

SANDROYD SCHOOL MENU – SPRING TERM 2023

Week 1: Menu

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
SUNDAY 1ST	CROISSANTS CEREALS SMOOTHIES PETIT PAIN COOKED BREAKFAST	ROAST BEEF YORKSHIRE PUDDING GRAVY HORSERADISH SAUCE	MUSHROOM STROGANOFF WITH PARSLEY RICE	ROAST POTATOES RED CABBAGE, ROAST PARSNIPS BROCCOLI CARROTS	RASPBERRY MERINGUE ROULADE OR FRESH FRUIT	HAND CARVED MEATS BAKED POTATOES BAKED BEANS GRATED CHEESE SALAD BAR
MONDAY 2ND	FRIED EGGS POTATO WAFFLE CEREAL TOAST FRUIT JUICE	CHICKEN CHOW MEIN	VEGETABLE STIR FRY	NOODLES SUGAR SNAPS MANGETOUT	PROFITEROLES CARAMEL SAUCE OR FRESH FRUIT	HOT DOGS BEANS CHIPS SALAD BAR
TUESDAY 3RD	BOILED EGGS CEREAL MELON & ORANGE SALAD TOAST FRUIT JUICE	PAELLA WITH CHICKEN, CHORIZO & PRAWN	VEGETARIAN PAELLA	SOUDOUGH BREAD SALAD	NATURAL YOGHURT GRANOLA & COMPOTE OR FRESH FRUIT	GAMMON HAM, PINEAPPLE SAUTÉ POTATOES PEAS SALAD BAR
WEDNESDAY 4TH	TOAST BACON TOMATO CEREALS FRUIT JUICE	SPAGHETTI & MEATBALLS PARMESAN CHEESE	VEGETARIAN MEATLESS BALLS	SPAGHETTI MIXED SALAD	RASPBERRY & PEACH CRUMBLE CUSTARD OR FRESH FRUIT	MAPLE CHICKEN THIGHS GREEN BEANS DICED POTATOES SALAD BAR
THURSDAY 5TH	PORRIDGE AVAILABLE MIXED TOPPINGS CEREAL TOAST FRUIT JUICE CROISSANTS	ROAST CHICKEN BREAST YORKSHIRE PUDDING STUFFING GRAVY	BUTTERNUT SQUASH RED ONION & CRANBERRY TART	ROAST BABY POTATOES BROCCOLI CABBAGE CAULIFLOWER	PURBECK ICE CREAMS OR FRESH FRUIT	FISH FINGERS CHIPS BEANS SALAD BAR
FRIDAY 6TH	GRANOLA NATURAL YOGHURT CEREALS TOAST FRUIT JUICE	FISH & CHIPS COD	VEGETABLE FRITTATA	PEAS CHIPS	ETON MESS FRESH DOUBLE CREAM OR FRESH FRUIT	PASTA BAKE WITH TOMATO & BASIL SAUCE GRATED CHEESE TOPPING PEAS & SWEETCORN SALAD BAR
SATURDAY 7TH	SAUSAGES BEANS CEREALS TOAST FRUIT JUICE	SHEPHERD'S PIE	VEGETARIAN QUORN SHEPHERD'S PIE	PEAS CARROTS	PANCAKES, ICE CREAM CHOCOLATE SAUCE OR FRESH FRUIT	CRISPY CHILLI BEEF NOODLES STIR FRY VEGETABLES SALAD BAR

