffin

Mini Danish Pastries

Cornflake Cake

Selection of Cakes

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...

Tandoori 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

Key Lime Pie

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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Italian Pasta with a Herby Tomato Sauce and Grated Cheese

Italian Pasta with a Herby Tomato Sauce and Grated Cheese

Double Chocolate Sponge

Gingerbread Biscuits

Chocolate Doughnuts

White Chocolate & Cranberry Tiffin

Selection of Cakes

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 Aux 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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Italian Pasta with a Herby Tomato Sauce and Grated Cheese

Italian Pasta with a Herby Tomato Sauce and Grated Cheese

Scones with Jam & Cream

Fruit Platter

Belgian Waffle

Flapjack

Selection of Cakes

Also...

Served with squash & water

