

MENU – AUTUMN TERM 2023

Week 1:

	LUNCH					TEA
	BREAKFAST	MAIN	VEGETARIAN	VEGETABLES	PUDDING	
SUNDAY 3RD SEP 24TH SEP 15TH OCT	PAIN AU CHOCOLATE FROSTIES SMOOTHIE 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	CHEDDAR CHEESE PAN TOMATO SOUP SALAD BAR & PROTEIN
MONDAY	FRIED EGGS GAMMON HAM MULTI GRAIN HOOPS TOAST APPLE JUICE	BEEF & VEGETABLE PIE	COUNTRY VEGETABLE PIE	CARROTS BROCCOLI BOILED POTATOES	BELGIAN WAFFLES VANILLA ICE CREAM CHOCOLATE SAUCE OR FRESH FRUIT	BAKED POTATOES GRATED CHEESE BAKED BEANS SALAD BAR & PROTEIN
TUESDAY	BOILED EGGS RICE KRISPIES TOAST MELON & ORANGE SALAD	SAUSAGE & BEAN CASSEROLE OR SAUSAGES, MASH & BEANS	MIXED BEAN CASSEROLE	CREAMED POTATOES WITH CHIVE CARROTS CABBAGE	APPLE & SULTANA CRUMBLE CUSTARD OR FRESH FRUIT	COD GOUJONS SKINNY FRIES BEANS SALAD BAR & PROTEIN
WEDNESDAY	BACON TOMATOES FRUIT WHEATS TOAST SMOOTHIE	SPAGHETTI BOLOGNESE	VEGETARIAN BOLOGNESE	LOCAL AWARD WINNING SOUR DOUGH SALAD	NATURAL YOGURT FRUIT COMPOTE VARIOUS TOPPINGS OR FRESH FRUIT	PIZZA PEAS & CORN SALAD BAR & PROTEIN
THURSDAY BBQ PRIOR TO HALF TERM	CORN FLAKES TOAST PORRIDGE VARIOUS TOPPINGS CROISSANTS ORANGE JUICE	BBQ		SALADS	PURBECK ICE CREAM TI OR FRESH FRUIT	CHICKEN & CHORIZO PASTA TOMATO SAUCE GARLIC BREAD SALAD BAR & PROTEIN
FRIDAY	SAUSAGES HASH BROWNS SHREDDIES TOAST SMOOTHIE	BATTERED COD & CHIPS LEMON & TARTARE	SPINACH, MUSHROOM & ONION FRITTATA	CHIPS PEAS BEANS	TRADITIONAL TRIFLE OR FRESH FRUIT	BEEF CHILLI CON CARN WILD RICE TORTILLAS SALAD BAR & PROTEIN
SATURDAY	GRANOLA HONEY NATURAL YOGHURT TOAST	SALMON FILLET SWEET CHILLI SAUCE NOODLE S		FRENCH BEANS SUGAR SNAPS	RICE PUDDING PRESERVES OR FRESH FRUIT	SAUSAGE ROLLS MASHED POTATOES BEANS SALAD BAR & PROTEIN

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

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Week 2:

	LUNCH					TEA
	BREAKFAST	MAIN	VEGETARIAN	VEGETABLES	PUDDING	
SUNDAY 10TH SEP 1ST OCT 22ND OCT	CROISSANTS FROSTIES SMOOTHIE PETIT PAIN COOKED BREAKFAST	ROAST LAMB MINT SAUCE GRAVY	ROASTED VEGETABLE WELLINGTON	DAUPHINOIS POTATOES CARROTS RED CABBAGE ROASTED PARSNIPS	FRUIT JELLY ICE CREAM OR FRESH FRUIT	CHICKEN BURGER FRENCH FRIES BEANS SALAD BAR & PROTEINS
MONDAY	FRIED EGGS POTATO WAFFLES MULTI GRAIN HOOPS TOAST APPLE JUICE	CHICKEN, HAM & LEE PIE	VEGETABLE PIE	BABY POTATOES BROCCOLI, SAVOY CABBAGE	STEAMED PUDDING & CUSTARD OR FRESH FRUIT	SPAGHETTI & MEATBALLS GRATED PARMESAN GARLIC BREAD SALAD BAR & PROTEINS
TUESDAY	BOILED EGGS RICE KRISPIES TOAST MELON & ORANGE SALAD	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	BEEF SAUSAGES MASHED POTATOES PEAS SALAD BAR & PROTEINS
WEDNESDAY	BACON TOMATOES FRUIT WHEATS TOAST SMOOTHIE	CHINESE CHICKEN PRAWN CRACKERS	STIRFRY VEGETABLES VEGETABLES	NOODLES CAULIFLOWER FRENCH BEANS	CHEESECAKE WITH FOREST BERRIES OR FRESH FRUIT	MARGARITA PIZZA VARIOUS TOPPINGS SALAD BAR
THURSDAY BBQ PRIOR TO HALF TERM	CORN FLAKES TOAST PORRIDGE VARIOUS TOPPINGS PAIN AU CHOCOLATE ORANGE JUICE				NEW FOREST ICE CREAM OR FRESH FRUIT	CAULIFLOWER CHEESE PASTA PARMESAN CHEESE SALAD BAR & PROTEINS
FRIDAY	SCRAMBLED EGGS HASH BROWNS SHREEDIES TOAST SMOOTHIE	FISH & CHIPS LEMON & TARTARE	VEGETARIAN DISH OF THE DAY	CHIPS PEAS	FRUITS OF THE FOREST ETON MESS FRESH CREAM OR FRESH FRUIT	HOME COOKED GAMMON HAM WITH CHIPS & BAKED BEANS SALAD BAR & PROTEINS
SATURDAY	GRANOLA HONEY NATURAL YOGHURT TOAST	BEEF CURRY NAAN BREAD CUCUMBER RIATA MANGO CHUTNEY	VEGETABLE CURRY NAAN BREAD	FRAGRANT RICE SPICED CAULIFLOWER	CHOCOLATE BROWNIE ICE CREAM OR FRESH FRUIT	GARLIC CHICKEN ROASTED BABY POTATOES PEAS & CARROTS SALAD BAR & PROTEIN

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Week 3:

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
SUNDAY 17TH SEP 8TH OCT 29TH OCT	PAIN AU CHOCOLATE FROSTIES SMOOTHIE 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	SALMON & DILL FISH CAKES CHIPS & BEANS SALAD BAR & PROTEINS
MONDAY	FRIED EGGS GAMMON HAM MULTI GRAIN HOOPS TOAST APPLE 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
TUESDAY	BOILED EGGS RICE KRISPIES TOAST MELON & ORANGE SALAD	CHICKEN PAELLA	QUORN CHICKEN PAELLA	SOYDOUGH SUGAR SNAPS WHOLE BEANS	STRAWBERRY GATEAU & CREAM OR FRESH FRUIT	CHEESE BURGER WITH ONIONS SAUTÉ POTATOES BAKED BEANS SALAD BAR & PROTEINS
WEDNESDAY	BACON TOMATOES FRUIT WHEELS TOAST SMOOTHIE	PORK STROGANOFF STEAMED BROWN RICE	MUSHROOM STROGANOFF STEAMED BROWN RICE	CARROTS CAULIFLOWER	RASPBERRY MERINGUE ROULADE OR FRESH FRUIT	PESTO LINGUINE ROASTED VEGETABLES SOY DOUGH BREAD SALAD BAR & PROTEINS
THURSDAY BBQ PRIOR TO HALF TERM	CORN FLAKES TOAST PORRIDGE VARIOUS TOPPINGS CROISSANTS ORANGE JUICE	BBQ		SALADS	PURBECK ICE CREAMS OR FRESH FRUIT	VEGETABLE A'LA KING STEAMED RICE SALAD BAR & PROTEINS
FRIDAY	NATURAL YOGHURT GRANOLA HONEY TOAST SMOOTHIE	FISH & CHIPS LEMON & TARTARE	VEGETABLE CUTLET CHEESE SAUCE	CHIPS PEAS	CHOCOLATE SPONGE CHOCOLATE CUSTARD OR FRESH FRUIT	COTTAGE PIE PEAS & SPINACH SALAD BAR & PROTEINS
SATURDAY	SAUSAGES BEANS SHREDDIES TOAST	POACHED GAMMON HONEY & MUSTARD SAUCE	BREADED VEGETABLE CUTLET	ROASTED BABY POTATOES CABBAGE BROCCOLI	CHOCOLATE TART DOUBLE CREAM OR FRESH FRUIT	CRISPY CHILLI BEEF NOODLES STIR FRIED VEGETABLES SALAD BAR & PROTEINS

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