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

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Week 2: Menu

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
SUNDAY 8TH	CROISSANTS CEREALS SMOOTHIES PETIT PAIN COOKED BREAKFAST	HONEY ROAST GAMMON MUSTARD AND HONEY SAUCE	BROCCOLI & CAULIFLOWER CRUMBLE	ROAST POTATOES ROAST PARSNIPS CARROTS CABBAGE	INDIVIDUAL ICE CREAM TUBS OR FRESH FRUIT	LAMB BURGER BAPS FRIED ONIONS, CHEESE SLICES CHIPS COLESLAW SALAD BAR
MONDAY 9TH	FRIED EGGS POTATO WAFFLE CEREAL TOAST FRUIT JUICE	CHICKEN CURRY NAAN BREAD CUCUMBER RAITA CHUTNEY	SWEET POTATO & CHICKPEA CURRY	RICE SPICED ROASTED VEGETABLES	JAM SPONGE CUSTARD OR FRESH FRUIT	MAPLE CHICKEN THIGHS PARMENTIER POTATOES PEAS & SWEETCORN SALAD BAR
TUESDAY 10TH	BOILED EGGS CEREAL MELON & ORANGE SALAD TOAST FRUIT JUICE	TOAD IN THE HOLE	VEGAN TOAD IN THE HOLE	MASHED POTATOES SAVOY CABBAGE PEAS	STRAWBERRY GATEAU OR FRESH FRUIT	SPINACH & RICOTTA TORTELLINI IN TOMATO & BASIL SAUCE
WEDNESDAY 11TH	TOAST BACON TOMATO CEREALS FRUIT JUICE	ROAST OF THE WEEK & TRIMMINGS	VEGETABLE CASSEROLE	ROAST POTATOES ROAST PARSNIPS RED CABBAGE BROCCOLI	JELLY & PEACHES OR FRESH FRUIT	CHICKEN FAJITAS TORTILLA WRAPS SALAD BAR
THURSDAY 12TH	PORRIDGE AVAILABLE MIXED TOPPINGS CEREAL TOAST FRUIT JUICE CROISSANTS	CHICKEN STIR FRY PRAWN CRACKERS	STIR FRIED VEGETABLES	NOODLES SUGAR SNAPS FINE BEANS	PURBECK ICE CREAM TUBS OR FRESH FRUIT	MACARONI CHEESE GARLIC BREAD SALAD BAR
FRIDAY 13TH	SAUSAGES BEANS CEREALS TOAST FRUIT JUICE	FISH & CHIPS TARTARE SAUCE PLAICE	VEGETABLE OMELETTE	CHIPS PEAS	CHOCOLATE FUDGE CAKE DOUBLE CREAM OR FRESH FRUIT	PIZZA SALAD BAR
SATURDAY 14TH	GRANOLA NATURAL YOGHURT CEREALS TOAST FRUIT JUICE	VEGETABLE LASAGNE GARLIC BREAD SALAD	VEGETABLE LASAGNE GARLIC BREAD SALAD	SALAD GARLIC BREAD	TIRAMISU FRESH CREAM OR FRESH FRUIT	SAUSAGE ROLL BAKED BEANS CREAMED POTATOES SALAD BAR

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Week 3: Menu

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
SUNDAY 15TH	CROISSANTS CEREALS FRUIT JUICE PETIT PAIN COOKED BREAKFAST	ROAST LEG OF LAMB MINT SAUCE ROSEMARY JUS	ROASTED ROOT VEGETABLE SLICE	ROAST POTATOES ROAST PARSNIPS BRAISED RED CABBAGE BROCCOLI	BANOFFEE PIE FRESH DOUBLE CREAM OR FRESH FRUIT	SOUP BAGUETTES SALAD BAR
MONDAY 16TH	FRIED EGGS POTATO WAFFLE CEREAL TOAST FRUIT JUICE	CHICKEN FRICASSEE	SPINACH & RICOTTA TORTELLINI IN TOMATO & BASIL SAUCE	NEW POTATOES BROCCOLI, CAULIFLOWER CARROTS	NATURAL YOGHURT GRANOLA, HONEY & FRUIT COMPOTE OR FRESH FRUIT	PASTA CARBONARA FRENCH BEANS PEAS SALAD BAR
TUESDAY 17TH	BOILED EGGS CEREAL MELON & ORANGE SALAD TOAST FRUIT JUICE	COTTAGE PIE	VEGETARIAN QUORN COTTAGE PIE	CABBAGE CARROTS	JELLY & FRUIT OR FRESH FRUIT	FISHCAKES & CHIPS PEAS LEMON TARTARE SAUCE SALAD BAR
WEDNESDAY 18TH	TOAST BACON TOMATO CEREALS FRUIT JUICE	BATTERED CHICKEN BREA KATSU CURRY SAUCE NAAN BREADS	VEGETABLE CURRY NAAN BREADS	RICE SUGAR SNAP, CAULIFLOWER	TREACLE SPONGE PUDDING CUSTARD OR FRESH FRUIT	GAMMON STEAK NEW POTATOES LEEK & PEAS SALAD
THURSDAY 19TH	PORRIDGE AVAILABLE MIXED TOPPINGS CEREAL TOAST FRUIT JUICE CROISSANTS	MINCED BEEF & ONION PIE	COUNTRY VEGETABLE PIE	NEW POTATOES PEAS, CARROTS FRENCH BEANS	INDIVIDUAL ICE CREAMS OR FRESH FRUIT	PASTA RATATOUILLE GRATED CHEESE SALAD BAR
FRIDAY 20TH EXEAT	SCRAMBLED EGGS HASH BROWNS CEREALS TOAST FRUIT JUICE	FISH & CHIPS	POTATO & LEEK GRATIN	CHIPS PEAS	RICE PUDDING & JAM FRESH FRUIT	SAUSAGE ROLL BAKED BEANS SAUTÉ POTATOES SALAD BAR
SATURDAY 21ST	SAUSAGES BEANS CEREALS TOAST FRUIT JUICE	CHILLI CON CARNE TORTILLA CHIPS SALSA SOUR CREAM & CHIVE	VEGETARIAN QUORN CHILLI	RICE COURGETTE PROVENÇALE	APPLE CRUMBLE & CUSTARD OR FRESH FRUIT	MACARONI CHEESE GARLIC BREAD SALAD BAR

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