

# Breakfast menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Chilled fruit juices  
 Fresh milk  
 Hot Chocolate, Tea

Daily selection of breakfast cereals with toppings and milk

Wholemeal or white toast with butter, flora, jams,

Toasted Bagels with Cream Cheese and Bacon Fresh Whole Fruit	Fresh Fruit Smoothies, Soft Boiled Eggs with Soldiers	Apple and Cinnamon Chimichangers Fresh Fruit Salad	Ham and Cheese Turnover Natural Yoghurt Pots	Pain au Chocolate Whole Fresh Fruit	Hash Browns and Baked Beans Fruit and Yoghurt Pots	Grilled Bacon and Fried Eggs Fresh Fruit
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# Lunch menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade soups	Selection of home baked breads, toppings and accompaniments						
	Pumpkin	Tomato and Basil	Carrot and Coriander	Ham , Leek and Potato.	Creamy Parsnip		
Main meal	Chicken Dansak with Turmeric Rice	Homemade Sausage and Herb Plait	Beef Bourguignon (Beef in a Rich Red Wine Gravy)	Cod Fish Fingers, Battered Alaskan Pollock or Chefs Steamed Fish of the Day.	Spaghetti Bolognaise	Exeat Weekend	Exeat Weekend
Something veggie	Vegetable curry with rice	Quorn sausages served with wholegrain mustard gravy	Macaroni cheese with a crispy crumb topping	Quorn and Vegetable Pie	Vegetable Lasagne		
On the side...	Steamed Rice Broccoli Baton carrots	Mashed Potatoes Roasted parsnips Green Beans	Roasted New Potatoes. Sweet corn Lemon & thyme roasted courgettes	Chunky Chips, Garden Peas and Grilled Tomatoes.	Steamed Cauliflower, Sliced Carrots		
Jacket and Pasta Bar	Cheddar Cheese sauce	Creamy Tarragon sauce	Mushroom Stroganoff	Red Leicester Sauce	Cheese and Bacon		
	Arabiata	Baked Beans	Classic Tomato	Roasted Red Pepper	5 Bean Stew		
Something sweet	Pineapple Upside Down Cake with Custard	Chocolate Semolina	Jam Sponge and Chantilly Cream	Chocolate sponge with Chocolate Sauce	Toffee Apple Crumble and Pouring Cream		
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 with toppings available daily.						



# Boarder's supper menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Bread</b>	Selection of home baked breads						
<b>Main meal</b>	Home made Beef Burgers with a choice of Toppings	Roast Chicken Breast	Honey Glazed Pork Steaks	A Selection of Home made Pizzas	Chicken Casserole		Roast Leg of Lamb with Rosemary Gravy
<b>On the side...</b>	Chunky Chips, Baked Beans, Mixed Leaf Salad	Roasted Potatoes, Garden Peas and Carrots	Parsley Mash, Mixed Veg	Seasoned Wedges Green salad	New Potatoes Steamed Broccoli		Roast Potatoes, Sauté' Sprouts, Roasted Carrots
<b>Make your own salad or sandwich from our selection of breads, salads, cold meats and cheese</b>							
<b>Something sweet</b>	Chocolate fudge Brownie	Sticky Toffee Slice	Fresh Fruit Salad with Pouring Cream	Home Made Cherry and Choc Chip Muffins	Iced sponge cake		Jam Sponge and Custard
<b>Fresh fruit</b>	A selection of seasonal fresh fruit served in peak condition, ripened and ready to eat						



## Tea menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	Pre Prep and Nursery Teas	See Boarders Supper Menu			
<b>Activity Snack</b>	Toasted cheese baguette or Bread with jam, honey or cream cheese	Baked Beans on Toast Or Bread with jam, honey or cream cheese	Match Tea  Cheese and Tomato Pasta Bake	Jam Doughnut Or Bread with jam, honey or cream cheese	Plain scones with butter and jam Or Bread with jam, honey or cream cheese



# Salad bar menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Main selection</b>	Tomato wedges Cucumber slices Iceberg lettuce Grated carrot Diced beetroot Coleslaw	Cherry tomatoes Diced cucumber Mixed leaves Sweet corn Celery sticks Sliced beetroot Coleslaw	Tomato wedges Cucumber slices Iceberg lettuce Grated carrot Diced beetroot Coleslaw	Cherry tomatoes Diced cucumber Mixed leaves Sweet corn Celery sticks Sliced beetroot Coleslaw	Tomato wedges Cucumber slices Iceberg lettuce Grated carrot Diced beetroot Croutons Coleslaw	Cherry tomatoes Diced cucumber Mixed leaves Sweet corn Celery sticks Sliced beetroot Coleslaw	
<b>Mixed options</b>	Florida Pasta Salad (Orange, Celery and Sultanas with Pasta in a Light Dressing)	Nicoise salad (Tuna, Egg and Olives with Little Gem Lettuce)	New potato with red onion and mayonnaise	Coronation Rice Salad	Asian vegetable salad with Noodles sesame seeds	Five bean salad	
<b>Proteins</b>	Grated cheddar Tuna mayonnaise Roast turkey	Grated red Leicester Homemade Hummus Honey roast ham Smoked Mackerel Salad	Grated cheddar Tuna mayonnaise Danish Salami	Grated red Leicester Hard boiled eggs Roast turkey Salsa Prawns	Grated cheddar Plain Tuna Honey roast ham Cottage cheese	Smoked Salmon Salad Grated cheddar Sliced turkey breast	
<b>Dressings</b>	Mayonnaise, Chefs Dressing, Pickle Relish, Balsamic Vinegar, Olive Oil and Olives available daily						