

Breakfast

	MON	TUE	WED	THU	FRI	SAT	SUN
HOT ITEMS	Grilled Back Bacon Boiled Eggs Grilled Tomato Baked Beans Hash Browns	Ham & Turkey Cheese Selection Spinach & Tomato Baked Eggs	Cumberland Sausages Scrambled Eggs Baked Beans Roasted Cherry Tomatoes New Potato Hash	Grilled Back Bacon Fried Eggs Baked Beans Garlic Mushrooms with Herbs Hash Browns	Sausage Bacon Baked Beans Herby Diced Potatoes Cheesy Chive Scrambled Eggs	Full English Breakfast	Brunch: Sausages Grilled Back Bacon Fried Eggs Hash Browns Grilled Tomatoes & Mushrooms Waffles Bar
DAILY SPECIAL	Cheddar and Tomato Croissant Melt	Scrambled Egg & Avocado Toast	Eggy Bread with Berry Compote	Cheese & Ham Toasties	Bacon & Egg Breakfast Muffin		
DAILY ITEMS	Selection of Pastries · Hydration Station · Yoghurt Station · Sliced & Whole Fruits · Porridge with Toppings · Selection of Cereals and Granola						

Lunch Menu

CATEGORY	MON	TUE	WED	THU	FRI	SAT
SOUP	Sweet Potato & Butternut Squash	Pea & Spinach Soup	Carrot & Cumin Soup	Kale & Asparagus	Broccoli & Stilton Cream Soup	
MAIN COURSE ONE	Chicken Caesar Wraps	Beef Bolognese	Roast Turkey with Onion Gravy, Thyme & Yorkshire Pudding	Beef Chow Mein Noodles	Crispy Battered Fish with Lemons & Tartare Sauce	Creamy Butter Chicken
MEAT FREE	Halloumi Caesar Wraps	Lentil & Mushroom Bolognese	Spinach & Cheddar Frittata with Salsa Drizzle	Mushroom Edamame Chow Mein	Five Bean Burgers with Lettuce & Tomato	<ul style="list-style-type: none"> • Coconut & Chickpea Curry • Mango Chutney
MAIN COURSE THREE	Red Pesto Pasta with Parmesan & Basil	Red Pesto Gnocchi with Parmesan Cheese	Grilled Pork Sausages with Sauté Red Onions & Rosemary	Chicken Rice Noodles with Sweet Chilli Sauce	Southern Fried Chicken in a Pretzel Bun	<ul style="list-style-type: none"> • Fragrant Coconut Rice • Selection of Salads • Cucumber Raita
SIDES	<ul style="list-style-type: none"> • Sweetcorn • Steamed Broccoli • Rice 	<ul style="list-style-type: none"> • Roast Cauliflower • Green Beans • Pasta 	<ul style="list-style-type: none"> • Thyme & Garlic Roast Potatoes • Spring Greens • Roast Carrots & Parsnips 	<ul style="list-style-type: none"> • Asian Greens • Sweetcorn 	<ul style="list-style-type: none"> • Skinny Fries • Garden Peas • Baked Beans 	
JACKET / PASTA BAR	<ul style="list-style-type: none"> • Pasta, Jacket Potatoes & Baked Sweet Potatoes • Baked Beans • Tomato & Basil Sauce • Beef Bolognese 					
DESSERT	Chocolate Brownie	Spring Fruit Crumble & Custard	Vanilla Slice	Chocolate Chip Cookies	Rice Crispy Treat	Chef's Selection Box
EVERY DAY	Selection of Whole Fruits, Jelly Pots, Yoghurt Pots, Cold Desserts					

