

# SIDCOT SCHOOL BREAKFAST MENU

## MONDAY

### Cooked breakfast

Cheese omelette, sauté mushrooms & beef tomato slice

### Alternative & fresh fruit option

Cinnamon Swirl  
Melon slice

### Vegan option

Scrambled tofu, sauté mushrooms & beef tomato slice

## TUESDAY

### Cooked breakfast

Back bacon, hash browns & poached egg

### Alternative & fresh fruit option

Pain au chocolate  
Mixed berries

### Vegan option

Hash brown, bacon & scrambled tofu

## WEDNESDAY

### Continental breakfast

Continental meats & cheeses, smashed avocado & boiled eggs

### Alternative & fresh fruit option

Buttered croissant & assorted rolls  
Chopped kiwi & mango combo

### Vegan option

Raspberry croissant, assorted rolls, smashed avocado & poha

## THURSDAY

### Cooked breakfast

Oven baked sausage, scrambled egg & baked beans

### Alternative & fresh fruit option

Strawberry & banana Smoothie  
Chopped fresh pineapple

### Vegan option

Bacon, scrambled tofu & baked beans

## FRIDAY

### Cooked breakfast

Crispy bacon, French toast & caramelised bananas

### Alternative & fresh fruit option

Chocolate twist  
Mixed grapes

### Vegan option

Waffle, caramelised banana & poha

## SATURDAY

### Continental breakfast

Continental meats & cheeses, boiled eggs & assorted rolls

### Alternative option

Buttered croissant

### Vegan option

Pancakes & berries

## AVAILABLE DAILY

### Cereals & Toast

Porridge, selection of 6 cereals from Granola, Coco pops, Shreddies, Cherrios, Cornflakes, Weetabix, Frosties, Shreddies, Rice Krispies  
Toast, spreads & preserves GF bread & GF cereal

### Yoghurt Bar

Strawberry, peach & natural yoghurt, omega seeds, mandarins, peaches, dried apricot, cranberries, papaya, goji berries, banana chips.

### Beverages & Alternative Milks

Selection of hot drinks including cappuccino, latte, tea, hot chocolate, herbal teas. Orange & apple juice.  
Oat, Soya, Coconut

## SUNDAY BRUNCH

### Cooked breakfast with extra surprises

Sausage, hash browns, bacon, fried egg & baked beans

### Alternative option

Refer to weekly brunch menu surprises

### Vegan option

Hash brown, baked beans, bacon & poha



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

# SIDCOT SCHOOL LUNCH MENU WEEK 1

## MONDAY

### Soup of the day

### Main choices

Vegan sausage roll  
Chef made jumbo sausage roll  
Fish Pie

### Vegetables & sides

New potato, panache of green  
vegetables green beans, leeks & peas

### Vegan Option

Vegan sausage roll

### Alternative options

Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Assorted ice-cream & wafer  
Fresh fruit bowl



## TUESDAY

### Soup of the day

### Main choices

Chargrilled vegetable with pesto  
Mozzarella, tomato & chicken  
Smoked bacon carbonara

### Vegetables & sides

Pasta penne, sweetcorn &  
garden peas

### Vegan Option

Chargrilled vegetable with pesto

### Alternative options

Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Chocolate chip cake  
Fresh fruit bowl

## WEDNESDAY

### Soup of the day

### Main choices

Lightly spiced sweet potato &  
tomato roulade (GF)  
Roast turkey & stuffing  
Cheese & bacon turnover

### Vegetables & sides

Roast potatoes, creamed leeks,  
carrots & gravy (GF)

### Vegan Option

Lightly spiced sweet potato &  
tomato roulade (GF)

### Alternative options

Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Peaches & cream  
Fresh fruit bowl

## THURSDAY

### Soup of the day

### Main choices

Quorn & pepper stir-fry (GF)  
Hoisin chicken  
Mild beef chilli con carne

### Vegetables & sides

Fresh herb rice, green beans &  
mixed vegetables

### Vegan Option

Quorn & pepper stir-fry

### Alternative options

Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Fruit yoghurt  
Fresh fruit bowl

## FRIDAY

### Soup of the day

### Main choices

Fishless fingers  
Catch of the day & lemon wedge  
Individual beef pie

### Vegetables & sides

Chipped potatoes, baked tomatoes  
& mushy peas

### Vegan Option

Fishless fingers

### Alternative options

Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Fresh sliced pineapple & melon  
Fresh fruit bowl

## SATURDAY ITALIAN

### Main choices

Veganesca—olives, med veg  
Cheese & tomato pizza slice  
Meatballs in basil sauce

