

Week 3 Breakfast Menu

MONDAY

Grilled bacon and tomatoes

Selection of fruit juices

TUESDAY

Scrambled egg with smoked salmon and warm muffins

Selection of fruit juices

WEDNESDAY

Hash browns with beans

Selection of fruit juices

THURSDAY

American pancakes with bacon and syrup

Selection of fruit juices

FRIDAY

Pain au chocolate

Selection of fruit juices

SATURDAY

Continental Breakfast

SUNDAY

Full English Breakfast

Selection of fruit juices

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Week 3 Lunch Menu

MONDAY

V - Mediterranean mild vegetable curry with
fruity couscous
Pork and tarragon Blanquette with garlic
new potatoes, green beans and sweetcorn
Pasta with quorn and bolognese sauce
Baked potato and baked beans
Fruit crumble or
Peaches and cream

TUESDAY

V - Baked potato filled with garlic
mushrooms and topped with cheese
Lemon and thyme roast chicken with
roast potatoes, peas, courgettes in
tomato and garlic sauce
Pasta with cheese sauce
Baked potato and baked beans
Apple pie with cream or
Chocolate Sundae

WEDNESDAY

V - Spiced spinach and ricotta filo tart
Gammon steak with pineapple, new
potatoes and minted peas
Pasta with green pesto sauce
Baked potato and baked beans
Flapjack or Chocolate fudge

THURSDAY

V - Chinese spiced vegetable turnover
Asian soy and ginger braised beef with
pepper noodles and five spice vegetables
Pasta with Mediterranean sauce
Baked potato and baked beans
Sticky toffee pudding with custard
or fruit lollies

FRIDAY

V - Vegetable quiche
Battered fish fillet, fish fingers
or sausages
Chips
Mushy peas or baked beans
Jelly

SATURDAY

V - Vegetables and halloumi
Chicken Slovaki with pitta bread and
coleslaw

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Week 3 Supper Menu

MONDAY

V - Spinach and cheese macaroni
Ham and spinach macaroni cheese
Selection of cold puddings

TUESDAY

V - Mix bean chilli
BBQ strips of beef in tacos with
carrots and red cabbage slaw
Selection of cold puddings

WEDNESDAY

V - Falafel in tortilla wrap
Lamb patties in a tortilla with
minted yoghurt sauce and side salad
Selection of cold puddings

THURSDAY

V - Quorn sausages and mash
Sausage and mash with carrots
Selection of cold puddings

FRIDAY

BBQ Chicken & Vegan Burger
Garlic & Rosemary roasted baby
potatoes
Selection of Salad
Selection of cold puddings

SATURDAY

Broccoli, Beef & Sesame Stirfry
Hallomi, Aubergine & beef tomato towers
Selection of cold puddings

SUNDAY

V - Cheese and tomato puff slice
Roast Turkey escallops with roast potatoes,
cabbage and sweetcorn
Selection of cold puddings

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