Lunch Menu

CATEGORY	MON	TUE	WED	THU	FRI	SAT
SOUP	Sweet Potato & Butternut Squash	Pea & Spinach Soup	Carrot & Cumin Soup	Kale & Asparagus	Broccoli & Stilton Cream Soup	
MAIN COURSE ONE	Three Cheese Classic Mac	Sweet Chilli Chicken Noodles with Coriander	Roast Turkey with Onion Gravy, Thyme & Yorkshire Pudding	Italian Beef Meatballs & Tomato Sauce	Crispy Battered Fish with Lemons & Tartare Sauce	Chicken Tikka Masala
MEAT FREE	Basil Pesto Gnocchi with Parmesan	Edamame & Tofu Noodles with Sweet Chilli Sauce	Halloumi & Aubergine Stack	Vegetarian Meatless Balls in Tomato & Basil Sauce	Five Bean Burgers with Lettuce & Tomato	Paneer Tikka Masala
MAIN COURSE THREE	Beef Bolognese	Emperor's Special Fried Rice	Grilled Pork Sausages with Sauté Red Onions & Rosemary	Tuscan Gnocchi with Parmesan Cheese	Southern Fried Chicken in a Pretzel Bun	<ul style="list-style-type: none"> • Pilaf Rice • Mango Chutney • Cucumber Raita
SIDES	<ul style="list-style-type: none"> • Pasta • Garlic Bread • Steam Broccoli • Sweetcorn 	<ul style="list-style-type: none"> • Crispy Spring Rolls • Sesame & Soy Spring Greens • Sweetcorn 	<ul style="list-style-type: none"> • Paprika & Garlic Roast Potatoes • Steam Broccoli • Roast Carrots & Parsnips 	<ul style="list-style-type: none"> • Pasta • Roast Cauliflower • Green Beans 	<ul style="list-style-type: none"> • Skinny Fries • Garden Peas • Baked Beans 	
JACKET / PASTA BAR	<ul style="list-style-type: none"> • Pasta, Jacket Potatoes & Baked Sweet Potatoes • Baked Beans • Tomato & Basil Sauce • Beef Bolognaise 					
DESSERT	Apricot Flapjack	Apple & Cinnamon Crumble	Lemon Drizzle Cake	Carrot Cake	Rocky Road	Chef's Selection Box
EVERY DAY	Selection of Whole Fruits, Jelly Pots, Yoghurt Pots, Cold Desserts					

Lunch Menu

CATEGORY	MON	TUE	WED	THU	FRI	SAT
SOUP	Sweet Potato & Butternut Squash	Pea & Spinach Soup	Carrot & Cumin Soup	Kale & Asparagus	Broccoli & Stilton Cream Soup	Chicken Korma
MAIN COURSE ONE	Breaded Chicken, Katsu Sauce	Beef Chilli Con Carne	Roast Turkey with Onion Gravy, Thyme & Yorkshire Pudding	Jerk Spiced Chicken with Onions, Jerk Sauce	Crispy Battered Fish with Lemons & Tartare Sauce	Lentil & Spinach Dal
MEAT FREE	Grilled Tofu, Peppers & Onions	Bean Chilli Non Carne	Halloumi Stuffed Peppers	Jerk Spice Roasted Cauliflower & Chickpeas	Five Bean Burgers with Lettuce & Tomato	Butter Rice & Peas
MAIN COURSE THREE	Red Pesto Parmesan Gnocchi	Green Pesto Gnocchi with Parmesan Cheese	Grilled Pork Sausages with Sauté Red Onions & Rosemary	Pesto Gnocchi with Spinach & Parmesan Cheese	Peri Peri Chicken Breast Burgers	<ul style="list-style-type: none"> • Selection of Salads • Cucumber Raita • Mango Chutney
SIDES	<ul style="list-style-type: none"> • Spring Rolls • Rice • Steam Broccoli • Peas 	<ul style="list-style-type: none"> • Green Beans & Peas • Roast Cauliflower 	<ul style="list-style-type: none"> • Paprika & Garlic Roast Potatoes • Steam Broccoli • Roast Carrots & Parsnips 	<ul style="list-style-type: none"> • Butter Rice with Peas • Potato Aloo • Sweetcorn 	<ul style="list-style-type: none"> • Skinny Fries • Garden Peas • Baked Beans 	
JACKET / PASTA BAR	<ul style="list-style-type: none"> • Pasta, Jacket Potatoes & Baked Sweet Potatoes <ul style="list-style-type: none"> • Baked Beans • Tomato & Basil Sauce • Beef Bolognaise 					
DESSERT	Nutriboost Flapjack	Jelly & Cookies	Sticky Toffee Pudding	Classic Goopy Chocolate Cake	Raspberry Jam Doughnuts	Chef's Selection Box
EVERY DAY	Selection of Whole Fruits, Jelly Pots, Yoghurt Pots, Cold Desserts					

