

SANDROYD SCHOOL MENU – SUMMER TERM 2023

Week 1:

		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
SUNDAY	CROISSANTS FROSTIES (TREAT) SMOOTHIES PETIT PAIN COOKED BREAKFAST	ROAST PORK LOIN APPLE SAUCE GRAVY HERB STUFFING	ROASTED ROOT VEGETABLE WELLINGTON VEGETARIAN GRAVY	ROAST POTATOES RED CABBAGE, MASHED CARROT & SWEDE, BROCCOLI	APPLE & RED CHERRY CRUMBLE VANILLA ICE CREAM OR FRESH FRUIT	TOMATO SOUP PANINIS WITH HAM & CHEESE CUCUMBER STICKS SALAD BAR/PROTEINS
MONDAY 17TH 8TH 29TH 19TH	FRIED EGGS POTATO WAFFLE RICE KRISPIES TOAST MILK	COUNTRY VEGETABLE PIE	COUNTRY VEGETABLE PIE	NEW POTATOES CARROTS & SAVOY CABBAGE	SPONGE PUDDING CUSTARD OR FRESH FRUIT	ROASTED VEGETABLE & CHEESE QUICHE BUTTERED POTATOES TENDER STEM BROCCOLI SALAD BAR/PROTEINS
TUESDAY	BOILED EGGS MULTIGRAIN HOOPS MELON & ORANGE SALAD TOAST MILK	CHICKEN TIKKA MASALA NAAN BREAD MANGO CHUTNEY CUCUMBER RAITA	VEGETABLE CURRY NAAN BREAD	RICE CAULIFLOWER CHICK PEA DAHL	NATURAL YOGHURT & GRANOLA FRUIT COMPOTE OR FRESH FRUIT	BATTERED COD GOUJONS PEAS SAUTÉ POTATOES SALAD BAR/PROTEIN
WEDNESDAY	TOAST BACON TOMATO CORNFLAKES MILK	MOROCCAN CHICKEN	ROASTED MOROCCAN ROOT VEGETABLES	BULGAR WHEAT ROASTED VEGETABLES FRENCH BEANS	FOREST FRUITS ETON MESS OR FRESH FRUIT	COTTAGE PIE CABBAGE & CARROTS SALAD BAR/PROTEINS
THURSDAY BBQ	PORRIDGE AVAILABLE MIXED TOPPINGS FRUIT WHEATS TOAST PAIN AU CHOCOLATE	BBQ CHICKEN THIGH LAMB KOFTA MINTED CRÈME FRAICHE	VEGETARIAN KEBABS	SALAD BOWLS	PURBECK ICE CREAMS FRESH FRUIT SALAD	BUTTERED GARLIC CHICKEN CHOPPED SALAD BABY POTATOES MANGE TOUT SALAD BAR/PROTEINS
FRIDAY	GRANOLA NATURAL YOGHURT CEREALS TOAST SMOOTHIE	BATTERED FILLET OF COD & CHIPS TARTARE SAUCE	CHEESE & ONION FRITTATA	CHIPS PEAS TARTARE SAUCE	FRESH FRUIT SALAD	PASTA BOLOGNESE GARLIC BREAD BROCCOLI SALAD BAR/PROTEINS
SATURDAY	SAUSAGES BEANS SHREDDIES TOAST MILK	CHINESE PORK PRAWN CRACKERS	CHINESE VEGETABLES PRAWN CRACKERS	RICE FRENCH BEANS, SUGAR SNAPS	CHOCOLATE TRIFLE OR FRESH FRUIT	MAPLE CHICKEN THIGHS SAUTÉ POTATOES PEAS & CARROTS 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 ROSEMARY JUS MINT SAUCE	CAULIFLOWER CHEESE & TOMATO BAKE	DAUPHINOISE POTATOES BROCCOLI, CARROTS & RED CABBAGE	CHOCOLATE FUDGE CAKE FRESH CREAM OR FRESH FRUIT	CHEESE BURGER BRIOCHE BUN CRUDITIES CHIPS SALAD BAR/PROTEINS
MONDAY 24TH 15TH 5TH 26TH	FRIED EGGS POTATO WAFFLE RICE KRISPIES TOAST MILK	PAPRIKA CHICKEN POTATO BAKE	QUORN MINCE COTTAGE PIE	PEAS, CARROTS & SAVOY CABBAGE	SULTANA SPONGE CUSTARD OR FRESH FRUIT	CHICKEN & BEAN ENCHILADAS TOPPED WITH CHEESE MIXED SALAD LEAVES SALAD BAR/PROTEINS
TUESDAY	BOILED EGGS MULTIGRAIN HOOPS MELON & ORANGE SALAD TOAST MILK	SAUSAGES IN GRAVY YORKSHIRE PUDDING	VEGETARIAN SAUSAGES IN GRAVY YORKSHIRE PUDDING	BOILED POTATOES CARROTS, CABBAGE	STRAWBERRIES & CREAM OR FRESH FRUIT	PESTO PASTA GARLIC BREAD PEAS & SPINACH SALAD BAR/PROTEINS
WEDNESDAY	TOAST BACON TOMATO CORNFLAKES MILK	LAMB MOUSSAKA SOURDOUGH BREAD TZATZIKI	VEGETABLE MOUSSAKA SOURDOUGH BREAD TZATZIKI	SWEET POTATO WEDGES PEPPER STICKS	RASPBERRY MERINGUE ROULADE OR FRESH FRUIT	CHICKEN TIKKA THIGHS STEAMED RICE FINE BEANS SALAD BAR/PROTEINS
THURSDAY BBQ	PORRIDGE AVAILABLE MIXED TOPPINGS FRUIT WHEATS TOAST CROISSANT	PORK & CHORIZO BURGER LAMB CHOP ROSEMARY & GARLIC MAYONNAISE	FLOURED BAP	SALADS	NEW FOREST ICE CREAM OR FRESH FRUIT	BAKED POTATOES CHILLI CON CARNE GRATED CHEESE SALAD BAR/PROTEINS
FRIDAY	GRANOLA NATURAL YOGHURT CEREALS TOAST SMOOTHIE	BATTERED COD GOUJONS CHIPS TARTARE SAUCE	VEGETABLE CUTLET TOMATO SAUCE	CHIPS 6 PEAS 2.5	PROFITEROLES 12 CARAMEL SAUCE OR FRESH FRUIT	MACARONI CHEESE PETIT PAINS PEAS & CORN SALAD BAR/PROTEINS
SATURDAY	SAUSAGES BEANS SHREDDIES TOAST MILK	STEAMED SALMON FILLET WHITE WINE AND CHIVE SAUCE	SPINACH, MUSHROOM & BRIE PARCEL	BABY POTATOES SUGAR SNAPS, FRENCH BEANS	BANOFFEE PIE OR FRESH FRUIT	KATSU CHICKEN CURRY NOODLES & NAAN BROCCOLI SALAD BAR/PROTEINS

