

# SANDROYD SCHOOL MENU – AUTUMN TERM 2022

## Week 1:

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
<b>SUNDAY 4<sup>TH</sup>/25<sup>TH</sup></b>	CROISSANTS CEREALS FRUIT JUICE PETIT PAIN COOKED BREAKFAST	ROAST BEEF YORKSHIRE PUDDING GRAVY HORSERADISH SAUCE	CAULIFLOWER & BROCCOLI CHEESE FILLED YORKSHIRE PUDDING	ROAST POTATOES ROAST PARSNIPS RED CABBAGE BROCCOLI	LEMON MERINGUE PIE FRESH DOUBLE CREAM OR FRESH FRUIT	HAM & CHEESE PANINIS TOMATO SOUP SALAD BAR & PROTEINS
<b>MONDAY</b>	FRIED EGGS POTATO WAFFLE CEREAL TOAST FRUIT JUICE	CHICKEN & BACON PIE	QUORN CHICKEN PIE	CARROTS LEEKs BOILED POTATOES	BELGIAN WAFFLES VANILLA ICE CREAM CHOCOLATE SAUCE OR FRESH FRUIT	BAKED POTATOES GRATED CHEESE BAKED BEANS SALAD BAR & PROTEINS
<b>TUESDAY</b>	BOILED EGGS CEREAL MELON & ORANGE SALAD TOAST FRUIT JUICE	MINCED PORK LASAGNE	VEGETABLE LASAGNE	LOCAL SOUR DOUGH SALAD	FRUIT YOGHURT DIPPING BISCUIT OR FRESH FRUIT	FISH FINGERS MASHED POTATOES BEANS SALAD BAR & PROTEINS
<b>WEDNESDAY 7<sup>TH</sup></b>	TOAST BACON TOMATO CEREALS FRUIT JUICE	SAUSAGE & BEAN CASSEROLE	MIXED BEAN CASSEROLE	CREAMED POTATOES WITH CHIVE CARROTS CABBAGE	APPLE & SULTANA CRUMBLE CUSTARD OR FRESH FRUIT	PIZZA PEAS & CORN SALAD BAR & PROTEINS
<b>THURSDAY BBQ PRIOR TO HALF TERM</b>	PORRIDGE MIXED TOPPINGS CEREAL TOAST FRUIT JUICE	BBQ		SALADS	PURBECK ICE CREAM TUBS OR FRESH FRUIT	MACARONI CHEESE ASSORTED TOPPINGS GARLIC BREAD SALAD BAR & PROTEINS
<b>FRIDAY</b>	SCRAMBLED EGGS HASH BROWNS CEREALS TOAST FRUIT JUICE	BATTERED COD & CHIPS LEMON & TARTARE	SPINACH, MUSHROOM & ONION FRITTATA	CHIPS PEAS BEANS	TRADITIONAL TRIFLE OR FRESH FRUIT	BEEF CHILLI CON CARNE WILD RICE TORTILLAS SALAD BAR & PROTEINS
<b>SATURDAY</b>	SAUSAGES BEANS CEREALS TOAST FRUIT JUICE	SALMON FILLET SWEET CHILLI SAUCE NOODLES		FRENCH BEANS SUGAR SNAPS	RICE PUDDING PRESERVES OR FRESH FRUIT	SAUSAGE ROLLS MASHED POTATOES BEANS SALAD BAR & PROTEINS

