

# BREAKFAST

Spring Term - Week One



## MONDAY

### Hot Items

Sausage (including gluten free, chicken and vegetarian)  
Hash Brown  
Eggs (poached and boiled)  
Baked Beans  
Mushrooms

### Daily Special

**Filled Croissants**  
Mozzarella & Salami  
Biscoff Spread, Banana & Chocolate Sauce

### Daily Items

Porridge & Cereal Bar  
Toast & Spreads  
Yoghurt  
Fresh Fruit

## TUESDAY

### Hot Items

Bacon  
Vegetarian Sausages  
Waffles  
Eggs (scrambled and boiled)  
Tomato

### Daily Special

Cinnamon Eggy Bread

### Daily Items

Porridge & Cereal Bar  
Toast & Spreads  
Yoghurt  
Fresh Fruit

## WEDNESDAY

### Hot Items

Chicken Sausage  
Gluten Free Sausages  
Vegetarian Sausages  
Hash Brown Bites  
Eggs (Fried and Boiled)  
Baked Beans, Mushrooms

### Daily Special

**Toasties**  
Bacon & Cheese  
Cheese & Tomato

### Daily Items

Porridge & Cereal Bar  
Toast & Spreads  
Yoghurt  
Fresh Fruit

## THURSDAY

### Hot Items

Bacon  
Vegetarian Sausages  
French Toast  
Eggs (Poached and boiled)  
Baked Beans  
Tomato

### Daily Special

**English Muffins topped with**  
Avocado & Tomato  
Or  
Eggs Benedict

### Daily Items

Porridge & Cereal Bar  
Toast & Spreads  
Yoghurt  
Fresh Fruit

## FRIDAY

### Hot Items

Sausage (including gluten free, chicken and vegetarian)  
Hash Brown  
Eggs (scrambled and boiled)  
Baked Beans  
Mushrooms

### Daily Special

Assorted Sweet Muffins

### Daily Items

Porridge & Cereal Bar  
Toast & Spreads  
Yoghurt  
Fresh Fruit

## SATURDAY

### Hot Items

Bacon  
Vegetarian Sausage  
Sautéed Potatoes  
Eggs (fried and boiled)  
Baked Beans  
Tomato

### Daily Special

Breakfast Bars

### Daily Items

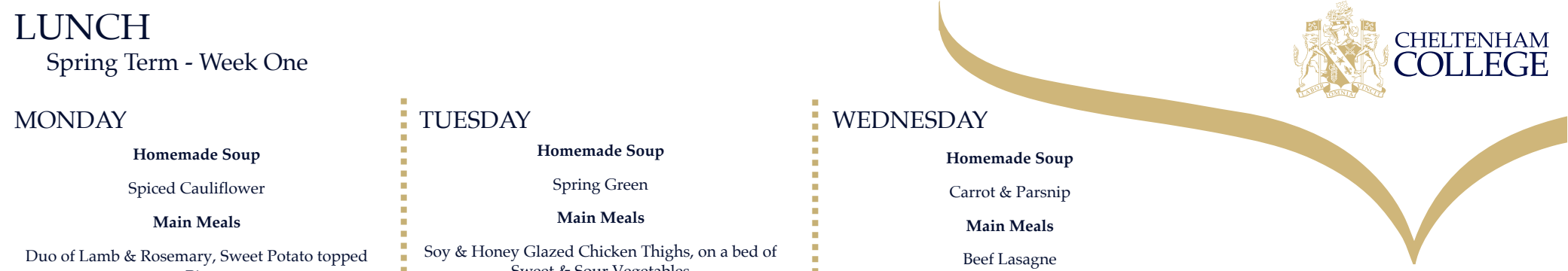
Porridge & Cereal Bar  
Toast & Spreads  
Yoghurt  
Fresh Fruit

## SUNDAY

### Sunday Brunch

### Daily Items

Porridge & Cereal Bar  
Toast & Spreads  
Yoghurt  
Fresh Fruit



# LUNCH

Spring Term - Week One

**MONDAY**

**Homemade Soup**  
Spiced Cauliflower

**Main Meals**  
Duo of Lamb & Rosemary, Sweet Potato topped Pie  
Gnocchi Ratatouille  
Vegan Cottage Pie with Cauliflower Mash

**Sides**  
Pan Fried Rosemary and Garlic New Potatoes, Steamed Carrots & Broccoli

**Dessert**  
Rhubarb & Apple Crumble with Custard  
Raspberry Flapjack  
Fresh Fruit

**TUESDAY**

**Homemade Soup**  
Spring Green

**Main Meals**  
Soy & Honey Glazed Chicken Thighs, on a bed of Sweet & Sour Vegetables  
Tuna & Spinach Pasta Bake  
Cajun White Bean & Lentil Gumbo

**Sides**  
Sticky Rice, Sauté Greens & Onion, Sesame & Ginger Carrots

**Dessert**  
Chocolate Crunch & Pink Custard  
Mixed Berry Fool  
Fresh Fruit

**WEDNESDAY**

**Homemade Soup**  
Carrot & Parsnip

**Main Meals**  
Beef Lasagne  
Plant based Shawarma, with Pickled Slaw & Hot Chilli Sauce in Khobez Wrap  
Portobello Mushroom & Lentil Lasagne