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Week 3:

	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 CRUMBLE	ROAST POTATOES, SAVOY CABBAGE, CARROTS & ROAST PARSNIPS	BLUEBERRY MUFFIN OR FRESH FRUIT	SAUSAGES BAGUETTE POTATO WEDGES SALAD BAR/PROTEINS CUCUMBER BATONS
MONDAY 1ST MAY 22ND 12TH	FRIED EGGS POTATO WAFFLE RICE KRISPIES TOAST MILK	LAMB ROGAN JOSH	VEGETABLE ROGAN JOSH	PILAU RICE NAAN BREAD SAG CHANA DHAL	BLACK CURRANT JELLY ICE CREAM OR FRESH FRUIT	TOMATO & BASIL PASTA WITH SPINACH GARLIC BREAD VEGETABLE CRUDIITIES SALAD BAR/PROTEINS
TUESDAY	BOILED EGGS MULTIGRAIN HOOPS MELON & ORANGE SALAD TOAST MILK	SPAGHETTI & MEATBALLS TOMATO & BASIL SAUCE	VEGETARIAN MEATBALLS	BROCCOLI	CHOCOLATE TART OR FRESH FRUIT	BAKED POTATOES CHEESE & BEANS COLESLAW SALAD BAR/PROTEINS
WEDNESDAY	TOAST BACON TOMATO CORNFLAKES MILK	CHICKEN, HAM & LEEK PIE	QUORN CHICKEN & LEEK PIE	SAUTÉ POTATOES CAULIFLOWER CARROTS	NATURAL YOGHURT & GRANOLA FRUIT COMPOTE OR FRESH FRUIT	PIZZA PEAS & CORN SALAD BAR/PROTEINS
THURSDAY BBQ	PORRIDGE AVAILABLE MIXED TOPPINGS FRUIT WHEATS TOAST CROISSANT	BEEF BURGERS 350 PORK SAUSAGES 500	FLOURED BAPS	SALADS & BREAD	PURBECK ICE CREAM OR FRESH FRUIT	TUNA PASTA BAKE PETIT PAINS BROCCOLI SALAD BAR/PROTEINS
FRIDAY EXEAT 5TH 26TH HT.	GRANOLA NATURAL YOGHURT CEREALS TOAST SMOOTHIE	BATTERED FILLET OF COD & CHIPS TARTARE SAUCE	CHEESE & ONION FRITTATA	CHIPS PEAS TARTARE SAUCE	PEACH & RASPBERRY CRUMBLE & CREAM OR FRESH FRUIT	HOME COOKED GAMMON HAM STEAMED LEEKS PARMENTIER POTATOES SALAD BAR/PROTEINS
SATURDAY 17.6. EXEAT	SAUSAGES BEANS SHREDDIES TOAST MILK	MACARONI CHEESE CRUSTY SOURDOUGH	MACARONI CHEESE CRUSTY SOURDOUGH	ROASTED VEGETABLE MEDLEY	LEMON MERINGUE PIE & CHANTILLY CREAM OR FRESH FRUIT	CRISPY CHILLI BEEF EGG FRIED RICE SPRING ROLLS PRAWN CRACKERS SALAD BAR/PROTEINS

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