## SIDCOT SCHOOL BREAKFAST MENU

MONDA
Cereal selection
Toast, spreads \& preserves
Yoghurt, fruit \& seed bar
Baguette parisienne
Hot cereal
Porridge
Cooked breakfast
Butchers sausages
Vegan quorn sausages
Scrambled eggs
Baked tomato
Beverages
Orange, apple, pineapple \& cranberry
juice, plus a selection of hot drinks

## TUESDAY

Cereal selection
Toast, spreads \& preserves Yoghurt, fruit \& seed bar

Pain campaign - cured meats
Hot cereal
Porridge
Cooked breakfast
Stuff your own croissant Hard boiled eggs Olives, feta and tomatoes Sliced melon
Beverages
Orange, apple, pineapple \& cranberry juice, plus a selection of hot drinks

## WEDNESDAY

Cereal selection
Toast, spreads \& preserves
Yoghurt, fruit \& seed bar
Baguette parisienne-smoked salmon
Hot cereal
Porridge
Continental breakfast
Eggy bread, with choice of toppings: Fruit compote Cherry tomatoes Marinated Tofu

## Beverages

Orange, apple, pineapple \& cranberry juice, plus a selection of hot drinks

## THURSDAY

Cereal selection
Toast, spreads \& preserves Yoghurt, fruit \& seed bar

Pain campaign- soft cheese
Hot cereal
Porridge
Cooked breakfast
Omelette
Back bacon and vegan bacon (VE) Button mushrooms (VE) Chocolate muffin

## Beverages

Orange, apple, pineapple \& cranberry juice, plus a selection of hot drinks

## FRIDAY

Cereal selection
Toast, spreads \& preserves
Yoghurt, fruit \& seed bar
Baguette Parisienne
Hot cereal
Porridge
Cooked breakfast
Smashed avocado (VE)
Toasted Muffin (VE )
Crispy bacon and poached egg
Croissant

## Beverages

Orange, apple, pineapple \& cranberry juice, plus a selection of hot drinks

Sidcot
Live Adventurously

## SIDCOT SCHOOL LUNCH MENU-WEEK 1

## MONDAY

Soup
Miso soup
Main choices
Chickpea, carrot \& spinach cassoulet (VE) Bacon penne carbonara
Roast chicken, clementines \& anisette seeds

Vegetables \& sides
Parsley midis, broccoli florets \& sea salt crushed tomato

Pasta paradise
A selection of pasta with
specialist sauces
Pudding option
Syrup sponge pudding
Fresh fruit basket

## TUESDAY

Soup
Tomato \& red pepper
Main choices
Mushroom \& stilton Wellington (V) Butchers sausages Roast pork, mini Yorkshire pudding

## Vegetables \& sides

Roast potatoes, honey parsnips, cauliflower, gravy \& veggie gravy

## Pasta paradise

A selection of pasta with specialist sauces
Pudding option
Fruit yoghurt Fresh fruit basket

## WEDNESDAY

Soup
Roasted butternut squash
Main choices
Gammon steak Hawaiian Green lentil, roast butternut \& spinach (VE)

Roast lemon chicken \& Jerusalem artichoke

Vegetables \& sides
Herby rice, carrots, garden peas
Pasta paradise
A selection of pasta with
specialist sauces
Pudding option
Mixed fruit crumble \& custard Fresh fruit basket

## SUNDAY

Top your own sweet waffle: Buttermilk chicken Bacon , French fries, BBQ, Ketchup Smoked vegan rashers, vegan waffle (VE) Fried eggs Hash browns (VE) Blueberry compote (VE) Mix petit pan

Pickled red onions, Greek salad with feta \& black olives Alternative options Salad \& cold meat bar Assorted breads \& oils Pudding option Orange drizzle cake

Lamb kofte sticks, min
Chicken thighs gyros style Roasted med vegetables (VE)

Vegetables \& sides

Meals are subject to change at short notice. Allergen information can be obtained on request at the meal time. Pasta paradise \& grab \& graze available to 6 th form only.

## SIDCOT SCHOOL DINNER MENU (WEEK 1)

## MONDAY

Soup
Miso soup
Main choices
Rump steak, peppercorn sauce Calamari, scampi, fish goujon mix, lemon chive mayonnaise
Five bean chilli (VE)
Vegetables \& sides
Sauté potatoes, onion rings, garlicky fine green beans

Salad Bar
A selection of salads
Pudding option
Bread \& butter pudding Fresh fruit basket

## TUESDAY

Soup
Tomato \& red pepper
Main choices
Pork souvlaki
Griddled chicken Caesar
Griddled vegan burger stacked with
Roasted aubergine, red onion \& courgette skillet pan (VE)

Vegetables \& sides
Steamed baby potatoes, crispy lettuce wedges, tomato pisto
Salad Bar
A selection of salads
Pudding option
Toffee apple pan pudding \& cream Fresh fruit basket

## WEDNESDAY

Soup
Roasted butternut squash
Main choices
Butcher's naked beefburger,
Monterrey jack cheese \& sliced gherkins Quorn Frankfurters
Pulled pork filled baguette, stuffing \& apple sauce

