

SANDROYD SCHOOL MENU – AUTUMN TERM 2021

Week 1:

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
SUNDAY	CROISSANTS CEREALS FRUIT JUICE PETIT PAIN BACON	ROAST BEEF YORKSHIRE PUDDING GRAVY HORSERADISH SAUCE	CAULIFLOWER & BROCCOLI CHEESE FILLED YORKSHIRE PUDDING	ROAST POTATOES ROAST PARSNIPS RED CABBAGE CARROTS	LEMON ROULADE OR FRESH FRUIT	FISH FINGERS CHIPS & PEAS SALAD BAR & PROTEINS
MONDAY	FRIED EGGS CHIPOLATA SAUSAGES CEREAL TOAST FRUIT JUICE	CHICKEN & BACON COTTAGE PIE	QUORN COTTAGE PIE	CARROTS FRENCH BEANS	BELGIAN WAFFLES VANILLA ICE CREAM CHOCOLATE SAUCE OR FRESH FRUIT	BAKED POTATOES GRATED CHEESE BAKED BEANS SALAD BAR & PROTEINS
TUESDAY	BOILED EGGS CEREAL TOAST FRUIT JUICE	BEEF LASAGNE GARLIC BREAD	VEGETABLE LASAGNE	CURLEY KALE SAVOY LEEKs	RHUBARB & GINGER CRUMBLE CUSTARD OR FRESH FRUIT	SAUSAGES MASHED POTATOES BEANS SALAD BAR & PROTEINS
WEDNESDAY	TOAST BACON FRUIT JUICE PORRIDGE	CHICKEN CHOW MEIN NOODLES	VEGETABLE STIR FRY NOODLES	ROASTED BUTTERNUT & SWEET POTATOES	APPLE STRUDEL & CUSTARD OR FRESH FRUIT	PIZZA PEAS & CORN SALAD BAR & PROTEINS
THURSDAY BBQ IF NICE	SCRAMBLED EGGS CEREAL TOAST FRUIT JUICE	BEEF & ONION PIE	WINTER VEGETABLE PIE	CABBAGE CARROTS CAULIFLOWER	PURBECK ICE CREAM TUBS OR FRESH FRUIT	MACARONI CHEESE GARLIC BREAD SALAD BAR & PROTEINS
FRIDAY	POTATO WAFFLE FRIED EGG CEREALS TOAST FRUIT JUICE	FISH & CHIPS LEMON & TARTARE	SPINACH, MUSHROOM & ONION FRITTATA	CHIPS PEAS	YOGHURT OR FRESH FRUIT	LAMB BURGER IN A BUN SLICED CHEESE COLESLAW SWEET POTATO FRIES SALAD BAR & PROTEINS
SATURDAY	SAUSAGES HASH BROWNS CEREALS TOAST FRUIT JUICE	PORK & CIDER CASSEROLE	QUORN SAUSAGE CIDER ONIONS	ROASTED BABY POTATOES CABBAGE, LEEKS & PEAS	CHOCOLATE BROWNIES ICE CREAM OR FRESH FRUIT	CHEESE & ONION PASTY PARMENTIER POTATOES FRENCH BEANS & CAPSICUM SALAD BAR & PROTEINS

The fruit bar is available throughout the day, healthy snacks provided at “Trolley” during morning and afternoon break.

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Week 2:

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
SUNDAY	FULL ENGLISH FRUIT JUICE CROISSANTS PETIT PAINS	ROAST LAMB MINT SAUCE GRAVY	ROASTED VEGETABLE WELLINGTON	DAUPHINOIS POTATOES BROCCOLI, CARROTS RED CABBAGE	FRUIT JELLY ICE CREAM OR FRESH FRUIT	CHEESE & HAM PANINIS SPICY WEDGES SALAD BAR & PROTEINS
MONDAY	FRIED EGGS CHIPOLATA SAUSAGES CEREALS TOAST FRUIT JUICE	CHILLI CON CARNE TORTILLA CHIPS	VEGETARIAN CHILLI TORTILLA CHIPS	SWEET POTATOES WEDGES CAULIFLOWER BROCCOLI	SPOTTED DICK & CUSTARD OR FRESH FRUIT	PESTO PASTA SPINACH & PEAS SALAD BAR & PROTEINS
TUESDAY	BACON HASH BROWNS CEREALS TOAST FRUIT JUICE	SWEET & SOUR CHICKEN	SWEET & SOUR VEGETABLES	RICE SUGAR SNAP BABY CORN FRENCH BEANS	VANILLA BAKED CHEESECAKE WITH FOREST BERRIES OR FRESH FRUIT	HOME COOKED GAMMON HAM WITH CHIPS & BAKED BEANS SALAD BAR & PROTEINS
WEDNESDAY	BACON CEREALS CROISSANTS FRUIT JUICE PORRIDGE	STEAK & MUSHROOM PIE	VEGETABLE PIE	NEW POTATOES CABBAGE CARROTS LEEKs	APPLE PIE ICE CREAM OR FRESH FRUIT	TRADITIONAL CORNISH PASTY MASHED POTATO PEAS SALAD BAR & PROTEINS
THURSDAY	CEREALS SWEET WAFFLES HONEY YOGURT FRUIT JUICE	ROAST CHICKEN YORKSHIRE PUDDING STUFFING	ROASTED VEGETABLES YORKSHIRE PUDDING	ROAST POTATOES PARSNIPS CARROTS BROCCOLI	PURBECK ICE CREAM OR FRESH FRUIT	PIZZA CORN ON THE COB SALAD BAR & PROTEINS
FRIDAY	BACON TOMATOES CEREALS TOAST FRUIT JUICE	FISH & CHIPS LEMON & TARTARE	VEGETARIAN DISH OF THE DAY	CHIPS PEAS	CHOCOLATE FUDGE CAKE	PASTA BOLOGNESE SUGAR SNAP & FRENCH BEANS SALAD BAR & PROTEINS
SATURDAY	BOILED EGGS TOAST CEREAL FRUIT JUICE	BEEF CURRY NAAN BREAD	VEGETABLE CURRY NAAN BREAD	FRAGRANT RICE SPICED CAULIFLOWER COURGETTE PROVENÇALE	FRUIT YOGURTS OR FRESH FRUIT	GARLIC CHICKEN NEW POTATOES PEAS & CARROTS SALAD BAR & PROTEINS

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Week 3:

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
SUNDAY	BACON & CHEESE TURNOVER CEREALS FRUIT JUICE PETIT PAINS	ROAST PORK APPLE SAUCE HERB STUFFING GRAVY	MUSHROOM STROGANOFF STEAMED RICE	ROAST POTATOES CREAMED LEEKS CABBAGE ROASTED CARROTS	TREACLE TART VANILLA ICE CREAM OR FRESH FRUIT	SAUSAGE ROLL CHIPS & BEANS SALAD BAR & PROTEINS
MONDAY	CHIPOLATA SAUSAGES BEANS TOAST CEREALS FRUIT JUICE	BEEF BOURGUIGNON	VEGETABLE CASSEROLE	BOILED POTATOES CHANTANAY CARROTS BROCCOLI & CAULIFLOWER	PROFITEROLES CHOCOLATE SAUCE OR FRESH FRUIT	TOMATO & BASIL PASTA GARLIC BREAD ROASTED VEGETABLES SALAD BAR & PROTEINS
TUESDAY	SCRAMBLED EGGS HASH BROWNS CEREALS TOAST FRUIT JUICE	CHICKEN CHASSEUR	QUORN CHICKEN CHASSEUR	NEW POTATOES FRENCH BEANS BROCCOLI SUGAR SNAPS	STRAWBERRIES & CREAM OR FRESH FRUIT	FISH CAKES CHIPS PEAS & CORN SALAD BAR & PROTEINS
WEDNESDAY	BACON TOAST FRUIT JUICE CEREALS PORRIDGE	COTTAGE PIE	VEGETARIAN QUORN COTTAGE PIE	CABBAGE CARROTS PEAS	CHOCOLATE MOUSSE OR FRESH FRUIT	HOTDOG WITH ONIONS SAUTÉ POTATOES BAKED BEANS SALAD BAR & PROTEINS
THURSDAY	BOILED EGGS CEREALS TOAST FRUIT JUICE	CHICKEN A LA KING	VEGETABLE A LA KING	RICE CARROTS BROCCOLI	PURBECK ICE CREAMS OR FRESH FRUIT	MACARONI CHEESE GARLIC BREAD PEAS & SPINACH SALAD BAR & PROTEINS
FRIDAY	BACON TOMATOES CEREALS TOAST FRUIT JUICE	FISH & CHIPS LEMON & TARTARE	VEGETABLE CUTLET CHEESE SAUCE	CHIPS PEAS	RICE PUDDING WITH JAM OR FRESH FRUIT	CHEESE & ONION PASTY BAKED BEANS MASH POTATOES SALAD BAR & PROTEINS
SATURDAY	PANCAKES MAPLE SYRUP STREAKY BACON CEREALS TOAST FRUIT JUICE	MINTED LAMB HOT POT	VEGETARIAN QUORN HOT POT	ROASTED ROOT VEGETABLES	RASPBERRY EATON MESS OR FRESH FRUIT	CRISPY CHILLI BEEF NOODLES STIR FRIED VEGETABLES SALAD BAR & PROTEINS

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