

SANDROYD SCHOOL MENU – AUTUMN TERM 2020

Week 1: Menu for weeks starting on 7th September, 28th September, 19th October, 9th November & 30th November

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
SUNDAY	CROISSANTS CEREALS FRUIT JUICE PETIT PAIN	ROAST BEEF YORKSHIRE PUDDING GRAVY HORSERADISH SAUCE	VEGETARIAN DISH OF THE DAY	ROAST POTATOES SELECTION OF VEGETABLES	MANGO FOOL OR FRESH FRUIT	BAKED POTATOES GRATED CHEESE BAKED BEANS COLD MEAT SELECTION SALAD BAR CHOCOLATE BISCUITS
MONDAY	FRIED EGGS COCKTAIL SAUSAGES CEREAL TOAST FRUIT JUICE TOMATO SAUCE	ROAST LOIN OF PORK APPLE SAUCE GRAVY	VEGETARIAN DISH OF THE DAY	CREAMED POTATOES VEGETABLES	BELGIAN WAFFLES VANILLA ICE CREAM CHOCOLATE SAUCE OR FRESH FRUIT	PASTA DISH OF THE DAY VEGETABLES GRATED CHEESE SALAD BAR
TUESDAY	BOILED EGGS CEREAL TOAST FRUIT JUICE	TORTELLINI TOMATO SAUCE PESTO GRATED CHEESE	VEGETARIAN DISH OF THE DAY	VEGETABLES	FRESH FRUIT SALAD VANILLA ICE CREAM OR FRESH FRUIT	SAUSAGES YORKSHIRE PUDDINGS BAKED BEANS SALAD BAR
WEDNESDAY	FISH FINGERS CEREALS TOAST FRUIT JUICE TOMATO SAUCE PORRIDGE	SPAGHETTI BOLO PARMESAN CHEESE	VEGETARIAN DISH OF THE DAY	VEGETABLES	AUTUMN BERRIES CRÈME BRULEE OR FRESH FRUIT	PIZZA VEGETABLES SALAD BAR
THURSDAY	SCRAMBLED EGGS CEREAL TOAST FRUIT JUICE TOMATO SAUCE	STIR FRY CHICKEN	VEGETARIAN DISH OF THE DAY	NOODLES VEGETABLES	CHOCOLATE BROWNIES CREAM OR FRESH FRUIT	CORNISH PASTIES POTATOES VEGETABLES GRAVY SALAD BAR
FRIDAY	SAUSAGES HASH BROWNS CEREALS TOAST FRUIT JUICE TOMATO SAUCE	FISH & CHIPS LEMON & TARTARE	VEGETARIAN DISH OF THE DAY	CHIPS PEAS	YOGHURT OR FRESH FRUIT	CURRY OF THE DAY RICE VEGETABLES SALAD BAR
SATURDAY	GREEK YOGHURT HONEY WAFFLES CEREALS TOAST	CHICKEN & CIDER CASSEROLE	VEGETARIAN DISH OF THE DAY	LYONNAISE POTATOES VEGETABLES	APPLE STRUDEL & CUSTARD OR FRESH FRUIT	PASTA WITH SALMON & PEAS 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 for weeks starting on 14th September, 5th October, 26th October, 16th November & 7th December

