

SPRING TERM MENU

WEEK ONE

8th - 12th January

5th - 9th February

11th - 15th March

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals / Homemade Yoghurts

Grilled Bacon and Hash Browns

Boiled Egg on Toast

Pancakes with Maple Syrup

Croissant or Pain Aux Chocolate

GHAB

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

MAIN EVENT

BBQ Chicken with Ham and Melted Cheese

Cottage Pie with a Cheesy Topping and Roast Gravy

Jacket Potato with a Selection of Fillings

Roast Beef with Yorkshire Pudding and Roast Gravy

Breaded Scampi with Lemon and Tartare Sauce

MEAT FREE ZONE

Stuffed Beef Tomatoes

Roasted Vegetable & Chickpea Biryani

Cherry Tomato, Cream Cheese and Spinach Tart

Spinach, Feta and Cream Cheese Filo Pie

Glazed Flat Mushrooms

5 A DAY

- Steamed Rice
- Steamed Sweetcorn
- Steamed Broccoli

- Mashed Potato
- Roasted Medley of Vegetables
- Steamed Cauliflower

- Steamed Green Beans
- Baked Beans

- Roast Potatoes
- Steamed Carrots
- Sauteed Spring Cabbage

- 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 with Custard

Birds Seed with Custard

GHAB

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

TEA (SERVED WITH SQUASH OR WATER)

- Beef Meatballs in a Tomato & Herb Sauce and Steamed Rice
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

- Chinese Chicken with Egg Noodles and Prawn Crackers
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

- Sausage Roll and Wedges
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

- Bacon and Mushroom Carbonara with Garlic Bread
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

- Pepperoni or Cheese & Tomato Pizza with Dough Balls
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

SPRING TERM MENU

WEEK TWO

15th - 19th January

19th - 23rd February

18th - 22nd March

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals / Homemade Yoghurts

Belgian Waffles with Maple Syrup

Croissant or Pain Aux Chocolate

Grilled Sausage on a Hash Brown

Scrambled Egg with a Toasted Bagel

GHAB

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

MAIN EVENT

Braised Meatballs in a Tomato and Herb Sauce

Creamy Beef and Paprika

Jacket Potato with a Selection of Fillings

Roast Chicken with Sage & Onion Stuffing and Roast Gravy

Homemade Salmon & Leek Fishcake with a Lemon Butter Sauce

MEAT FREE ZONE

Butternut Squash and Lentil Dhansak with Steamed Rice

Roasted Vegetable Arancini Balls with a Tomato & Herb Sauce

Poached Egg Florentine

Asian Coconut Vegetables

Sweet Potato & Chickpea Enchiladas with a Spicy Tomato Relish

5 A DAY

- Steamed Pasta
- Steamed Green Beans
- Bashed Carrot & Swede

- Steamed Rice
- Broccoli
- Sweetcorn

- Sauteed Courgettes
- Baked Beans

- Roast Potatoes
- Glazed Carrots
- Cheesy Leeks

- Chips
- Baked Beans
- Steamed Garden Peas

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

Chocolate Chipboard with Custard

Jubilee Mint Pudding

Chocolate Brownie

Mars Bar Mousse

Orange Jelly and Mandarins

GHAB

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

TEA (SERVED WITH SQUASH OR WATER)

- Chicken Katsu Curry with Steamed Rice
- Pasta with a Tomato & Herb Sauce

- Jacket Potato with Beans and Cheese
- Pasta with a Tomato & Herb Sauce

- Bacon and Cheese Turnover with Potato Wedges
- Pasta with a Tomato & Herb Sauce

- Spaghetti Bolognese with a Side Salad
- Pasta with a Tomato & Herb Sauce

- Chicken Korma with Steamed Rice
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

