

# SANDROYD SCHOOL MENU – AUTUMN TERM 2019

**Week 1: Menu for weeks starting on 2<sup>nd</sup> September, 23<sup>rd</sup> September, 14<sup>th</sup> October, 4<sup>th</sup> November & 25<sup>th</sup> November**

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
<b>SUNDAY</b>	FULL ENGLISH BREAKFAST SELECTION CEREALS FRUIT JUICE YOGHURT TOMATO SAUCE	ROAST LAMB MINT SAUCE GRAVY	VEGETARIAN DISH OF THE DAY	ROAST POTATOES SELECTION OF VEGETABLES COURGETTE & TOMATO GRATIN	BREAD& BUTTER PUDDING VANILLA ICE CREAM OR FRESH FRUIT	PAN FRIED SALMON SALSA VERDE MINTED NEW POTATOES PEAS SAVOURIES SALAD BAR
<b>MONDAY</b>	CHIPOLATAS/BACON CEREAL TOAST FRUIT JUICE TOMATO SAUCE	PORK DIJONNAISE	VEGETARIAN DISH OF THE DAY	CREAMED POTATOES VEGETABLES	CHEESE & BISCUITS OR FRESH FRUIT	PASTA BAKE GRATED CHEESE PEAS COLD MEATS SALAD BAR
<b>TUESDAY</b>	SAUSAGE/TOMATO CEREAL TOAST FRUIT JUICE TOMATO SAUCE	SOUTHERN FRIED CHICKEN	VEGETARIAN DISH OF THE DAY	CREAMED POTATOES BAKED BEANS	YOGHURT OR FRESH FRUIT	BEEF CURRY RICE PEAS SALAD BAR
<b>WEDNESDAY</b>	SCRAMBLED EGG CEREALS TOAST FRUIT JUICE YOGHURT	COTTAGE PIE	VEGETARIAN DISH OF THE DAY	SAVOY CABBAGE ROASTED CARROTS PEAS	CRÈME BRULEE HEDGE ROW BERRY COMPOTE OR FRESH FRUIT	PIZZA SALADS VEGETABLES SALAD BAR
<b>THURSDAY</b>	BELGIAN WAFFLES NATURAL YOGHURT HONEY CEREAL FRUIT JUICE	LAMB TAGINE	VEGETARIAN DISH OF THE DAY	VEGETABLES COUS COUS	FRUIT SALAD OR FRESH FRUIT	COQ DU VIN MINTED NEW POTATOES VEGETABLES SALAD BAR
<b>FRIDAY</b>	BACON/HASH BROWNS CEREALS TOAST FRUIT JUICE TOMATO SAUCE PORRIDGE	FISH & CHIPS	VEGETARIAN DISH OF THE DAY	VEGETABLES	SPECIAL ICE CREAM TUBS OR FRESH FRUIT	CORNISH PASTRY PIE MINTED NEW POTATOES VEGETABLES SALAD BAR
<b>SATURDAY</b>	FISH FINGERS CEREALS TOAST FRUIT JUICE YOGHURT	CRISPY CHILLI BEEF SWEET CHILLI SAUCE	VEGETARIAN DISH OF THE DAY	NOODLES STIR FRY VEGETABLES	<u>SURPRISE PUDDING</u> OR FRESH FRUIT	CHICKEN KIEV CREAMED POTATOES PEAS SALAD BAR

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

# SANDROYD SCHOOL MENU – AUTUMN TERM 2019

**Week 2: Menu for weeks starting on 9<sup>th</sup> September, 30<sup>th</sup> September, 21<sup>st</sup> October, 11<sup>th</sup> November & 2<sup>nd</sup> December**

