

# SANDROYD SCHOOL MENU – SPRING TERM 2019

**Week 1: Menu for weeks starting on 7<sup>th</sup> January, 28<sup>th</sup> January, 18<sup>th</sup> February & 11<sup>th</sup> March**

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
SUNDAY	FRIED EGGS SMOKED BACON CEREALS FRUIT JUICE BAGUETTE YOGHURT	ROAST BEEF YORKSHIRE PUDDING GRAVY HORSERADISH SAUCE	VEGETARIAN DISH OF THE DAY	ROAST POTATOES VEGETABLES	RASPBERRY BAVAROIS OR FRESH FRUIT	SLICED COLD MEATS BAKED POTATOES BAKED BEANS GRATED CHEESE SALAD BAR TOASTED SANDWICHES
MONDAY	FISH FINGERS CEREALS TOAST FRUIT JUICE TOMATO SAUCE	BEEF CHOW MEIN	VEGETARIAN DISH OF THE DAY	NOODLES & VEGETABLES	PROFITEROLES HOT CHOCOLATE SAUCE OR FRESH FRUIT	SWEET & SOUR CHICKEN SALAD BAR VEGETABLES
TUESDAY	BACON TOMATO CEREALS TOAST FRUIT JUICE	SOUTHERN FRIED CHICKEN	VEGETARIAN DISH OF THE DAY	CREAMED POTATO BAKED BEANS	YOGHURT OR FRESH FRUIT	LASAGNE GARLIC BREAD PEAS SALAD BAR
WEDNESDAY	SCRAMBLED EGGS CEREALS TOAST FRUIT JUICE TOMATO SAUCE PORRIDGE	FUSILLI PASTA BOLOGNAISE SAUCE PARMESAN CHEESE	VEGETARIAN DISH OF THE DAY	VEGETABLES	APPLE CRUMBLE CUSTARD OR FRESH FRUIT	MARINATED CHICKEN DRUMSTICK GREEN BEANS DICED POTATOES SALAD BAR
THURSDAY	FRIED EGGS POTATO WAFFLES CEREALS / TOAST FRUIT JUICE TOMATO SAUCE	MAPLE MARINATED CHICKEN THIGHS	VEGETARIAN DISH OF THE DAY	GRATIN POTATOES STIR FRY VEGETABLES	FRESH FRUIT SALAD OR FRESH FRUIT	VEGETABLE CURRY RICE VEGETABLES SALAD BAR
FRIDAY	BACON HASH BROWNS CEREALS / TOAST FRUIT JUICE TOMATO SAUCE PORRIDGE	COD FILLETS WITH LEMON & HERB CRUZE	VEGETARIAN DISH OF THE DAY	CREAMED POTATOES VEGETABLES	CHOCOLATE BROWNIES CREAM OF FRESH FRUIT	PASTA WITH TOMATO SAUCE GRATED CHEESE SALAD BAR VEGETABLES
SATURDAY	GREEK YOGHURT HONEY WAFFLES CEREALS / TOAST	WOODLANDS MUMBAI MEATBALLS	VEGETARIAN DISH OF THE DAY	POTATOES VEGETABLES	SUMMER FRUIT YOGHURT CRUNCH POTS OR FRESH FRUIT	SALMON BROCCOLI PASTA VEGETABLES SALAD BAR

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

# SANDROYD SCHOOL MENU – SPRING TERM 2019

**Week 2: Menu for weeks starting on 14<sup>th</sup> January, 4<sup>th</sup> February, 25<sup>th</sup> February & 18<sup>th</sup> March**