A Selection of Cakes

A Selection of Cakes

A Selection of Cakes
Cookie

A Selection of Cakes

SPRING TERM MENU

WEEK THREE

22nd - 26th January

26th February - 1st March

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals / Homemade Yoghurts

Fruit Fritters with Maple Syrup

Grilled Bacon with Baked Beans

Croissant or Pain Aux Chocolate

Poached Egg with an English Muffin

GHAB

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

MAIN EVENT

Seared Cumberland Sausages with an Onion Gravy

Chicken Tikka Masala

Jacket Potato with a Selection of Fillings

Roast Pork with Apple Sauce and Roast Gravy

Battered Cod with Lemon & Tartare Sauce

MEAT FREE ZONE

Broccoli, Squash & Mozzarella Frittata

Bubble & Squeak with a Fried Egg

Homemade Spinach & Ricotta Cannelloni with a Tomato Sauce

Aubergine Katsu Curry

Brie and Red Onion Marmalade Filo Parcel

5 A DAY

- Mashed Potato
- Steamed Peas & Sweetcorn
- Steamed Green Beans

- Steamed Rice
- Steamed Broccoli
- Roasted Medley of Vegetables

- Bakes Beans
- Roasted Courgettes

- Roast Potatoes
- Steamed Carrots
- Sauteed Cabbage

- Chips
- Steamed Garden Peas
- Baked Beans

Classic Salad Bar Available

SALADS TO TRY

Tandoori Chicken

Sliced Beef

Chicken and 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 & Orange Bread and Butter Pudding with Custard

Chocolate Tiffin

Pear and Black Cherry Crumble with Custard

Banoffee Pie with Cream

GHAB

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

TEA (SERVED WITH SQUASH OR WATER)

- Cottage Pie with a Side Salad
- Pasta with a Tomato & Herb Sauce

- Sausage Casserole with Garlic Bread
- Pasta with a Tomato & Herb Sauce

- Cheese & Tomato Pizza with Potato Wedges
- Pasta with a Tomato & Herb Sauce

- Tuna Pasta Bake with Dough Balls
- Pasta with a Tomato & Herb Sauce

- Peri Peri Chicken with Steamed Rice and Garlic Bread
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

A Selection of Cakes

A Selection of Cakes

A Selection of Cakes
Cookie

A Selection of Cakes

SPRING TERM MENU

WEEK FOUR

29th January - 2nd February

4th - 8th March

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals / Homemade Yoghurts

Croissant or Pain Aux Chocolate

Churros with Chocolate Sauce

Scrambled Egg & Mushrooms

Grilled Sausage with Plum Tomatoes

GHAB

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

MAIN EVENT

Chicken and Mushroom Pie

Beef Lasagne

Jacket Potato with a Selection of Fillings

Roast Gammon & Roast Gravy

Herb Roasted Seabass with a Bean Salad

MEAT FREE ZONE

Halloumi Stack with a Salsa Verde Dressing

Artichoke and Sweet Potato Gnocchi with a Parsley & Garlic Butter

Roasted Vegetable & Red Lentil Loaf with a Tomato Relish

Thai Red Vegetable & Paneer Curry

Cauliflower & Sweet Potato Bhaji with Raita

5 A DAY

- Egg Fried Rice
- Steamed Broccoli
- Steamed Green Beans

- Potato Wedges
- Cheesy Leeks
- Steamed Sweetcorn

- Baked Beans
- Roasted Medley of Vegetables

- Roast Potatoes
- Steamed Carrots
- Cauliflower Cheese

- Chips
- Baked Beans
- Steamed Garden Peas

Classic Salad Bar Available

SALADS TO TRY

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

Cornflake Cake

Carrot Cake

Mississippi Mud Tart with a Fudge Sauce

Strawberry Jelly & Forest Fruits

GHAB

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

TEA
(SERVED WITH SQUASH OR WATER)

- Macaroni Cheese with Leeks, Peas and Garlic Bread
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

- Jacket Potato with Beans and Cheese
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

- Chicken Burger with Potato Wedges
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

- Chicken Meatballs with Steamed Rice
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes

- Beef Massaman Curry with Rice and Naan Bread
- Pasta with a Tomato & Herb Sauce

A Selection of Cakes