

# Week 3 Breakfast Menu

## MONDAY

Pancakes, syrup & berries

Selection of fresh fruits

## TUESDAY

Breakfast burritos - smoked salmon, egg & spinach

Or bacon, egg & avocado

Melon wedges

## WEDNESDAY

Bacon & tomato panini

Emmental & mushroom panini

Tropical fruits

## THURSDAY

Soft boiled eggs with sour dough soldiers

Greek yoghurt, honey & berries

## FRIDAY

Cheese twists

Fresh fruit wedges

## SATURDAY

Poached eggs, grilled bacon & mushrooms

## SUNDAY

Full English breakfast

# Autumn Term 2021



# Week 3 Lunch Menu

## MONDAY

V - BBQ vegan meatballs  
Sweet & sour chicken Hong Kong style  
Chinese prawn curry  
Egg fried rice  
Stir fried Asian vegetables  
Tuna & sweetcorn salad,  
Cheese & coleslaw salad  
Baked potato with baked beans  
Apple & cherry crumble with custard  
Fresh fruit pots & yoghurts

## TUESDAY

V - Vegan lasagne  
Roast beef & Yorkshire pudding  
Smoked haddock & mozzarella fishcakes  
Roast potatoes, carrots & cabbage  
Cajun salmon salad, Greek salad  
Pasta with sweet pepper & tomato sauce  
Vanilla sprinkles cake  
Fresh fruit pots & yoghurts

## WEDNESDAY

V - Chilli beans & nachos  
West Hill Park Secret crispy coated chicken burgers  
Mild spiced salmon burrito  
Sweet potato fries, buttered corn  
Prawn & mayo salad, ham & cheese ploughmans  
Baked potato with cheese & coleslaw or Mediterranean tuna  
Mini chocolate doughnuts  
Fresh fruit pots & yoghurts

## THURSDAY

V - Vegetable risotto  
Shepherds pie  
Seafood paella  
Steamed broccoli & cauliflower  
Smoked mackerel salad,  
Moroccan chicken salad  
Pasta with tomato & black olive sauce  
Syrup sponge & custard  
Fresh fruit pots & yoghurts

## FRIDAY

V - Crispy vegetable burger in a brioche bun  
Battered fish, fish fingers or sausages  
Chips, garden peas or mushy peas  
Cheese salad  
Ham salad  
Baked potato with baked beans  
A selection of cold desserts  
Fresh fruit pots & yoghurts

## SATURDAY

West Hill Coffee Shop  
\*\*\*\*  
Choice of artisan breads filled to order  
\*\*\*\*  
Selection of crisps & savoury snacks  
\*\*\*\*  
Cakes, pastries or chocolate bar

# Autumn Term 2021



# Week 3 Supper Menu

## MONDAY

Spaghetti with choice of sauce:  
Bolognaise  
Arrabiata  
Carbonara  
Garlic doughballs & mixed salad  
Selection of cold desserts

## TUESDAY

V - Falafels in warm pitta  
Home made doner style kebabs  
Tzatziki, sweet chilli sauce  
Jalapenos & salad  
Warm chocolate chip cookies & ice cream

## WEDNESDAY

Who's favorite will it be?  
Fresh fruit platter

## THURSDAY

V - Quorn and stuffing Yorkshire wrap  
Slow roasted lamb & mint Yorkshire wraps  
Roast potatoes, roast root veggies  
Apple tarte tatin & Chantilly cream

## FRIDAY

V - Vegetable jalfrazi  
Chicken tikka masala  
Prawn rogan josh  
Basmati rice  
Onion bhaji, popadoms,  
Mango chutney, rahita & salad

## SATURDAY

Homemade burgers  
In a brioche bun, bacon, cheese, lettuce, tomatoes, dill pickles, French fries and onion rings  
Selection of cold desserts

## SUNDAY

Roast chicken  
Sage & onion stuffing  
Roast potatoes, broccoli, carrots & peas  
Selection of cold desserts

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