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

# SANDROYD SCHOOL MENU – AUTUMN TERM 2022

## Week 2:

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
<b>SUNDAY 11TH</b>	PAIN AU CHOCOLATE CEREALS FRUIT JUICE PETIT PAIN COOKED BREAKFAST	ROAST LAMB MINT SAUCE GRAVY	ROASTED VEGETABLE WELLINGTON	DAUPHINOIS POTATOES BROCCOLI, CARROTS RED CABBAGE	FRUIT JELLY ICE CREAM OR FRESH FRUIT	PORK & CHORIZO BURGER SAUTÉED ONIONS SPICY WEDGES BEANS SALAD BAR & PROTEINS
<b>MONDAY</b>	FRIED EGGS GAMMON HAM CEREALS TOAST FRUIT JUICE	STEAK & VEGETABLE PIE	VEGETABLE PIE	NEW POTATOES CAULIFLOWER SAVOY CABBAGE	STEAMED PUDDING & CUSTARD OR FRESH FRUIT	CHICKEN & BACON PASTA PARMESAN CHEESE SALAD BAR & PROTEINS
<b>TUESDAY</b>	BOILED EGGS CEREAL TOAST MELON & ORANGE SALAD FRUIT JUICE	SWEET & SOUR VEGETABLES PRAWN CRACKERS	SWEET & SOUR VEGETABLES	NOODLES SUGAR SNAP FRENCH BEANS	VANILLA BAKED CHEESECAKE WITH FOREST BERRIES OR FRESH FRUIT	CUMBERLAND SAUSAGES MASHED POTATOES PEAS SALAD BAR & PROTEINS
<b>WEDNESDAY</b>	BACON TOMATOES CEREALS TOAST FRUIT JUICE	ROAST PORK LOIN HERB STUFFING APPLE SAUCE	ROASTED ROOT VEGETABLES HERB STUFFING	ROAST POTATOES BROCCOLI CARROTS PEAS	NATURAL YOGURT FRUIT COMPOTE VARIOUS TOPPINGS OR FRESH FRUIT	MARGARITA PIZZA VARIOUS TOPPINGS SALAD BAR
<b>THURSDAY BBQ PRIOR TO HALF TERM</b>	CEREALS TOAST FRUIT JUICE PORRIDGE VARIOUS TOPPINGS	BBQ		SALADS	PURBECK ICE CREAM OR FRESH FRUIT	HOME COOKED GAMMON HAM WITH CHIPS & BAKED BEANS SALAD BAR & PROTEINS
<b>FRIDAY</b>	SAUSAGES BEANS CEREALS TOAST FRUIT JUICE	FISH & CHIPS LEMON & TARTARE	VEGETARIAN DISH OF THE DAY	CHIPS PEAS	FRUITS OF THE FOREST ETON MESS FRESH CREAM OR FRESH FRUIT	PASTA BOLOGNESE GRATED PARMESAN GARLIC BREAD SALAD BAR & PROTEINS
<b>SATURDAY</b>	SCRAMBLED EGGS HASH BROWNS CEREALS TOAST FRUIT JUICE	BEEF CURRY NAAN BREAD CUCUMBER RIATA MANGO CHUTNEY	VEGETABLE CURRY NAAN BREAD	FRAGRANT RICE SPICED CAULIFLOWER COURGETTE PROVENÇALE	CHOCOLATE BROWNIE ICE CREAM OR FRESH FRUIT	GARLIC CHICKEN NEW POTATOES PEAS & CARROTS SALAD BAR & PROTEINS

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

# SANDROYD SCHOOL MENU – AUTUMN TERM 2022

## Week 3:

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
<b>SUNDAY 18TH</b>	PAIN AU CHOCOLATE CEREALS FRUIT JUICE PETIT PAIN COOKED BREAKFAST	ROAST PORK APPLE SAUCE HERB STUFFING GRAVY	CHEESE & ONION QUICHE	ROAST POTATOES CREAMED LEEKS ROASTED CARROTS & PARSNIPS	BANOFFEE PIE FRESH CREAM OR FRESH FRUIT	FISH FINGERS CHIPS & BEANS SALAD BAR & PROTEINS
<b>MONDAY</b>	CROISSANTS HAM & CHEESE SLICES CEREALS TOAST FRUIT JUICE	COTTAGE PIE	VEGETARIAN QUORN COTTAGE PIE	CABBAGE PEAS & SWEETCORN	PROFITEROLES CARAMEL SAUCE OR FRESH FRUIT	TOMATO & BASIL PASTA GARLIC BREAD ROASTED VEGETABLES SALAD BAR & PROTEINS
<b>TUESDAY</b>	PORRIDGE VARIOUS TOPPINGS CEREALS TOAST FRUIT JUICE	CHICKEN WITH WHITE WINE & TARRAGON	QUORN CHICKEN	NEW POTATOES FRENCH BEANS BROCCOLI SUGAR SNAPS	STRAWBERRY GATEAUX & CREAM OR FRESH FRUIT	HOTDOG WITH ONIONS SAUTÉ POTATOES BAKED BEANS SALAD BAR & PROTEINS
<b>WEDNESDAY</b>	SCRAMBLED EGG HASH BROWNS CEREALS TOAST FRUIT JUICE	PORK STROGANOFF STEAMED BROWN RICE	MUSHROOM STROGANOFF STEAMED BROWN RICE	CARROTS CAULIFLOWER	CHOCOLATE SPONGE CHOCOLATE CUSTARD OR FRESH FRUIT	PESTO LINGUINE ROASTED VEGETABLES SOUR DOUGH BREAD SALAD BAR & PROTEINS
<b>THURSDAY BBQ PRIOR TO HALF TERM</b>	CEREALS SWEET WAFFLES HONEY PEACHES FRUIT JUICE	BBQ		SALADS	PURBECK ICE CREAMS OR FRESH FRUIT	THAI FISH CAKES MASHED POTATOES PEAS SALAD BAR & PROTEINS
<b>FRIDAY 23<sup>RD</sup> EXEAT</b>	BACON TOMATOES CEREALS TOAST FRUIT JUICE	FISH & CHIPS LEMON & TARTARE	VEGETABLE CUTLET CHEESE SAUCE	CHIPS PEAS	CHOCOLATE TART DOUBLE CREAM OR FRESH FRUIT	MACARONI CHEESE GARLIC BREAD PEAS & SPINACH SALAD BAR & PROTEINS
<b>SATURDAY</b>	CEREALS TOAST FRUIT JUICE SAUSAGES BEANS	POACHED GAMMON HONEY & MUSTARD SAUCE	BREADED VEGETABLE CUTLET	NEW POTATOES CABBAGE BROCCOLI	RASPBERRY MERINGUE ROULADE OR FRESH FRUIT	CRISPY CHILLI BEEF NOODLES STIR FRIED VEGETABLES SALAD BAR & PROTEINS

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