



An Independent Day School
for Boys and Girls aged 0 - 13

SUMMER MENU CYCLE - WEEK 1

	Indian Day				
	Monday	Tuesday	Wednesday	Thursday	Friday
Crudités	Carrot batons & Green peppers	Cucumber & baby corn	Carrot Batons & Mange tout	Cucumber & Sliced red pepper	Celery and Baton carrot
Bread Du Jour	Locally baked bread	Locally baked bread	Locally baked bread	Locally baked bread	Locally baked bread
Main	The Winterfold burger, served with a soft bap, sides & toppers	Mild chicken curry served with fragrant rice with mango sauce, Raita, poppadum's & naan bread	Traditional Steak & Onion Puff Pastry Pie	Roast Turkey with Freshly prepared apricot stuffing and gravy	Freshly battered fish
Vegetarian	Triple field mushroom & sliced tomato stacker	Butternut squash and roasted vegetable curry	Roasted vegetable frittata	Mediterranean vegetable wrap with grated red Leicester cheese	10 bean chilli con carne with tortilla chips
Jacket		Like mamma used to make Bolognese!		Creamy Ham & corn	
Pasta	Fresh tomato sauce with spinach		Spicy Sausage in a Rich Tomato Sauce		Roast tomato & Garlic
Vegetable	Cowboy beans	Freshly steamed broccoli	Steamed carrots	Cauliflower cheese	Minted Garden peas
Vegetable	Green beans		Braised cabbage	Kale	Baked beans
Potato	Herby diced potatoes	Roasted new potatoes	Sweet potato mash	Rosemary & garlic potatoes	French fries
Every Day Salads	Mixed leaves, cucumber slices, Grated carrot, Sliced Tomato	Mixed leaves, cucumber chunks, Baton carrots, Tomato wedge	Mixed leaves, cucumber slices, Grated carrot, Tomato wedge,	Mixed leaves, cucumber batons, Grated carrot, Cherry tomato,	Mixed leaves, cucumber chunks, Grated carrot, Tomato wedge,
Protein	Grated cheese	Grated cheese	Grated cheese	Grated cheese	Grated cheese
Composite	Tuna Nicoise	Classic Caesar with croutons	Chunky tomato, mozzarella & rocket	Superfood salad	Greek salad
Taster			Hummus & bread sticks		
Dressings	Minimum of 2 dressings, seeds, chilli flakes & sunflower seeds	Minimum of 2 dressings, seeds, chilli flakes & sunflower seeds	Minimum of 2 dressings, seeds, chilli flakes & sunflower seeds	Minimum of 2 dressings, seeds, chilli flakes & sunflower seeds	Minimum of 2 dressings, seeds, chilli flakes & sunflower seeds
Hot Dessert/ Cold Dessert	Classic apple pie with cinnamon custard	Chocolate shortbread with white chocolate drizzle	Fruit crumble & cream	Vanilla & choc chip cookies	Banoffee sponge with caramel sauce
Cold Dessert	Chocky wokky mousse	Strawberry jelly	The Winterfold mess!	Blackcurrant jelly	Fruit salad
Cut Fruit	Watermelon	Pineapple	Honey Dew	Cantaloupe	