



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

Winter menu cycle - Week 2

	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	Leek & Potato with Freshly Baked Bread	French Onion Soup with Freshly Baked Bread	Tomato Soup and Freshly Baked Bread	Cream of Mushroom Soup and Freshly Baked Bread	Roasted Red Pepper Soup and Freshly Baked Bread
Main	Herby Breaded Chicken Steak with a BBQ Sauce & Melted Cheese	Classic Spaghetti Bolognese	Mild Chicken Curry with Rice & accompaniments	Roast Bacon Joint with Seasoning	Battered Fish Fingers with a Lemon Mayonnaise
Vegetarian	Herb Crusted Vegetable Cakes with a Spiced Pineapple Glaze	Quorn Bolognese	Quorn Fillets Garnished with a Herb Dressing	Classic Mac & Cheese	Roasted Vegetables served with Cous Cous
Pasta or Jackets	Italian Pasta Bake	Cheese & Leek Jacket Potatoes	Tomato & Basil Pasta	Chilli Bean Jacket Potato	Bean Pasta
Vegetable	Roasted Root Vegetables	Carrots	Sweetcorn	Carrot & Swede	Mushy Peas
Vegetable	Baked Beans	Minted Peas	Steamed Broccoli	Sautee Green Beans	Baked beans
Potato	Potato Wedges	Pasta with Main Meal	Sautee Potatoes	Roasted Potatoes	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	Italian salad	Classic Caesar with croutons	Superfood Salad	Mediterranean 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	Chocolate Chip Sponge & Chocolate Sauce	Apple Pie & Custard	Plum Crumble & Spiced Custard	Ginger Pudding with Cream	Treacle Tart & Custard
Cold Dessert	Raspberry Jelly Pot	Mango & Orange Jelly Pot	Lemon Meringue Pots	Strawberry Trifle Pot	Fruit salad
Cut Fruit	Watermelon	Pineapple	Honey Dew	Cantaloupe	Exotic Fruit Platter