

Week 3 Breakfast Menu

MONDAY

Pain au chocolate
Porridge
Selection of fresh fruit
Choice of cereals
Toast & jams
Greek yogurt & honey
Fresh fruit juice

TUESDAY

Bacon, sweet waffles & maple syrup
Porridge
Selection of fresh fruit
Choice of cereals
Toast & jams
Greek yogurt & honey
Fresh fruit juice

WEDNESDAY

Blueberries, yogurt & honey
breakfast muffin
Porridge
Selection of fresh fruit
Choice of cereals
Toast & jams
Greek yogurt & honey
Fresh fruit juice

THURSDAY

Soft boiled eggs with soldiers
Porridge
Selection of fresh fruit
Choice of cereals
Toast & jams
Greek yogurt & honey
Fresh fruit juice

FRIDAY

Ham & cheese croissants
Cheese & tomato croissants
Porridge
Selection of fresh fruit
Choice of cereals
Toast & jams
Greek yogurt & honey
Fresh fruit juice



Autumn Term 2022



Week 3 Lunch Menu

MONDAY

V - Vegetable Tagine
Lamb Rogan Josh
Southern fried fish Burrito
Basmati rice
Edamame beans & sweetcorn
Jacket potato & baked beans
Choice of salads

Apple & Berry crumble & custard
Fresh fruit pots & yoghurts

TUESDAY

V - Goat's cheese & roasted vegetable
roulade
Salmon & broccoli quiche
Roast Chicken
Roast potatoes, carrots & savoy
cabbage
Pasta with tomato & garlic sauce
Choice of salad

Warm honey & lemon cake with cream
Fresh fruit pots & yoghurts

WEDNESDAY

V - Vegetable Risotto
Pork chow mein
Smoked Haddock and leek pasta bake
Garden peas
Jacket potato & baked beans
Choice of salads

Cherry sponge & custard

THURSDAY

V - Quorn, tarragon & mushroom hotpot.
Sweet & Sour King Prawns with basmati rice.
Cottage pie
Broccoli & carrots
Pasta with tomato & Chorizo sauce
Choice of salads

Chocolate sponge with chocolate sauce
Fresh fruit pots & yogurts

FRIDAY

V - Quorn buttermilk style burger in a
bun with lettuce & mayonnaise
Battered fish, fish fingers or sausages
Chips, garden peas or mushy peas
Choice of salad
Baked potato with baked beans

A selection of cold desserts
Fresh fruit pots & yogurt



Autumn Term 2022

Week 3 Supper Menu

MONDAY

V - Vegetarian turnovers
Pork Steak with apple & Brie
Parmentier potatoes
Broccoli & green beans

Selection of cold desserts

TUESDAY

V - Oriental vegetable noodles
Steak & red wine casserole with
dumplings

Ice-cream, sprinkles & sauce

WEDNESDAY

V - Chicken Goujons
Breaded Scampi
Vegetable nuggets

Chunky chips, Garden peas & Baked
beans or salad
Fresh fruit platter

THURSDAY

V - Wild mushroom Tagliatelle
Chicken & white wine risotto
Garlic bread & salad

Caramel Apple crumble with
icecream



Autumn Term 2022