MAIN SCHOOL 4-10 May

WEEK
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Lunch Menu

CATEGORY	MON	TUE	WED	THU	FRI	SAT
SOUP		Pea & Spinach Soup	Carrot & Cumin Soup	Kale & Asparagus	Broccoli & Stilton Cream Soup	
MAIN COURSE ONE		Beef Bolognese	Roast Turkey with Onion Gravy, Thyme & Yorkshire Pudding	Beef Chow Mein Noodles	Crispy Battered Fish with Lemons & Tartare Sauce	Creamy Butter Chicken
MEAT FREE		Lentil & Mushroom Bolognese	Spinach & Cheddar Frittata with Salsa Drizzle	Mushroom Edamame Chow Mein	Five Bean Burgers with Lettuce & Tomato	<ul style="list-style-type: none"> • Coconut & Chickpea Curry • Mango Chutney
MAIN COURSE THREE		Red Pesto Gnocchi with Parmesan Cheese	Grilled Pork Sausages with Sauté Red Onions & Rosemary	Chicken Rice Noodles with Sweet Chilli Sauce	Southern Fried Chicken in a Pretzel Bun	<ul style="list-style-type: none"> • Fragrant Coconut Rice • Selection of Salads • Cucumber Raita
SIDES		<ul style="list-style-type: none"> • Roast Cauliflower • Green Beans • Pasta 	<ul style="list-style-type: none"> • Thyme & Garlic Roast Potatoes • Spring Greens • Roast Carrots & Parsnips 	<ul style="list-style-type: none"> • Asian Greens • Sweetcorn 	<ul style="list-style-type: none"> • Skinny Fries • Garden Peas • Baked Beans 	
JACKET / PASTA BAR	<ul style="list-style-type: none"> • Pasta, Jacket Potatoes & Baked Sweet Potatoes • Baked Beans • Tomato & Basil Sauce • Beef Bolognese 					
DESSERT		Spring Fruit Crumble & Custard	Vanilla Slice	Chocolate Chip Cookies	Rice Crispy Treat	Chef's Selection Box
EVERY DAY	Selection of Whole Fruits, Jelly Pots, Yoghurt Pots, Cold Desserts					

Lunch Menu

CATEGORY	MON	TUE	WED	THU	FRI	SAT
SOUP	Sweet Potato & Butternut Squash	Pea & Spinach Soup	Carrot & Cumin Soup	Kale & Asparagus	Broccoli & Stilton Cream Soup	
MAIN COURSE ONE	Three Cheese Classic Mac	Sweet Chilli Chicken Noodles with Coriander	Roast Turkey with Onion Gravy, Thyme & Yorkshire Pudding	Italian Beef Meatballs & Tomato Sauce	Crispy Battered Fish with Lemons & Tartare Sauce	Chicken Tikka Masala
MEAT FREE	Basil Pesto Gnocchi with Parmesan	Edamame & Tofu Noodles with Sweet Chilli Sauce	Halloumi & Aubergine Stack	Vegetarian Meatless Balls in Tomato & Basil Sauce	Five Bean Burgers with Lettuce & Tomato	Paneer Tikka Masala
MAIN COURSE THREE	Beef Bolognese	Emperor's Special Fried Rice	Grilled Pork Sausages with Sauté Red Onions & Rosemary	Tuscan Gnocchi with Parmesan Cheese	Southern Fried Chicken in a Pretzel Bun	<ul style="list-style-type: none"> • Pilaf Rice • Mango Chutney • Cucumber Raita
SIDES	<ul style="list-style-type: none"> • Pasta • Garlic Bread • Steam Broccoli • Sweetcorn 	<ul style="list-style-type: none"> • Crispy Spring Rolls • Sesame & Soy Spring Greens • Sweetcorn 	<ul style="list-style-type: none"> • Paprika & Garlic Roast Potatoes • Steam Broccoli • Roast Carrots & Parsnips 	<ul style="list-style-type: none"> • Pasta • Roast Cauliflower • Green Beans 	<ul style="list-style-type: none"> • Skinny Fries • Garden Peas • Baked Beans 	
JACKET / PASTA BAR	<ul style="list-style-type: none"> • Pasta, Jacket Potatoes & Baked Sweet Potatoes <ul style="list-style-type: none"> • Baked Beans • Tomato & Basil Sauce • Beef Bolognaise 					
DESSERT	Apricot Flapjack	Apple & Cinnamon Crumble	Lemon Drizzle Cake	Carrot Cake	Rocky Road	Chef's Selection Box
EVERY DAY	Selection of Whole Fruits, Jelly Pots, Yoghurt Pots, Cold Desserts					

