#### SUMMER TERM MENU

#### **WEEK ONE**

16th - 19th April 13th - 17th May 17th - 21st June MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals

Scrambled Egg and Toasted Bagel Belgian Waffle with Maple Syrup

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

Grilled Bacon and Hash Browns Croissant or Pain Aux Chocolate / Fruit Platter

GHAB

MAIN EVENT

MEAT FREE ZONE

5 A DAY

Peri Peri Chicken

Caramelised Red Onion, Sweet Pepper & Mozzarella Frittata

- Mashed Potato
- Steamed Green Beans
- Sweetcorn

Braised Meatballs with a Tomato & Herb Sauce

Quorn & Sweet Potato Chimichanga

- · Steamed Pasta
- · Steamed Broccoli
- Roasted Medley of Vegetables

Jacket Potato with a Selection of Fillings

Stuffed Mushroom with a Red Lentil Dahl

- Baked Beans
- Herb Roasted Courgettes

Roast Chicken with Sage & Onion Stuffing and Roast Gravy

Roasted Vegetable Cannelloni with a Tomato & Herb Sauce

- Roast Potatoes
- · Steamed Carrots
- · Sauteed Cabbage

Breaded Haddock with Lemon & Tartare Sauce

Homemade Vegetable Samosas with a Cucumber & Mint Yoghurt

- Chips
- · Steamed Garden Peas
- · Baked Beans

Classic Salad Bar Available Daily

SALADS TO TRY

SWEET TREAT

GHAB

TEA (SERVED WITH SQUASH OR WATER) Sliced Ham

Tuna Mayonnaise

Chicken & Bacon Salad

Salami & Chorizo

Sliced Beef

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

Pineapple Upside Down Sponge with Vanilla Sauce

Mars Bar Mousse

Chocolate Chip Cookie

Fruit Cocktail Trifle with Whipped Cream Choc Ices

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

- Salmon & Leek Pasta Bake
- Pasta with a Tomato & Herb Sauce
- A Selection of Cakes
- Glazed Chicken with Chorizo & Tomato Sauce
- Pasta with a Tomato & Herb Sauce
- A Selection of Cakes

- Chicken Burger with Peas and Wedges
- Pasta with a Tomato & Herb Sauce
- A Selection of Cakes

- Spaghetti Bolognaise with a Mixed Leaf Salad
- Pasta with a Tomato & Herb Sauce
- A Selection of Cakes

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

# SUMMER TERM MENU

**WEEK TWO** 

22nd - 26th April 20th - 24th May 24th - 28th June

# MONDAY

TUESDAY

# WEDNESDAY

## THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals



Croissant / Pain Aux Chocolate American Style Pancakes with Maple Syrup

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

Boiled Egg & English Muffin

Grilled Cumberland Sausage & Tomato

GHAB

MAIN EVENT

MEAT FREE ZONE

5 A DAY

Seared Pork Sausages with an Onion Gravy

Cherry Tomato, Cream Cheese and Spinach Tart

- "Champ" Potato
- Steamed Green Beans
- Steamed Sweetcorn

Beef Lasagne

Aubergine Katsu Curry

- · Potato Wedges
- · Steamed Broccoli
- · Courgette Provençale

Jacket Potato with a Selection of Fillings

Bubble and Squeak with a Fried Egg

- · Baked Beans
- Roased Medley of Vegetables

Roast Gammon with Roast Gravy

Cheese Scone with Leeks, Brie and Cauliflower Cheese

- Roast Potatoes
- Steamed Carrots
- · Cauliflower Cheese

Steamed Fillet of Cod with a Lemon Butter Sauce

Vegan Meatballs with a Tomato and Herb Sauce

- · Chips
- · Baked Beans
- · Steamed Garden Peas

SALADS TO TRY

SWEET TREAT

GHAB

TEA (SERVED WITH SQUASH OR WATER) Tandoori Chicken

Gala Pie

Tuna Mayonnaise

Sliced Beef

Sliced Ham

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

Classic Salad Bar Available Daily

Sticky Toffee Pudding, Caramel Sauce & Cream Pear & Blackberry Crumble with Pouring Cream

Chocolate Cornflake Cake

Chocolate Chipboard with Custard

Strawberry Jelly with a Fruit Compote

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

- Beef Chilli with Rice & Nachos
- Pasta with a Tomato & Herb Sauce
- A Selection of Cakes

- · Chicken Meatballs with Rice
- Pasta with a Tomato & Herb Sauce
- A Selection of Cakes

- Sausage Roll with Potato Wedges
- Pasta with a Tomato & Herb Sauce
- A Selection of Cakes

- Coconut Chicken with Peppers and Rice
- Pasta with a Tomato & Herb Sauce
- A Selection of Cakes
- Pepperoni or Cheese
  & Tomato Pizza with
  Garlic Bread
- Pasta with a Tomato & Herb Sauce