Vegetables \& sides
Potato wedges, baked beans, sweetcorn
Salad Bar
A selection of salads
Pudding option
Sliced fresh melon
Fresh fruit basket


## FRIDAY

Soup
Cream of mushroom
Main choices

Crispy sweet chilli chicken leg Vegan Spanish Paella (VE) Macaroni cheese (V)

Vegetables \& sides
Rosemary potatoes, cabbage \& mush rooms
Salad Bar
A selection of salads
Pudding option
Peaches \& cream Fresh fruit basket


## THURSDAY

Soup
Carrot \& coriander
Main choices
Beef Bolognese
Quorn vegan Bolognese (VE)
Pepperonata sauce

## Vegetables \& sides

Pasta, mixed vegetables, garlic bread slice

GF pasta available
Salad Bar
A selection of salads
Pudding option
Jelly
Fresh fruit basket

[^0]
## SIDCOT SCHOOL LUNCH MENU (WEEK 2)



Pasta, sweetcorn \& herby baked tomato
Pasta Paradise
A selection of pasta with
specialist sauces

## Pudding option

## Sultana flapjack

Fresh fruit basket

## TUESDAY

Soup
Butternut squash \& sweet potato
Main choices
Chermoula aubergine \& barley with Coco yogurt (VE)
Roast pork, apple sauce, gravy Roast chicken leg, stuffing, gravy

Vegetables \& sides
Roast potatoes, carrots
Roast Brussel sprouts with parmesan \& basil

## Pasta Paradise

A selection of pasta with specialist sauces

Pudding option
American pancakes, butterscotch sauce Fresh fruit basket

## WEDNESDAY

Soup
Lentil \& chilli
Main choices- pasta \& sauce
Bacon \& cheese turnover
Chicken peri peri
Baked celeriac steak with winter pesto (VE)

## Vegetables \& sides

Steamed baby potatoes, mixed vegetables, cabbage

Pasta Paradise
A selection of pasta with
specialist sauces
Pudding option
Cheshire choc tub
Fresh fruit basket

SATURDAY

Soup
Thick vegetable

## Main choices

Cheese \& onion quiche Tuna mayonnaise filling Vegan coronation filling Vegetables \& sides

Jacket potatoes, baked beans,

| tossed mixed salad | SUNDAY |
| :---: | :---: |
| Alternative options |  |
| Salad \& cold meat bar | Cereal selection, toast, spread \& preserves, yoghurt, fruit \& seed bar |
| Assorted breads \& oils | Sidcot Breakfast Muffin |
| Pudding option | Home made sausage burger |
| Chocolate tub ice cream | Fried egg, potato hash brown Burger cheese , French fries |
|  | Soft flour white muffin , Ketchup or $B B Q$ sauce |
|  | Vegan Cauliflower Hash, Vegan bacon in Vegan muffin (VE) |

## THURSDAY

Soup
Vegetable
Main choices
Cottage pie
Ultimate vegan mince pie (VE)
Chef's signature fish pie
$\underline{\text { Vegetables \& sides }}$
Green beans \& carrots
Pasta Paradise
A selection of pasta with
specialist sauces
Pudding option
Orange upside-down cake
Fresh fruit basket

Alternative options
Salad \& cold meat / vegetarian
bar
Assorted breads, vinaigrettes \& oils
Jacket potato bar

## FRIDAY

Soup
Parsnip
Main choices
Margherita pizza (V) Vegetable paella (VE)
Hunters chicken breast
Vegetables \& sides
Jacket potato wedges, selection of market vegetables

## Pasta Paradise

A selection of pasta with specialist sauces

## Pudding option

Vegan choc chip cookie
Fresh fruit basket

AVAILABIE
WDEKDAYS
Grab \& Graze
A selection of salads, rolls \& sandwiches to take away

## SIDCOT SCHOOL DINNER MENU (WEEK 2)



## THURSDAY

Soup
Vegetable

## Main choices

Ragu gnocchi
Chicken goujons, chipotle mayo
Harissa marinated butternut squash (VE)

## Vegetables \& sides

Steamed midi potatoes, cardamom roast cabbage, baked tomato

## Salad Bar

A selection of salads
Pudding option
Profiteroles
Fresh fruit

AVAILABIE DALI

## FRIDAY

Soup
Parsnip
Main choices
Frankfurter hot dog Mexican style fajita chicken
Vegan sausage (VE)
Vegetables \& sides
Served in brioche hot dog roll, sauerkraut, jalapeno peppers, potato \& spring onion salad with vegan mayonnaise

Salad Bar
A selection of salads
Pudding option
Chocolate traybake Fresh fruit

## SIDCOT SCHOOL LUNCH MENU (WEEK 3)



## FRIDAY

Soup
Pea \& ham
Main choices
Traditional fish \& chips Pilau rice stuffed beef tomatoes Fry Fishless lemon \& garlic