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
<b>SUNDAY</b>	CROISSANTS BACON CEREALS FRUIT JUICE TOMATO SAUCE YOGHURT	ROAST CHICKEN BREAD SAUCE GRAVY HOMEMADE STUFFING	VEGETARIAN DISH OF THE DAY	ROAST POTATOES VEGETABLES	SQUIDGY CHOCOLATE ROULADE OR FRESH FRUIT	LAMB BURGERS, ONIONS BAPS & CHEESE SLICES SALAD BAR CHIPS & TOMATO SAUCE TOASTED SANDWICHES
<b>MONDAY</b>	FRIED EGGS CEREALS TOAST FRUIT JUICE TOMATO SAUCE	SLOW COOKED BEEF WITH GNOCCHI	VEGETARIAN DISH OF THE DAY	POTATOES VEGETABLES	APPLE & BANANA CAKE CUSTARD OR FRESH FRUIT	COD GOUJONS CREAMED POTATOES PEAS SALAD BAR
<b>TUESDAY</b>	BACON / TOMATOES CEREALS TOAST FRUIT JUICE TOMATO SAUCE	CHICKEN CURRY NAAN BREAD	VEGETARIAN DISH OF THE DAY	RICE SALAD	JELLY & FRUIT OR FRESH FRUIT	SAUSAGES BAKED BEANS CREAMED POTATOES SALAD BAR
<b>WEDNESDAY</b>	FISH FINGERS CEREALS TOAST FRUIT JUICE TOMATO SAUCE PORRIDGE	LAMB CURRY WITH SWEET POTATOES	VEGETARIAN DISH OF THE DAY	RICE VEGETABLES	SURPRISE SPECIAL ICE CREAM OR FRESH FRUIT	CAJUN CHICKEN THIGHS POTATOES VEGETABLES SALAD
<b>THURSDAY</b>	SCRAMBLED EGGS CEREALS BREAKFAST MUFFINS FRUIT JUICE TOMATO SAUCE	CHICKEN & BUTTERNUT CASSEROLE	VEGETARIAN DISH OF THE DAY	POTATOES VEGETABLES	MERINGUES FRUIT ICE CREAM OR FRESH FRUIT	PULLED PORK GRAVY APPLE SAUCE CREAMED POTATOES VEGETABLES SALAD BAR
<b>FRIDAY</b>	BACON TOMATOES CEREALS TOAST FRUIT JUICE TOMATO SAUCE	SAVILE PARKS SPICY SHEPHERDS PIE	VEGETARIAN DISH OF THE DAY	POTATOES VEGETABLES	OATY FRUIT CRUMBLE CUSTARD OR FRESH FRUIT	FISH & CHIPS PEAS LEMON TARTARE SAUCE SALAD BAR
<b>SATURDAY</b>	FRIED EGGS TOAST CEREALS FRUIT JUICE PORRIDGE	SPEEDY CHICKEN BIRYANI	VEGETARIAN DISH OF THE DAY	RICE VEGETABLES	FRESH FRUIT SALAD OR FRESH FRUIT	SALMON FISH PIE VEGETABLES SALAD BAR

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

# SANDROYD SCHOOL MENU – SPRING TERM 2019

**Week 3: Menu for weeks starting on 21<sup>st</sup> January, 11<sup>th</sup> February, 4<sup>th</sup> March & 25<sup>th</sup> March**

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
SUNDAY	CROISSANTS CEREALS TOAST FRUIT JUICE SMOKED BACON	ROAST PORT APPLE SAUCE GRAVY STUFFING	VEGETARIAN DISH OF THE DAY	ROAST POTATOES VEGETABLES	BAKED ALASKA OR FRESH FRUIT	HOMEMADE QUICHE CHIPS VEGETABLES SALAD BAR TOASTED CRUMPETS
MONDAY	FRIED EGG HASH BROWNS TOAST CEREALS FRUIT JUICE TOMATO SAUCE	COQ AU VIN	VEGETARIAN DISH OF THE DAY	POTATOES VEGETABLES	LEMON & ORANGE FONDANT SAUCE OR FRESH FRUITS	PASTA CARBONARA VEGETABLES SALAD BAR
TUESDAY	BACON TOMATO CEREALS TOAST FRUIT JUICE TOMATO SAUCE	COTTAGE PIE	VEGETARIAN DISH OF THE DAY	RICE VEGETABLES	MILK JELLY BLUEBERRIES RASPBERRIES OR FRESH FRUIT	CUBAN PICADILLO RICE PEAS WRAPS SALAD BAR
WEDNESDAY	SCRAMBLED EGGS TOAST FRUIT JUICE PORRIDGE CEREALS	CHICKEN CURRY POPPADOMS	VEGETARIAN DISH OF THE DAY	POTATOES VEGETABLES	STICKY TOFFEE PUDDING BUTTER SCOTCH SAUCE OR FRESH FRUIT	CHICKEN PORTIONS POTATOES VEGETABLES SALAD
THURSDAY	FRIED EGGS COCKTAIL SAUSAGES CEREALS TOAST FRUIT JUICE	STEAK & ONION PIE	VEGETARIAN DISH OF THE DAY	POTATOES VEGETABLES	BANANA SPLIT FRESH FRUIT	PASTA WITH HIDDEN VEGETABLES GRATED CHEESE SALAD
FRIDAY	SAUSAGES HASH BROWNS CEREALS TOAST FRUIT JUICE TOMATO SAUCE	ROAST PORT APPLE SAUCE STUFFING	VEGETARIAN DISH OF THE DAY	ROAST POTATOES VEGETABLES	CHOCOLATE MOUSSE OR FRESH FRUIT	FISH & CHIPS PEAS LEMON TARTARE SAUCE SALAD BAR
SATURDAY	FISH FINGERS CEREALS TOAST FRUIT JUICE PORRIDGE	CHILLI CON CARNE TORTILLA CHIPS	VEGETARIAN DISH OF THE DAY	RICE VEGETABLES	STEWED APPLE & CUSTARD OR FRESH FRUIT	CANNELLONI SLICED COLD MEATS VEGETABLES SALAD BAR

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