**Sides**  
Garlic Ciabatta Bread, Peas & Sweetcorn & Pan-Fried Green Beans

**Dessert**  
Strawberry Mousse  
Popcorn Cheesecake  
Fresh Fruit

**THURSDAY**

**Homemade Soup**  
Broccoli, Kale & Spinach

**Main Meals**  
Lemon & Parsley Grilled Turkey Steaks with Cream and Parsley Sauce  
Yeung Chow Fried Rice  
Quinoa Stew

**Sides**  
New Potatoes with Sea Salt & Spring Onions, Roasted Beetroot with Balsamic Glaze, Stir Fry Pac Choi & Tenderstem Broccoli

**Dessert**  
Lemon & Poppy Seed Cake with Lemon Curd  
Jaffa Pot  
Fresh Fruit

**FRIDAY**

**Homemade Soup**  
Lemongrass, Ginger and Noodle

**Main Meals**  
Battered Fish  
Battered Sausage  
Mozzarella, Tomato & Pesto Panini

**Sides**  
Traditional Chips, Mushy Peas, Baked Beans & Curry Sauce

**Desserts**  
Sticky Toffee Pudding with Cream  
Lime Jelly  
Fresh Fruit

**SATURDAY**

**Homemade Soup**  
French Onion

**Main Meals**  
Pizza Pasta  
Cornbeef Hash  
Asparagus, Mint & Pea Risotto

**Sides**  
Sun-Dried Tomato Bread, Mediterranean Roasted Vegetables & Corn on the Cob

**Dessert**  
Treacle Tart  
Chocolate Orange Cheesecake  
Fresh Fruit

**SUNDAY**

**Sunday Brunch**  
English Muffin  
Bacon  
Sausage Patte  
Scrambled Egg  
Cheese slice  
Large Mushroom  
Sliced Tomatoes  
Black Pudding Slice  
Rosti Bites  
Veggie Pattie  
Smoothie Bowl  
Selection Of Cereals  
Toast Station with Preserves  
Fresh Fruit, Cheese & Biscuits

# TEA

## Spring Term- Week One

### MONDAY

#### Main Meals

Beef Chilli, Rice, Guacamole, Salsa, Sour Cream and Tortilla Chips

Mac & Cheese Bar with Garlic Baguette

Mixed Bean Chilli, Rice, Guacamole, Salsa, Sour Cream and Tortilla Chips

**Dessert** Assorted Cookies

**Fruit** Fresh Fruit

### TUESDAY

#### Main Meals

BBQ Pulled Pork in a Cobbled Bun, Sweet Potato Fries, Jerk Corn and Black Bean Salad

Piri Piri Chicken Leg, Sweet Potato Fries, Piri Piri Mango & Kale Salad

Jacket Potato Bar with an option of three fillings

Mixed Falafel Kebab with Pitta Bread, Mint Yoghurt Dip, Pickled Slaw and Spicy Couscous Salad

**Dessert** Lemon Tart

**Fruit** Fresh Fruit

### WEDNESDAY

#### Main Meals

Chicken Korma, Steamed Rice, Poppadom, Mango Chutney, Raita, Lime Pickle, Naan Bread, Onion Bhaji and Spiced Greens

#### KEBAPS

Rosemary and Sea Salt Focaccia topped with Parmesan Chicken, Roasted Peppers & Basil

Baked Beef Tomato, Oregano and Vegan Mozzarella

Satay Sweet Potato Curry, Steamed Rice, Poppadom, Mango Chutney, Raita, Lime Pickle, Naan Bread, Onion Bhaji and Spiced Greens

**Dessert** Chocolate Muffins

**Fruit** Fresh Fruit

### THURSDAY

#### Main Meals

Roast Beef & Yorkshire Pudding, Gravy, Roast Potatoes, Cauliflower Cheese, Carrots and Sprouts

Tuna Steak with Salsa Verde, New Potatoes infused with Lemon, Grilled Cherry Vine Tomatoes and Green Beans

Buddha bowl - Bulgawheat, Chickpea, Roasted Butternut Squash, Toasted Seeds and Beetroot Puree

Poke bowl - Smoked Mackerel, Noodles, Crushed Nori, Miso Carrot & Cabbage

Seeded Roast with Tomato and Garlic Sauce, Roast Potatoes, Cauliflower Cheese, Carrots and Sprouts

**Dessert** Yoghurt Jelly

**Fruit** Fresh Fruit

### FRIDAY

#### Main Meals

Thai Style Pork Noodles, Medley of Stir-Fried Vegetables

Mince Beef and Onion Pie, Buttered Mash Potato, Cauliflower and Broccoli

Soup Bar

Plant Based Hoisin Chicken Noodles, Medley of Stir-Fried Vegetables

**Dessert** Freshly Baked Scones

**Fruit** Fresh Fruit

### SATURDAY

#### Main Meals

Team Tea

**Dessert** Chefs Special

**Fruit** Fresh Fruit

### SUNDAY

#### Main Meals

Minted Lamb Steaks, Citrus Chicken Drumsticks, Speciality Sausage and an assortment of Salads

Pasta Bar

Buffalo Cauliflower Wings, Basil Tofu and Mediterranean Skewers

**Dessert** Chefs Special

**Fruit** Fresh Fruit