



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

Winter menu cycle - Week 3

	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
Soup Du Jour	Cream of Leek Soup with Freshly Baked Bread	Tomato Soup with Freshly Baked Bread	Spiced Pumpkin Soup with Freshly Baked Bread	Roasted Root Vegetable Soup with Freshly Baked Bread	Cream of Broccoli Soup & Freshly Baked Bread
Main	Butchers Hot dogs served in French Bread	Meat Feast Pizza	Roast Loin of Pork & Crispy Crackling	Beef Lasagne & Garlic Bread	Breaded fish
Vegetarian	Vegetable Sausage Hot dogs	Cheese, Tomato & Pineapple Pizza	Autumn Harvest Hot Pot	Stir Fry Noodles & Prawn Crackers	Lentil curry & rice
Pasta or Jackets	Creamy Sweetcorn Pasta	Spinach Hummus with Jackets	Tomato Gnocchi	Cheddar, Caramelised Onion & Balsamic Jacket Potato	Pasta Pomodoro
Vegetable	Steamed Broccoli	Green Beans	Steamed Carrots	Chinese Braised Vegetables	Baked beans
Vegetable	Roasted Swede & Corn	Baton Carrots	Minted Peas	Steamed Sweetcorn	Steamed Green Beans
Potato	Potato Wedges	Pasta with Main	Rosemary Roasted Potatoes	Sautee Potatoes & Onions	Chips
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	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	"Magical" Superfood Salad	Greek Salad
Taster					
Dressings	Seasonal Dressings, Chilli Flakes & Sunflower Seeds	Seasonal Dressings, Chilli Flakes & Sunflower Seeds	Seasonal Dressings, Chilli Flakes & Sunflower Seeds	Seasonal Dressings, Chilli Flakes & Sunflower Seeds	Seasonal Dressings, Chilli Flakes & Sunflower Seeds
Hot Dessert	Apple Crumble & Custard	Warmed Latte Sponge & Spiced Cream	Double Chocolate Tart with Vanilla Custard	Pear & Ginger Cake with & Warm Custard	Spiced Apple Turnover & Custard
Cold Dessert	Chocolate Dipped Marshmallows	Nectarine Fool	Exotic Fruit Salad Pot	Strawberry Mousse	Treacle Flapjack
Cut Fruit	Watermelon	Pineapple	Honey Dew	Cantaloupe	Melon Skewers