

Supper Menu



Lent term Week 1 – sample menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bread	Fresh sliced bloomers, loaves and baguettes available daily!						
Hot and hearty	Braised beef steak in a mushroom gravy	Meaty pizza	Fish in Tomato sauce with crunchy topping	Turkey escalope with cheese & bacon sauce	Chicken balti with relishes	Sticky Barbeque pork ribs Or Chicken thighs	Home made Beef Berger in a floured bun
Something veggie	Stuffed Peppers with Pesto Cous Cous	Vegetable Pizza	Sweet & Sour Quorn With Egg Fried Rice	Chickpea Curry with Naan Bread	Quorn & Lentil Chilli	Leek & Mushroom Stroganoff	Spicy bean burger
On the side...	Chive mash potato roasted winter root vegetables	Mixed salad Red onion Coleslaw	Dauphinoise Potatoes Broccoli	Boulangier potatoes Peas & Sweet corn	Coriander rice cauliflower & potato sag	Cajon wedges Corn on the cob Coleslaw	Herb diced potatoes Tossed salad
Jackets	Delicious crispy baked jacket potatoes with a range of fillings available daily!						
Salad bar	Daily selection of core items to include mixed leaves and fresh cut salad, with accompaniments, toppings and dressings, for pupils and staff to 'pick and mix' a salad of their choice to suit their own personal taste. Fresh baked bread to complete the offer!						
Something sweet	Steamed sultana sponge with lemon sauce	Apricot Flap Jack with custard	Large Chocolate chip Cookie	Mocha Gateaux	Sticky toffee meringue nests	Vanilla short bread	Assorted Cakes
Fresh fruit & yogurt pots	Fruit salad pots and selection of seasonal fresh fruit served in peak condition, ripened and ready to eat. Variety of homemade yogurt pots available daily.						

Supper Menu



Lent term Week 2 – sample menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bread	Fresh sliced bloomers, loaves and baguettes available daily!						
Hot and hearty	Lemon & Tarragon Turkey Escalope	Beef & Mushroom pie	Pork chop with onion gravy	Tandoori Chicken & Mini Poppodums	Pork, sage & apple Platt	Spicy Beef & Tomato Bake	Homemade Meaty Pizza
Something veggie	Bean & Vegetable Taco's	Potato Skins filled with Spinach & cheese	Halloumi cheese & roasted vegetable stuffed pita Pockets	Tomato & basil mozzarella tart	Potato & red Onion Frittata	Cauliflower, Spinach & Lentil Curry	Homemade Veggie Pizza
On the side	Lyonnaise Potatoes Sliced Courgettes	Roast potatoes Green beans Baton carrots	Red onion mash broccoli Sweet corn	Citrus Rice Minded salad Leaf	Fondant Potatoes Broccoli & Cauliflower Bake	Garlic Bread Mediterranean Salad	Spicy Wedges Mixed salad Coleslaw
Jackets	Delicious crispy baked jacket potatoes with a range of fillings available daily!						
Salad bar	Daily selection of core items to include mixed leaves and fresh cut salad, with accompaniments, toppings and dressings, for pupils and staff to 'pick and mix' a salad of their choice to suit their own personal taste. Fresh baked bread to complete the offer!						
Something sweet	Date & Apple slice	Chocolate & Banana sponge & custard	Lemon Cheese Cake	Apple & cinnamon slice with fondent glaze	Chocolate mousse cups	Strawberry Flan	Assorted Desserts
Fresh fruit & yogurt pots	Fruit salad pots and selection of seasonal fresh fruit served in peak condition, ripened and ready to eat. Variety of homemade yogurt pots available daily.						

Supper Menu



Lent term Week 3 – sample menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot and hearty	Cheesy Tuna Pasta Bake	Cottage pie	Homemade lamb & spicy beef meatballs in a tom & Basil sauce	Spicy Jamaican chicken	Beef & black bean sauce	Ham provincial sauce Or Carbonara sauce	Fully Loaded chicken burger
Something veggie	Vegetable biryani	Mixed bean curry with herb rice	Chick pea griddle cake	Thai Corn Cakes with red Chilli Dip	Baked aubergine	Roasted Vegetable sauce	Spicy lentil cake
On the side	Oven Baked herby Wedges Sweet corn	Broccoli Baton carrots gravy	Spaghetti Cheesy bread	Cajun Rice & peas	Egg Noodles Mushroom Stir Fry	Tossed salad with parmesan & croutons Side dishes	Herb Diced potatoes Mixed salad
Jackets	Delicious crispy baked jacket potatoes with a range of fillings available daily!						
Salad bar	Daily selection of core items to include mixed leaves and fresh cut salad, with accompaniments, toppings and dressings, for pupils and staff to 'pick and mix' a salad of their choice to suit their own personal taste. Fresh baked bread to complete the offer!						
Something sweet	Lemon drizzle cake	Raspberry Trifle	Black forest gateaux	Apple & berry strudel	Carrot Cake	Chocolate brownie cake	Short Bread
Fresh fruit & yogurt pots	Fruit salad pots and selection of seasonal fresh fruit served in peak condition, ripened and ready to eat. Variety of homemade yogurt pots available daily.						