### SUMMER TERM MENU **WEEK THREE**

29th April - 3rd May 3rd - 7th June 1st - 5th July

# MONDAY

TUESDAY

# WEDNESDAY

# THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals



Grilled Bacon and Plum Tomatoes

Croissant / Pain Aux Chocolate

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

French Toast

Poached Egg with a Bagel

GHAB

MAIN EVENT

MEAT FREE ZONE

5 A DAY

Braised Chicken with Tomatoes and Pesto

Roasted Vegetable Toad in the Hole with Onion Gravy

- Steamed Pasta
- Cheesy Leeks
- Sweetcorn

Beef Massaman Curry

Toasted Sourdough with Poached Egg and Avocado

- Thai Scented Rice
- Roasted Medley of Vegetables
- Steamed Green Beans

Jacket Potato with a Selection of Fillings

Tofu Popcorn with a Sweet & Sour Sauce

- Baked Beans
- Steamed Broccoli

Roast Loin of Pork with Apple Sauce and Roast Gravv

Moroccan Spiced Falafels with a Tomato & Herb Sauce

- Roast Potatoes
- Steamed Carrots
- Sauteed Cabbage

Breaded Scampi with Lemon and Tartare Sauce

Roasted Vegetable Arancini Balls with Tomato & Herb Sauce

- Chips
- Steamed Garden Peas
- Baked Beans

Classic Salad Bar Available Daily

SALADS TO TRY

Salami & Chorizo

Hard Boiled Egg

Coronation Chicken

Flaked Tuna

Sliced Ham

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

SWEET TREAT

GHAB

TEA (SERVED WITH SQUASH OR WATER)

Marbled Chocolate Sponge with Chocolate Sauce

Raspberry Bakewell Tart with Pouring Cream

Rocky Road Slice

Birds Seed with Custard

Vanilla Ice Cream Tub

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

- Beef Burrito with Mexican Rice
- · Pasta with a Tomato & Herb Sauce
- A Selection of Cakes
- Jacket Potato with Spaghetti Hoops & Cheese
- Pasta with a Tomato & Herb Sauce
- A Selection of Cakes

- Chicken Nuggets with Potato Wedges & Peas
- Pasta with a Tomato & Herb Sauce
- A Selection of Cakes

- Macaroni Cheese with Leeks & Peas
- · Pasta with a Tomato & Herb Sauce
- A Selection of Cakes
- Thai Green Chicken Curry with Jasmine Rice
- Pasta with a Tomato & Herb Sauce

### SUMMER TERM MENU WEEK FOUR

6th - 10th May 10th - 14th June

# MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Every Day: The Toasting Station / Fruit Juice / Cereals



Boiled Egg with Toast

Grilled Sausage and Hash Brown

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

Croissant / Pain Aux Chocolate

Churros with Chocolate Sauce

GHAB

MAIN EVENT

MEAT FREE ZONE

5 A DAY

Chicken Katsu Curry

Seared Gnocchi with Artichokes and Butternut Squash

- Steamed Rice
- Green Beans
- Cauliflower

Creamy Pork & Mushroom

Vegetable and Ricotta Tortellini with a Spinach and Cream Sauce

- Steamed Pasta
- Roasted Medley of Vegetables
- Steamed Broccoli

Jacket Potato with a Selection of Fillings

Stuffed Beef Tomato with Tabbouleh Salad

- Baked Beans
- Sweetcorn

Roast Turkey with Cranberry Sauce and Roast Gravy

Thai Green Vegetable and Paneer Curry

- Roast Potatoes
- · Steamed Carrots
- · Cheesy Leeks

Seafood Cottage Pie

Brie & Red Onion Marmalade Parcel

- · Chips
- · Baked Beans
- · Steamed Garden Peas

Classic Salad Bar Available Daily

SALADS TO TRY

Flaked Tuna

Chicken Caesar Salad

Salami & Chorizo

Ascot Pie

Sliced Ham

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

SWEET TREAT

GHAB

TEA (SERVED WITH SQUASH OR WATER) Baked Rice Pudding with a Jam Sauce

Apple Crumble with Vanilla Ice Cream

White Chocolate & Cranberry Tiffin

Strawberry & Marshmallow Mousse

Jubilee Toffee and Mint Pudding

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

- BBQ Chicken and Bacon with Melted Cheese
- 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

- Beef Burger with Potato Wedges
- Pasta with a Tomato & Herb Sauce
- A Selection of Cakes
- Chicken Korma with Steamed Rice & Poppadom
- Pasta with a Tomato & Herb Sauce
- A Selection of Cakes
- Chinese Pork with Egg Noodles and Prawn Crackers
- Pasta with a Tomato & Herb Sauce