## Vegetables \& sides

Chipped potatoes, roasted carrots \& garden peas

Pasta Paradise
A selection of pasta with specialist sauces

## Pudding option

Fruit crumble \& cream Fresh fruit

AVAILABIE WEDKDAYS

Grab \& Graze
A selection of salads, rolls \& sandwiches to take away

## SIDCOT SCHOOL DINNER MENU (WEEK 3)



## THURSDAY

Soup
Rustic minted tomato
Main choices
Roast chicken \& chorizo in tomato pisto sauce
Mexican black bean stew
Chickpeas falafel with vegan yogurt

## Vegetables \& sides

Mejadra, fry-rice \& onion with saffron rice

Salad Bar
A selection of salads
Pudding option
Chocolate brownie
Fresh fruit

## FRIDAY

Soup
Pea \& ham
Main choices
Vegetarian Moussaka (V)
Greek style lemon \& garlic chicken
Lamb kofte sticks

## Vegetables \& sides

Greek potato wedges, tzatziki, pitta bread , carrot \& sesame salad

## Salad Bar

A selection of salads

## Pudding option

Churros, salted caramel sauce Fresh fruit


Sidcot
Live Adventurously

## SIDCOT SCHOOL LUNCH MENU (WEEK 4)

## MONDAY

Soup
Leek \& potato
Main choices
Spicy bean burger, ciabatta roll, salsa (VE) Piri Piri crispy chicken thighs
Fish finger ciabatta roll, lemon caper mayo

## Vegetables \& sides

Herby diced potatoes, garden peas \& balsamic tomatoes

Pasta Paradise
A selection of pasta with
specialist sauces
Pudding option
Chocolate sponge pudding, custard
Fresh fruit

## TUESDAY

Soup
Carrot \& coriander
Main choices
Roast gammon honey \& wholegrain mustard glaze
Shawarma chicken
Roast celeriac with winter pesto VE
Vegetables \& sides
Steamed parsley new potatoes, broccoli, carrots

Pasta Paradise
A selection of pasta with
specialist sauces
Pudding option
Orange segments in syrup, pouring cream

## WEDNESDAY

Soup
Chinese noodle
Main choices
Cheese \& bacon turnover
Roasted root veg in Yorkshire (V)
Beef filled Yorkshire pudding
Vegetables \& sides
Roasted potatoes, garlicky green beans, diced swede

## Pasta Paradise

A selection of pasta with specialist sauces

Pudding option
Syrup sponge
\(\left.$$
\begin{array}{cc}\text { SUNDAY WK4 } & \text { Bao buns (VE) } \\
\begin{array}{cc}\text { Cereal selection, toast, spread the } \\
\text { \& preserves, yoghurt, fruit \& } \\
\text { seed bar }\end{array} & \begin{array}{c}\text { BBQ pulled pork } \\
\text { Noodle stir-fry (V) }\end{array}
$$ <br>

Weekend!\end{array} \quad $$
\begin{array}{c}\text { Alternative option }\end{array}
$$\right]\)| Miso soup, dipping sauces. |
| :---: |
| Vegetable spring Rolls (V) Hoisin spring Roll | | Fruit pots (VE). Almond |
| :---: |
| milk porridge (VE) |
| Meatless Thai quorn fillets |
| (VE) |

## THURSDAY

Soup
Moroccan chick pea
Main choices
Vegetarian spring rolls (V) Sweet \& sour chicken breast Beef bourguignon

## Vegetables \& sides

Rice, oriental vegetable medley
Pasta Paradise
A selection of pasta with specialist sauces

Pudding option
Strawberry mousse


Live Adventurously

## SIDCOT SCHOOL DINNER MENU (WEEK 4)

## MONDAY

Soup
Leek \& potato
Main choices
Spiced baked salmon
Polenta \& pepperonata tart (VE)
Pork chop, salsa verde
Vegetables \& sides
Lyonnaise potatoes \& wilted greens
Salad Bar
A selection of salads
Pudding option
Chocolate fudge cake Fresh fruit

## TUESDAY

Soup
Carrot \& coriander
Main choices
Panko breaded chicken fillet Fried eggs (2) (V)
Gammon steak caramelised with pineapple

Vegetables \& sides
French fries, baked beans, sweetcorn Salad Bar

A selection of salads
Pudding option
Banoffee pudding Fresh fruit

| SATURDAI | Alternative option | SUNDAT | Vegetables \& sides |
| :--- | :--- | :--- | :--- |$\quad$ It's the

Meals are subject to change at short notice. Allergen information can be obtained on request at the meal time.

## THURSDAY

Soup
Moroccan chick pea
Main choices
Slow cooked mince beef chilli mole Vegan mince chilli (VE)
Korean style chicken wings

## Vegetables \& sides

Sweet potato wedges, sour cream, tomato salsa, guacamole, spicy bean salad

Salad Bar
A selection of salads
Pudding option
Egg custard tart
Fresh fruit


Sidcot
Live Adventurously


[^0]:    Meals are subject to change at short notice. Allergen information can be obtained on request at the meal time.

