

SANDROYD SCHOOL MENU – AUTUMN TERM 2024

Week 1:

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
SUNDAY	CROISSANTS FROSTIES (TREAT) SMOOTHIES 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 PANINIS TOMATO SOUP SALAD BAR & PROTEINS
MONDAY	FRIED EGGS POTATO WAFFLE RICE KRISPIES TOAST CRANBERRY JUICE	BEEF & VEGETABLE PIE	COUNTRY VEGETABLE PIE	CARROTS CABBAGE BOILED POTATOES	BELGIAN WAFFLES VANILLA ICE CREAM CARAMEL SAUCE OR FRESH FRUIT	COD GOUJONS SKINNY FRIES PEAS SALAD BAR & PROTEINS
TUESDAY	BOILED EGGS MULTIGRAIN HOOPS FRESH FRUIT CHUNKS SOURDOUGH TOAST FRESH MILK	SAUSAGES, MASH & BEANS	MIXED BEAN CASSEROLE	CREAMED POTATOES BAKED BEANS	APPLE & SULTANA CRUMBLE WITH CINNAMON AND CUSTARD OR FRESH FRUIT	CHICKEN & CHORIZO PASTA TOMATO SAUCE GARLIC BREAD SALAD BAR & PROTEINS
WEDNESDAY	TOAST BACON TOMATO CORNFLAKES APPLE JUICE	SPAGHETTI BOLOGNESE GRATED PARMESAN	VEGETARIAN BOLOGNESE	LOCAL AWARD WINNING SOUR DOUGH FRESH SALAD	NATURAL GREEK YOGURT FOREST FRUIT COMPOTE PUMPKIN & SUNFLOWER SEEDS OR FRESH FRUIT	PIZZA ASSORTMENT PEAS & CORN SALAD BAR & PROTEINS
THURSDAY	PORRIDGE AVAILABLE MIXED TOPPINGS FRUIT WHEATS TOAST PAIN AU CHOCOLATE	ROAST CHICKEN HERB STUFFING CHICKEN GRAVY	ROASTED ROOT VEGETABLE WELLINGTON	CAULIFLOWER SPROUTS ROASTED BABY POTATOES	LOCAL ICE CREAM TUBS OR FRESH FRUIT	BAKED POTATOES GRATED CHEESE BAKED BEANS SALAD BAR & PROTEINS
FRIDAY	GRANOLA NATURAL YOGHURT CEREALS TOAST SMOOTHIE	BATTERED COD & CHIPS LEMON & TARTARE	SPINACH, MUSHROOM & ONION FRITTATA	CHIPS PEAS BEANS	FRUIT JELLY & ICE CREAM OR FRESH FRUIT	BEEF CHILLI CON CARNE STEAMED BASMATI RICE TORTILLAS/TACOS GUACAMOLE/SALSA SALAD BAR & PROTEINS
SATURDAY	SAUSAGES BEANS SHREDDIES SOURDOUGH TOAST FRESH MILK	SALMON FILLET SWEET CHILLI SAUCE NOODLES		FRENCH BEANS SUGAR SNAPS	RICE PUDDING PRESERVES OR FRESH FRUIT	CHICKEN KIEV PEAS, BUTTERED MASHED POTATO 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	CROISSANTS FROSTIES (TREAT) SMOOTHIES PETIT PAIN COOKED BREAKFAST	ROAST LAMB MINT SAUCE GRAVY	ROASTED VEGETABLE & CRANBERRY TART TOPPED WITH TOASTED BRIE	DAUPHINOIS POTATOES ROASTED CARROTS RED CABBAGE ROASTED PARSNIPS	BANOFFEE PIE FRESH CREAM OR FRESH FRUIT	CHICKEN BURGER FRENCH FRIES BEANS SALAD BAR & PROTEINS
MONDAY	FRIED EGGS POTATO WAFFLE RICE KRISPIES TOAST CRANBERRY JUICE	CHICKEN, GAMMON & LEEK PIE	VEGETABLE PIE	BABY POTATOES BROCCOLI, SAVOY CABBAGE	FRUITS OF THE FOREST ETON MESS FRESH CREAM OR FRESH FRUIT	CHEESE PITHIER MASHED POTATOES FRENCH BEANS SALAD BAR & PROTEINS
TUESDAY	BOILED EGGS MULTIGRAIN HOOPS MELON & ORANGE SAL SOURDOUGH TOAST FRESH MILK	SPAGHETTI & MEATBALLS TOMATO & HERB SAUCE GRATED PARMIN	VEGETARIAN MEATBALLS	SALAD BOWL AWARD WINNING SOURDOUGH	NATURAL YOGURT FRUIT COMPOTE VARIOUS TOPPINGS OR FRESH FRUIT	SAUSAGES MASHED POTATOES PEAS & ONION GRAVY SALAD BAR & PROTEINS
WEDNESDAY	TOAST BACON TOMATO CORNFLAKES APPLE JUICE	ROAST PORK LOIN HERB STUFFING APPLE SAUCE	ROASTED ROOT VEGETABLES HERB STUFFING	ROAST POTATOES BROCCOLI CARROTS PEAS	MANDERINE CHEESECAKE OR FRESH FRUIT	MARGARITA PIZZA VARIOUS TOPPINGS SALAD BAR
THURSDAY	PORRIDGE AVAILABLE MIXED TOPPINGS FRUIT WHEATS TOAST PAIN AU CHOCOLATE	CHINESE CHICKEN PRAWN CRACKERS SPRING ROLLS	STIRFRY VEGETABLES VEGETABLES SPRING ROLLS	NOODLES CAULIFLOWER FRENCH BEANS	ICE CREAM TUBS OR FRESH FRUIT	PASTA WITH BACON & CHEESE STEAMED BROCCOLI SALAD BAR & PROTEINS
FRIDAY	GRANOLA NATURAL YOGHURT CEREALS TOAST SMOOTHIE	BATTERED FISH & CHIPS LEMON & TARTARE	VEGETARIAN DISH OF THE DAY	CHIPS PEAS	STEAMED CHOCOLATE PUDDING & CHOCOLATE CUSTARD OR FRESH FRUIT	HOME COOKED GAMMON HAM WITH CHIPS & BAKED BEANS SALAD BAR & PROTEINS
SATURDAY	SAUSAGES BEANS SHREDDIES SOURDOUGH TOAST FRESH MILK	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 THIGHS ROASTED BABY POTATOES PEAS & CARROTS 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 3:

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
SUNDAY	CROISSANTS FROSTIES (TREAT) SMOOTHIES PETIT PAIN COOKED BREAKFAST	ROAST PORK APPLE SAUCE HERB STUFFING GRAVY	CHEESE & ONION QUICHE	ROAST POTATOES CREAMED LEEKS CARROTS & SWEDE PUREE ROASTED HONEY PARSNIPS	FRUIT JELLY & ICE CREAM OR FRESH FRUIT	HOME MADE SOUP CHEESE BAGUETTE SALAD BAR & PROTEINS
MONDAY	FRIED EGGS POTATO WAFFLE RICE KRISPIES TOAST CRANBERRY JUICE	COTTAGE PIE	VEGETARIAN QUORN COTTAGE PIE	PEAS & SWEETCORN BROCCOLI	RASPBERRY MERINGUE ROULADE OR FRESH FRUIT	TOMATO & BASIL PASTA GARLIC BREAD ROASTED VEGETABLES SALAD BAR & PROTEINS
TUESDAY	BOILED EGGS MULTIGRAIN HOOPS MELON & ORANGE SA SOURDOUGH TOAST FRESH MILK	CHICKEN RISSOTO	VEGETABLE RISOTTO	SOURDOUGH PEAS SUGAR SNAPS	STRAWBERRY GATEAUX & CREAM OR FRESH FRUIT	HAM AND CHEESE PANIER BABY STEAMED POTATOES PEAS & SPINACH SALAD BAR & PROTEINS
WEDNESDAY	TOAST BACON TOMATO CORNFLAKES APPLE JUICE	PORK & CIDER CASEROLE WITH APPLE & SAGE	MUSHROOM STROGANOFF WITH STEAMED RICE	CARROTS CABBAGE BABY STEAMED POTATOES	PROFITEROLES CARAMEL SAUCE OR FRESH FRUIT	CHICKEN A'LA KING STEAMED RICE SALAD BAR & PROTEINS
THURSDAY	PORRIDGE AVAILABLE MIXED TOPPINGS FRUIT WHEATS TOAST PAIN AU CHOCOLATE	CHICKEN TIKKA MASSALA BASMATI RICE RIATA CHUTNEY NAAN BRAED	VEGETABLE TIKKA MASSALA	CAULIFLOWER WHOLE BEANS	ICE CREAMS TUBS OR FRESH FRUIT	PESTO LINGUINE ROASTED VEGETABLES SOUR DOUGH BREAD SALAD BAR & PROTEINS
FRIDAY	GRANOLA NATURAL YOGHURT CEREALS TOAST SMOOTHIE	BATTERED FISH & CHIPS LEMON & TARTARE	VEGETABLE CUTLET CHEESE SAUCE	CHIPS PEAS	TREACLE SPONGE & CUSTARD OR FRESH FRUIT	CHEESE BURGER & ONIONS SAUTÉ POTATOES BAKED BEANS SALAD BAR & PROTEINS
SATURDAY	SAUSAGES BEANS SHREDDIES SOURDOUGH TOAST FRESH MILK	HONEY & MUSTARD ROASTED GAMMON	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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