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
<b>SUNDAY</b>	PAIN AU CHOCOLAT FRENCH STICK CEREALS FRUIT JUICE YOGHURT MIXED BERRIES	ROAST BEEF HORSERADISH SAUCE YORKSHIRE PUDDING GRAVY	VEGETARIAN DISH OF THE DAY	ROAST NEW POTATOES VEGETABLE SELECTION CABBAGE AND SMOKED BACON	LEMON TART CREAM OR FRESH FRUIT	LEEK AND POTATO SOUP SELECTION OF COLD MEATS SAVOURIES BAKED POTATOES BAKED BEANS GRATED CHEESE SALAD BAR
<b>MEAT FREE MONDAY</b>	BELGIAN WAFFLES CEREALS TOAST FRUIT JUICE YOGHURT/HONEY/FRUIT	MEAT FREE DISH OF THE DAY	VEGETARIAN DISH OF THE DAY	POTATOES VEGETABLES	PEACHES VANILLA ICE CREAM	VEGETABLE CURRY RICE VEGETABLES MINI NAAN BREAD SALAD BAR (NO MEAT)
<b>TUESDAY</b>	BACON/TOMATOES CEREALS TOAST FRUIT JUICE TOMATO SAUCE	MAPLE CHICKEN THIGHS	VEGETARIAN DISH OF THE DAY	SPICY JACKET WEDGES BAKED BEANS	YOGHURT OR FRESH FRUIT	COLD MEATS PIZZA PEAS MINTED NEW POTATOES SALAD BAR
<b>WEDNESDAY</b>	FRESH BREADS BACON CEREALS TOAST FRUIT JUICE TOMATO SAUCE	BEEF & ROOT VEGETABLE HOTPOT	VEGETARIAN DISH OF THE DAY	MASH POTATOES RED CABBAGE PEAS	PROFITEROLES WITH HOT CHOCOLATE SAUCE OR FRESH FRUIT	GAMMON GRATIN POTATOES PEAS SALAD BAR
<b>THURSDAY</b>	CHIPOLATAS SAUTÉED POTATOES CEREALS TOAST FRUIT JUICE TOMATO SAUCE PORRIDGE	LASAGNE GARLIC BREAD	VEGETARIAN DISH OF THE DAY	SALAD/VEGETABLES	FRESH FRUIT SALAD OR FRESH FRUIT	HONEY & LIME GLAZED CHICKEN THIGHS CROQUETTE POTATOES PEAS SALAD BAR
<b>FRIDAY</b>	SCRAMBLED EGGS CEREALS TOAST FRUIT JUICE TOMATO SAUCE	PULLED LAMB YORKSHIRE PUDDING GRAVY	VEGETARIAN DISH OF THE DAY	POTATOES VEGETABLES	RICE PUDDING/JAM OR FRESH FRUIT	FISH OF THE DAY POTATOES HOT VEGETABLES SALAD BAR
<b>SATURDAY</b>	FISH FINGERS TOAST CEREALS FRUIT JUICE PORRIDGE	LEMON & HERB ROAST CHICKEN STUFFING BREAD SAUCE GRAVY	VEGETARIAN DISH OF THE DAY	ROASTED NEW POTATOES VEGETABLES	CHOCOLATE GATEAU VANILLA ICE CREAM FRESH FRUIT	SPECIAL BUILD A BURGER TEA VEGETABLES SALAD BAR

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

# SANDROYD SCHOOL MENU – AUTUMN TERM 2019

**Week 3: Menu for weeks starting on 16<sup>th</sup> September, 7<sup>th</sup> October, 28<sup>th</sup> October, 18<sup>th</sup> November & 9<sup>th</sup> December**

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
<b>SUNDAY</b>	CROISSANTS BACON CEREALS FRUIT JUICE TOMATO SAUCE	ROAST TURKEY BREAD SAUCE GRAVY STUFFING TRIMMINGS	VEGETARIAN DISH OF THE DAY	ROAST POTATOES VEGETABLES	BELGIAN WAFFLES CHOCOLATE SAUCE VANILLA ICE CREAM FRESH FRUIT	SELECTION OF COLD MEATS SAUSAGES WITH HONEY & GRAINY MUSTARD CHIPS VEGETABLES SALAD BAR
<b>MONDAY</b>	FRIED EGGS TOAST CEREALS FRUIT JUICE TOMATO SAUCE	THAI CHICKEN CURRY PRAWN CRACKERS	VEGETARIAN DISH OF THE DAY	RICE VEGETABLES	CHOCOLATE BROWNIES VANILLA ICE CREAM OR FRESH FRUIT	PASTA BAKE GRATED CHEESE VEGETABLES SALAD BAR
<b>TUESDAY</b>	FISH FINGERS CEREALS TOAST FRUIT JUICE TOMATO SAUCE	BEEF BOURGUIGNON	VEGETARIAN DISH OF THE DAY	POTATOES VEGETABLES	MILK JELLY MIXED BERRIES OR FRESH FRUIT	SAUSAGES YORKSHIRE PUDDING BAKED BEANS SALAD BAR
<b>WEDNESDAY</b>	SCRAMBLED EGGS CEREALS TOAST FRUIT JUICE TOMATO SAUCE	SPAGHETTI BOLOGNESE	VEGETARIAN DISH OF THE DAY	VEGETABLES	WHITE CHOCOLATE ROULADE BERRIES OR FRESH FRUIT	PIZZA PEAS SALAD SELECTION SALAD BAR
<b>THURSDAY</b>	BACON/TOMATOES CEREALS TOAST FRUIT JUICE TOMATO SAUCE	FISH PIE	VEGETARIAN DISH OF THE DAY	CREAMED POTATOES VEGETABLES	CHOCOLATE MOUSSE OR FRESH FRUIT	PULLED PORK BRIOCHE BUNS & APPLE SAUCE COLESLAW SKIN ON FRIES SALAD BAR
<b>FRIDAY</b>	FISHCAKES CEREALS TOAST FRUIT JUICE TOMATO SAUCE	ROAST LOIN OF PORK STUFFING APPLE SAUCE GRAVY	VEGETARIAN DISH OF THE DAY	POTATOES VEGETABLES	STICKY TOFFEE PUDDING BUTTERSCOTCH SAUCE OR FRESH FRUIT	CHICKEN & LEEK PIE MINTED NEW POTATOES VEGETABLES SALAD BAR
<b>SATURDAY</b>	BACON/HASH BROWNS CEREALS TOAST FRUIT JUICE PORRIDGE	CHILLI CON CARNE TORTILLAS COLESLAW GRATED CHEESE	VEGETARIAN DISH OF THE DAY	RICE SALAD	PANNA COTTA SELECTION OF FRUIT OR FRESH FRUIT	SCAMPI CHIPS PEAS SALAD BAR

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