Lunch Menu

CATEGORY	MON	TUE	WED	THU	FRI	SAT
SOUP	Sweet Potato & Butternut Squash	Pea & Spinach Soup	Carrot & Cumin Soup	Kale & Asparagus	Broccoli & Stilton Cream Soup	
MAIN COURSE ONE	Breaded Chicken, Katsu Sauce	Beef Chilli Con Carne	Roast Turkey with Onion Gravy, Thyme & Yorkshire Pudding	Jerk Spiced Chicken with Onions, Jerk Sauce	Crispy Battered Fish with Lemons & Tartare Sauce	
MEAT FREE	Grilled Tofu, Peppers & Onions	Bean Chilli Non Carne	Halloumi Stuffed Peppers	Jerk Spice Roasted Cauliflower & Chickpeas	Five Bean Burgers with Lettuce & Tomato	
MAIN COURSE THREE	Red Pesto Parmesan Gnocchi	Green Pesto Gnocchi with Parmesan Cheese	Grilled Pork Sausages with Sauté Red Onions & Rosemary	Pesto Gnocchi with Spinach & Parmesan Cheese	Peri Peri Chicken Breast Burgers	
SIDES	<ul style="list-style-type: none"> • Spring Rolls • Rice • Steam Broccoli • Peas 	<ul style="list-style-type: none"> • Green Beans & Peas • Roast Cauliflower 	<ul style="list-style-type: none"> • Paprika & Garlic Roast Potatoes • Steam Broccoli • Roast Carrots & Parsnips 	<ul style="list-style-type: none"> • Butter Rice with Peas • Potato Aloo • Sweetcorn 	<ul style="list-style-type: none"> • Skinny Fries • Garden Peas • Baked Beans 	
JACKET / PASTA BAR	<ul style="list-style-type: none"> • Pasta, Jacket Potatoes & Baked Sweet Potatoes • Baked Beans • Tomato & Basil Sauce • Beef Bolognaise 					
DESSERT	Nutriboost Flapjack	Jelly & Cookies	Sticky Toffee Pudding	Classic Goopy Chocolate Cake	Raspberry Jam Doughnuts	
EVERY DAY	Selection of Whole Fruits, Jelly Pots, Yoghurt Pots, Cold Desserts					

Supper Menu

CATEGORY	MON	TUE	WED	THU	FRI	SAT	SUN
MAIN COURSE	BBQ Chicken Drumsticks	Lamb Rogan Josh Curry	Italian Beef Ragout	Chicken Teriyaki Noodles	Paprika & Garlic Chicken Thighs	Buttermilk Fried Chicken BBQ Chicken Wings	Beef Lasagne
MEAT FREE	Sizzling Halloumi Steaks	Paneer Rogan Josh Vegetarian Curry	Chickpea & Peppers Ragout	Soy Tofu Stir-Fry Noodles	Classic Pizza Margherita	Southern Fried Tofu	Vegetarian Lasagne
SIDES	<ul style="list-style-type: none"> • Crispy Paprika Wedges with Creamy Garlic Dip • Sweetcorn 	<ul style="list-style-type: none"> • Pilaf Rice • Buttered Peas • Onion Bhaji 	<ul style="list-style-type: none"> • Pasta • Garlic Bread • Grilled Mediterranean Vegetables 	<ul style="list-style-type: none"> • Mange Tout • Spring Rolls 	<ul style="list-style-type: none"> • Grilled Corn on the Cob • Garlic Ranch Sauce 	<ul style="list-style-type: none"> • BBQ Beans • Mac and Cheese 	<ul style="list-style-type: none"> • Honey Roasted Roots • Garlic Bread
PASTA BAR	<ul style="list-style-type: none"> • Pasta • Tomato & Basil Sauce • Baked Beans 						
DESSERT	Chef's Selection of Cold Desserts & Yoghurt Pots						
EVERY DAY	Selection of Freshly Cut & Whole Fruits						