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
SUNDAY	FULL ENGLISH FRUIT JUICE TOMATO SAUCE YOGHURTS	ROAST LAMB MINT SAUCE GRAVY HOMEMADE STUFFING	VEGETARIAN DISH OF THE DAY	GRATIN POTATOES VEGETABLES	BLACKBERRY & APPLE PIE CUSTARD OR FRESH FRUIT	MAPLE CHICKEN CHIPS PEAS SALAD BAR CHOCOLATE BISCUITS
MONDAY	FRIED EGGS COCKTAIL SAUSAGES CEREALS TOAST FRUIT JUICE TOMATO SAUCE	BEEF WITH BEER	VEGETARIAN DISH OF THE DAY	POTATOES VEGETABLES	BERRY BAKE VANILLA ICE CREAM OR FRESH FRUIT	PASTA DISH OF THE DAY VEGETABLES GRATED CHEESE SALAD BAR
TUESDAY	SAUSAGES HASH BROWNS CEREALS TOAST TOMATO SAUCE FRUIT JUICE	GINGER CHICKEN	VEGETARIAN DISH OF THE DAY	RICE VEGETABLES	MERINGUES FRUIT CREAM OR FRESH FRUIT	BAKED POTATOES GRATED CHEESE BAKED BEANS COLD MEAT SELECTION SALAD BAR CHOCOLATE BISCUITS
WEDNESDAY	SCRAMBLED EGGS CEREALS TOAST FRUIT JUICE TOMATO SAUCE PORRIDGE	STEAK PIE	VEGETARIAN DISH OF THE DAY	MINTED BUTTER NEW POTS VEGETABLES	FRUIT JELLY ICE CREAM OR FRESH FRUIT	CURRY OF THE DAY RICE VEGETABLES SALAD BAR
THURSDAY	FISH FINGERS CEREALS FRUIT JUICE TOMATO SAUCE PORRIDGE	ROAST CHICKEN BREAD SAUCE STUFFING	VEGETARIAN DISH OF THE DAY	POTATOES VEGETABLES	SURPRISE PUDDING OR FRESH FRUIT	PIZZA COLD MEAT SELECTION VEGETABLES SALAD BAR
FRIDAY	BACON TOMATOES CEREALS TOAST TOMATO SAUCE FRUIT JUICE	CHILLI CON CARNE TORTILLA CHIPS	VEGETARIAN DISH OF THE DAY	RICE SALAD VEGETABLES	NEW YORK CHEESE CAKE FRUIT COMPOTE OR FRESH FRUIT	FISH & CHIPS VEGETABLES LEMON & TARTARE SALAD BAR
SATURDAY	BOILED EGGS TOAST CEREAL FRUIT JUICE	LAMB JALFREZI	VEGETARIAN DISH OF THE DAY	COUSCOUS VEGETABLES	MIXED BERRIES CREAM PASTRY HORNS OR FRESH FRUIT	CHICKEN KIEV PEAS VEGETABLES SALAD BAR

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Week 3: Menu for weeks starting on 21st September, 12th October, 2nd November & 23rd November

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
SUNDAY	HAM/CHEESE TURNOVER CEREALS FRUIT JUICE YOGHURT	ROAST PORK APPLE SAUCE GRAVY STUFFING	VEGETARIAN DISH OF THE DAY	ROAST POTATOES VEGETABLES	TREACLE TART VANILLA ICE CREAM OR FRESH FRUIT	QUICHE PEAS SOUP COLD MEAT SELECTION SALAD BAR CHOCOLATE BISCUITS
MONDAY	FISH FINGERS TOAST CEREALS FRUIT JUICE TOMATO SAUCE	BEEF BOURGUIGNON	VEGETARIAN DISH OF THE DAY	POTATOES VEGETABLES	PROFITEROLES CHOCOLATE SAUCE OR FRESH FRUIT	PASTA DISH OF THE DAY VEGETABLES GRATED CHEESE SALAD BAR
TUESDAY	BACON HASH BROWNS CEREALS TOAST FRUIT JUICE TOMATO SAUCE	COQ AU VIN	VEGETARIAN DISH OF THE DAY	POTATOES VEGETABLES	FRESH FRUIT SALAD OF FRESH FRUIT	SPECIAL RECIPE MOUSSAKA VEGETABLES SALAD BAR
WEDNESDAY	SCRAMBLED EGGS TOAST FRUIT JUICE CEREALS PORRIDGE	COTTAGE PIE	VEGETARIAN DISH OF THE DAY	CREAMED POTATOES VEGETABLES	CHOCOLATE MOUSSE OR FRESH FRUIT	CURRY OF THE DAY RICE VEGETABLES SALAD BAR
THURSDAY	BOILED EGGS CEREALS TOAST FRUIT JUICE	CHICKEN LEMON PAPRIKA & SOY	VEGETARIAN DISH OF THE DAY	ROAST POTATOES VEGETABLES	HOT PUDDING OF THE DAY OR FRESH FRUIT	PULLED PORK ROLLS APPLE SAUCE / STUFFING VEGETABLES SALAD BAR
FRIDAY	BACON TOMATOES CEREALS TOAST FRUIT JUICE TOMATO SAUCE	FISH & CHIPS LEMON & TARTARE	VEGETARIAN DISH OF THE DAY	CHIPS PEAS	SPECIAL ICE CREAMS OR FRESH FRUIT	SAUSAGE ROLLS BAKED BEANS MASH POTATOES SALAD BAR
SATURDAY	PANCAKES & FILLINGS CEREALS TOAST FRUIT JUICE PORRIDGE	LASAGNE GARLIC BREAD SALAD	VEGETARIAN DISH OF THE DAY	VEGETABLES	LEMON DRIZZLE SPONGE CUSTARD OR FRESH FRUIT	BUILD A BURGER CHEESE SLICES BAPS VEGETABLES SALAD BAR

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