

# SANDROYD SCHOOL MENU – SUMMER TERM 2022

## Week 1:

		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
<b>SUNDAY</b>	CROISSANTS COOKED BREAKFAST CEREALS FRUIT JUICE PETIT PAIN	ROAST PORK LOIN APPLE SAUCE GRAVY HERB STUFFING	ROASTED ROOT VEGETABLE WELLINGTON VEGETARIAN GRAVY	ROAST POTATOES RED CABBAGE, CARROTS SWEDE, BROCCOLI	APPLE & RED CHERRY CRUMBLE VANILLA ICE CREAM OR FRESH FRUIT	TOMATO SOUP PANINIS WITH HAM & CHEESE SALAD BAR/PROTEINS
<b>MONDAY</b>	FRIED EGGS BACON CEREALS TOAST FRUIT JUICE	MINCED BEEF & ONION PIE	COUNTRY VEGETABLE PIE	NEW POTATOES CARROTS & SAVOY CABBAGE	SPONGE PUDDING CUSTARD OR FRESH FRUIT	CHEESE BURGER BRIOCHE BUN SWEET POTATO FRIES COLESLAW SALAD BAR/PROTEINS
<b>TUESDAY</b>	BOILED EGGS CEREALS TOAST FRUIT JUICE MELON SLICES	CHICKEN TIKKA MASALA NAAN BREAD MANGO CHUTNEY CUCUMBER RAITA	VEGETABLE CURRY NAAN BREAD	RICE CAULIFLOWER CHICK PEA DAHL	FRUIT YOGHURTS DIPPING BISCUIT OR FRESH FRUIT	FISH FINGERS PEAS SWEETCORN SAUTÉ POTATOES SALAD BAR/PROTEIN
<b>WEDNESDAY</b>	CEREALS TOAST FRUIT JUICE PORRIDGE SYRUP	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
<b>THURSDAY BBQ IF NICE</b>	BACON TOMATOES CEREALS FRUIT JUICE TOAST	VEGETARIAN LASAGNE	VEGETARIAN LASAGNE	SALAD BOWL COLESLAW	PURBECK ICE CREAMS FRESH FRUIT SALAD	BUTTERED GARLIC CHICKEN CHOPPED SALAD NEW POTATOES SALAD BAR/PROTEINS
<b>FRIDAY</b>	SCRAMBLED EGG HASH BROWNS CEREALS TOAST FRUIT JUICE	BREADED FILLET OF PLAICE & CHIPS TARTARE SAUCE	CHEESE & ONION FRITTATA	CHIPS PEAS TARTARE SAUCE	FRESH FRUIT SALAD	PASTA BOLOGNESE GARLIC BREAD SALAD BAR/PROTEINS
<b>SATURDAY</b>	CHIPOLATA SAUSAGES BEANS TOAST CEREAL FRUIT JUICE	SWEET & SOUR PORK PRAWN CRACKERS	SWEET & SOUR VEGETABLES PRAWN CRACKERS	RICE FRENCH BEANS, SUGAR SNAPS	FRUIT TRIFLE OR FRESH FRUIT	MAPLE CHICKEN THIGHS NEW 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	
<b>SUNDAY</b>	COOKED BREAKFAST PETIT PAIN CEREALS FRUIT JUICE CROISSANT	ROAST LAMB GRAVY HERB SEASONING MINT SAUCE	CAULIFLOWER CHEESE & TOMATO BAKE	DAUPHINOISE POTATOES BROCCOLI, CARROTS & RED CABBAGE	CHOCOLATE FUDGE CAKE FRESH CREAM OR FRESH FRUIT	LAMB BURGER BRIOCHE BUN CHEESE SLICES CHIPS SALAD BAR/PROTEINS
<b>MONDAY</b>	FRIED EGGS HASH BROWNS TOAST CEREALS FRUIT JUICE	PAPRIKA CHICKEN POTATO BAKE	QUORN MINCE COTTAGE PIE	PEAS, CARROTS & SAVOY CABBAGE	SULTANA SPONGE CUSTARD OR FRESH FRUIT	FISH FINGERS CREAMED POTATOES BAKED BEANS SALAD BAR/PROTEINS
<b>TUESDAY</b>	SCRAMBLED EGGS BEANS CEREALS TOAST FRUIT JUICE	SAUSAGES IN GRAVY YORKSHIRE PUDDING	VEGETARIAN SAUSAGES IN GRAVY YORKSHIRE PUDDING	BOILED POTATOES CARROTS, CABBAGE	FRUIT & VEGETABLE ROCKET LOLLIES “JUDES” OR FRESH FRUIT	PESTO PASTA GARLIC BREAD PEAS & SPINACH SALAD BAR/PROTEINS
<b>WEDNESDAY</b>	SAUSAGES SAUTÉ POTATOES TOAST FRUIT JUICE CEREALS	LAMB MOUSSAKA CRUSTY BREAD TZATZIKI	VEGETABLE MOUSSAKA CRUSTY BREAD TZATZIKI	SWEET POTATO WEDGES PEPPER STICKS	RASPBERRY MERINGUE ROULADE OR FRESH FRUIT	PASTA RATATOUILLE GRATED CHEESE SALAD BAR/PROTEINS
<b>THURSDAY BBQ IF NICE</b>	CEREALS TOAST FRUIT JUICE PORRIDGE SYRUP	BBQ		SALADS BREADS	PURBECK ICE CREAMS OR FRESH FRUIT	BAKED POTATOES CHILLI CON CARNE 15K GRATED CHEESE SALAD BAR/PROTEINS
<b>FRIDAY</b>	BOILED EGGS CEREALS TOAST FRUIT JUICE MELON SLICES	BATTERED FILLET OF COD & CHIPS TARTARE SAUCE	VEGETABLE CUTLET TOMATO SAUCE	CHIPS PEAS	PROFITEROLES CHOCOLATE SAUCE OR FRESH FRUIT	KATSU CHICKEN CURRY STEAMED RICE & NAAN BROCCOLI SALAD BAR/PROTEINS
<b>SATURDAY</b>	BACON TOMATOES CEREALS TOAST FRUIT JUICE	STEAMED SALMON FILLET WHITE WINE AND CHIVE SAUCE	SPINACH, MUSHROOM & BRIE PARCEL	BUTTERED POTATOES SUGAR SNAPS, FRENCH BEANS	BANOFFEE PIE OR FRESH FRUIT	MACARONI CHEESE PETIT PAINS PEAS & CORN 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 3:

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
<b>SUNDAY</b>	COOKED BREAKFAST CROISSANT PETIT PAIN CEREALS FRUIT JUICE	ROAST BEEF YORKSHIRE PUDDING GRAVY HORSERADISH SAUCE	CAULIFLOWER & BROCCOLI CRUMBLE	ROAST POTATOES, GREENS, CARROTS & ROAST PARSNIPS	BLUEBERRY MUFFIN OR FRESH FRUIT	CUMBERLAND SAUSAGES RING, MASHED POTATO BAKED BEANS SALAD BAR/PROTEINS
<b>MONDAY</b>	FRIED EGGS HASH BROWNS TOAST CEREALS FRUIT JUICE	LAMB & CHICKPEA POTATO BAKE	CHICKPEA & BUTTERBEAN POTATO BAKE	PEAS, CARROTS & CABBAGE	CHOCOLATE TART OR FRESH FRUIT	TOMATO & BASIL PASTA SPINACH GARLIC BREAD 200+ SALAD BAR/PROTEINS
<b>TUESDAY</b>	BEANS POTATO WAFFLES CEREALS TOAST FRUIT JUICE	CHICKEN KORMA PARATHA CHUTNEY	CAULIFLOWER & LENTIL KORMA PARATHA CHUTNEY	STEAMED FRAGRANT RICE ROASTED BUTTERNUT & SWEET POTATO WITH ROSEMARY	RHUBARB & GINGER CUSTARD FOOL OR FRESH FRUIT	BAKED POTATOES CHEESE & BEANS COLESLAW SALAD BAR/PROTEINS
<b>WEDNESDAY</b>	TOAST SCRAMBLED FRUIT JUICE CEREALS PINEAPPLE SLICES	CHICKEN, HAM & LEEK PIE	QUORN CHICKEN & LEEK PIE	NEW POTATOES CAULIFLOWER BROCCOLI CARROTS	FRUIT YOGHURTS OR FRESH FRUIT	PIZZA PEAS & CORN SALAD BAR/PROTEINS
<b>THURSDAY BBQ IF NICE</b>	BOILED EGGS CEREALS TOAST FRUIT JUICE MELON SLICES	SPAGHETTI BOLOGNESE GARLIC BREAD  BBQ	SPINACH & MUSHROOM SPAGHETTI IN A CREAM SAUCE	SUGAR SNAPS, FRENCH BEANS	PURBECK ICE CREAM OR FRESH FRUIT	TUNA PASTA BAKE PETIT PAINS BROCCOLI SALAD BAR/PROTEINS
<b>FRIDAY</b>	CHIPOLATA SAUSAGES BUTTERED MUSHROOM CEREALS TOAST FRUIT JUICE	BREADED FILLET OF PLAIC & CHIPS TARTARE SAUCE	ROASTED STUFFED PEPPERS WITH RICE & VEGETABLES	PEAS CHIPS	PEACH & BASIL JELLIES OR FRESH FRUIT	HOME COOKED GAMMON HAM PARMENTIER POTATOES BABY GEM & OLIVES SALAD BAR/PROTEINS
<b>SATURDAY</b>	BACON TOMATOES CEREALS TOAST FRUIT JUICE	MACARONI CHEESE CRUSTY SOURDOUGH	MACARONI CHEESE CRUSTY SOURDOUGH	ROASTED VEGETABLE MEDLEY	LEMON MERINGUE PIE & FRESH CREAM OR FRESH FRUIT	FISH CAKES NEW POTATOES CORN ON THE COB SALAD BAR/PROTEINS

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