Supper Menu

CATEGORY	MON	TUE	WED	THU	FRI	SAT	SUN
MAIN COURSE	Crispy Chicken Wings & Legs	Cumberland Pork Sausages & Chicken Sausages	Choice of Grilled Chicken, Chorizo & Garlic Prawns	Chunky Lamb Keema Curry	Chicken Thighs Tandoori	Spiced Lamb Kofta	Sunday Roast Chicken Legs
MEAT FREE	Grilled Vegetable Shakshuka	Herb-Infused Veggie Sausages	Vegetarian Paella	Lentil & Spinach Dhal	Classic Pizza Margherita	Falafel & Hummus	Grilled Halloumi
SIDES	<ul style="list-style-type: none"> • Crispy Lemon & Thyme Wedges • Creamy Garlic Dip • Green Beans 	<ul style="list-style-type: none"> • Onion Gravy • Crushed New Potatoes • Minty Green Peas 	<ul style="list-style-type: none"> • Spanish Patatas Bravas • Sweetcorn 	<ul style="list-style-type: none"> • Basmati Rice • Roasted Broccoli • Naan Bread 	<ul style="list-style-type: none"> • Grilled Corn on the Cob • Tzatziki 	<ul style="list-style-type: none"> • Zesty Onion Couscous • Tzatziki • Flatbread 	<ul style="list-style-type: none"> • Pan Gravy • Steamed Broccoli • Honey Roasted Roots • Skin-on Roast Potatoes
PASTA BAR	<ul style="list-style-type: none"> • Pasta • Tomato & Basil Sauce • Baked Beans 						
DESSERT	Chef's Selection of Cold Desserts & Yoghurt Pots						
EVERY DAY	Selection of Freshly Cut & Whole Fruits						

Supper Menu

CATEGORY	MON	TUE	WED	THU	FRI	SAT	SUN
MAIN COURSE	Classic Beef Lasagne	Sweet Chilli Chicken Wraps	Classic Beef Bolognaise	Lamb Madras	Paprika Chicken Legs	Spaghetti Carbonara	Cottage Pie
MEAT FREE	Vegetarian Ragu Lasagne	Vegetarian Halloumi Wraps	Vegetarian Bolognaise with Lentils	Paneer & Chickpea Madras	Classic Pizza Margherita	Farfalle Pomodoro with Butter Beans	Gardener's Pie
SIDES	<ul style="list-style-type: none"> • Crunchy Garlic Bread • Roasted Mediterranean Vegetables • Sweetcorn 	<ul style="list-style-type: none"> • Sweet Potato Wedges • Caesar Dressing • Roasted Peppers 	<ul style="list-style-type: none"> • Pasta • Roasted Broccoli 	<ul style="list-style-type: none"> • Garlic Mushrooms • Bombay Potatoes • Naan Bread 	<ul style="list-style-type: none"> • Grilled Corn on the Cob • Smokey BBQ Sauce 	<ul style="list-style-type: none"> • Italian Mixed Salad • Crunchy Garlic Bread • Courgette, Peppers & Red Onion Tray Roast 	<ul style="list-style-type: none"> • Buttered Peas • Honey Roast Carrots • Proper Onion Gravy
PASTA BAR	<ul style="list-style-type: none"> • Pasta • Tomato & Basil Sauce • Baked Beans 						
DESSERT	Chef's Selection of Cold Desserts & Yoghurt Pots						
EVERY DAY	Selection of Freshly Cut & Whole Fruits						

Supper Menu

CATEGORY	MON	TUE	WED	THU	FRI	SAT	SUN
MAIN COURSE		Lamb Rogan Josh Curry	Italian Beef Ragout	Chicken Teriyaki Noodles	Paprika & Garlic Chicken Thighs	Buttermilk Fried Chicken BBQ Chicken Wings	Beef Lasagne
MEAT FREE		Paneer Rogan Josh Vegetarian Curry	Chickpea & Peppers Ragout	Soy Tofu Stir-Fry Noodles	Classic Pizza Margherita	Southern Fried Tofu	Vegetarian Lasagne
SIDES		<ul style="list-style-type: none"> • Pilaf Rice • Buttered Peas • Onion Bhaji 	<ul style="list-style-type: none"> • Pasta • Garlic Bread • Grilled Mediterranean Vegetables 	<ul style="list-style-type: none"> • Mange Tout • Spring Rolls 	<ul style="list-style-type: none"> • Grilled Corn on the Cob • Garlic Ranch Sauce 	<ul style="list-style-type: none"> • BBQ Beans • Mac and Cheese 	<ul style="list-style-type: none"> • Honey Roasted Roots • Garlic Bread
PASTA BAR	<ul style="list-style-type: none"> • Pasta • Tomato & Basil Sauce • Baked Beans 						
DESSERT	Chef's Selection of Cold Desserts & Yoghurt Pots						
EVERY DAY	Selection of Freshly Cut & Whole Fruits						

Supper Menu

CATEGORY	MON	TUE	WED	THU	FRI	SAT	SUN
MAIN COURSE	Crispy Chicken Wings & Legs	Cumberland Pork Sausages & Chicken Sausages	Choice of Grilled Chicken, Chorizo & Garlic Prawns	Chunky Lamb Keema Curry	Chicken Thighs Tandoori	Spiced Lamb Kofta	Sunday Roast Chicken Legs
MEAT FREE	Grilled Vegetable Shakshuka	Herb-Infused Veggie Sausages	Vegetarian Paella	Lentil & Spinach Dhal	Classic Pizza Margherita	Falafel & Hummus	Grilled Halloumi
SIDES	<ul style="list-style-type: none"> • Crispy Lemon & Thyme Wedges • Creamy Garlic Dip • Green Beans 	<ul style="list-style-type: none"> • Onion Gravy • Crushed New Potatoes • Minty Green Peas 	<ul style="list-style-type: none"> • Spanish Patatas Bravas • Sweetcorn 	<ul style="list-style-type: none"> • Basmati Rice • Roasted Broccoli • Naan Bread 	<ul style="list-style-type: none"> • Grilled Corn on the Cob • Tzatziki 	<ul style="list-style-type: none"> • Zesty Onion Couscous • Tzatziki • Flatbread 	<ul style="list-style-type: none"> • Pan Gravy • Steamed Broccoli • Honey Roasted Roots • Skin-on Roast Potatoes
PASTA BAR	<ul style="list-style-type: none"> • Pasta • Tomato & Basil Sauce • Baked Beans 						
DESSERT	Chef's Selection of Cold Desserts & Yoghurt Pots						
EVERY DAY	Selection of Freshly Cut & Whole Fruits						

Supper Menu

CATEGORY	MON	TUE	WED	THU	FRI	SAT	SUN
MAIN COURSE	Classic Beef Lasagne	Sweet Chilli Chicken Wraps	Classic Beef Bolognese	Lamb Madras			
MEAT FREE	Vegetarian Ragu Lasagne	Vegetarian Halloumi Wraps	Vegetarian Bolognese with Lentils	Paneer & Chickpea Madras			
SIDES	<ul style="list-style-type: none"> • Crunchy Garlic Bread • Roasted Mediterranean Vegetables • Sweetcorn 	<ul style="list-style-type: none"> • Sweet Potato Wedges • Caesar Dressing • Roasted Peppers 	<ul style="list-style-type: none"> • Pasta • Roasted Broccoli 	<ul style="list-style-type: none"> • Garlic Mushrooms • Bombay Potatoes • Naan Bread 			
PASTA BAR	<ul style="list-style-type: none"> • Pasta • Tomato & Basil Sauce • Baked Beans 						
DESSERT	Chef's Selection of Cold Desserts & Yoghurt Pots						
EVERY DAY	Selection of Freshly Cut & Whole Fruits						