### Vegetables & sides

Tricolour fusilli & market vegetables

### Pudding option

Tiramisu

## WEEKDAY THEATRE KITCHENS

Monday to Wednesday - full details are on page 8

### PASTA PARADISE, GRAB & GRAZE

Available to Sixth formers – see page 8

## SUNDAY 11:00-12:00

Brunch Refer to breakfast menu

### Extras surprises

Halloumi fries  
Seasonal fruit  
Sweet waffles & syrup

### Vegan Option

Vegan waffle, fruit & vegan nuggets



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# SIDCOT SCHOOL DINNER WEEK 1



## MONDAY

### Soup of the day

### Main choices

Vegetable tikka on naan bread  
Crispy skin chicken with lemon & herb  
Pulled pork with pita

### Vegetables & sides

Steamed rice, Mediterranean  
roasted vegetables, baby spinach &  
chickpea

### Vegan Option

Vegetable tikka on naan bread

### Pudding option

Flapjack  
Fresh fruit bowl

## TUESDAY

### Soup of the day

### Main choices

Sweet potato, coriander & hummus  
Honey & soya baked salmon  
Sticky pork belly with chilli & lime

### Vegetables & sides

Champ, minted peas, butternut  
squash, salad bar

### Vegan Option

Sweet potato, chilli, coriander &  
hummus

### Pudding option

Summer Sunday  
Fresh fruit bowl

## WEDNESDAY

### Soup of the day

### Main choices

Macaroni cheese  
Vegan meatballs in tomato sauce  
Pork meatballs in gravy

### Vegetables & sides

Fusilli pasta, petit pois, edamame  
beans, sugar snap peas, salad bar

### Vegan Option

Vegan meatballs in tomato sauce

### Pudding option

Lemon tart  
Fresh fruit bowl

## THURSDAY

### Soup of the day

### Main choices

Squash & pepper gratin  
Minute steak with garlic butter (GF)  
Hunters chicken breast

### Vegetables & sides

Chive & garlic potato, sweetcorn,  
mixed vegetables, salad bar

### Vegan Option

Squash & pepper gratin

### Pudding option

Fruit salad & cream  
Fresh fruit bowl

## FRIDAY CHINESE

### Soup of the day

### Main choices

Spring rolls & plum sauce  
Beef in black bean sauce  
Battered chicken in sweet &  
sour sauce

### Vegetables & sides

Egg fried rice, mange tout & baby  
corn, pak choi, salad bar

### Vegan Option

Spring rolls & plum sauce

### Pudding option

Mango sorbet  
Fresh fruit bowl

## SATURDAY

### Basket meal night

Sidcot Fried Chicken—selection of SF coated chicken legs & hot wings  
Southern fried mozzarella popcorn  
Scampi, tartare sauce & lemon

### Vegetables & sides

Sweet potato fries, salad bar

### Pudding option

Cornetto ice cream  
Fresh fruit bowl

## SUNDAY

### Main choices

Roast beef & Yorkshire pudding  
Roast chicken & stuffing  
Vegetable gratin

### Vegetables & sides

Roast potatoes, carrots, cauliflower cheese & roast gravy

### Pudding option

Banoffee pie  
Fresh fruit bowl



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# SIDCOT SCHOOL LUNCH MENU WEEK 2

## MONDAY

### Soup of the day

### Main choices

Mushroom, tomato, celeriac & mozzarella stack (GF)  
Butchers sausages in red wine gravy  
Vegetarian Cumberland sausages

### Vegetables & sides

Mashed potato, peas & carrots

### Vegan Option

Vegetarian Cumberland sausage

### Alternative options

Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Choc ice,  
Fresh fruit bowl

## TUESDAY

### Soup of the day

### Main choices

Vegan chicken in a mildly spiced sauce  
Beef bolognaise  
Chicken & bacon alfredo

### Vegetables & sides

Penne pasta, Mediterranean vegetables & green beans

### Vegan Option

Vegan chicken in a mildly spiced sauce

### Alternative options

Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Lemon drizzle cake & custard  
Fresh fruit bowl

## WEDNESDAY

### Soup of the day

### Main choices

Butternut squash & veg wellington  
Roast lamb & mint sauce (GF)  
Garlic & thyme rubbed chicken

### Vegetables & sides

Roast potatoes, savoy cabbage, parsnips & gravy

### Vegan Option

Butternut squash & veg wellington

### Alternative options

Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Jam doughnut,  
Fresh fruit bowl

## THURSDAY

### Soup of the day

### Main choices

Spring veg & bean cassoulet  
Crispy chicken fillet & BBQ Sauce  
Beef bourguignon

### Vegetables & sides

Steamed rice, peas, baby corn & pesto beans

### Vegan Option

Spring veg & bean cassoulet

### Alternative options

Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Cookies (GF),  
Fresh fruit bowl

## FRIDAY

### Soup of the day

### Main choices

Falafel & spinach burger  
Beef burger in a roll  
Hot Dog in a roll

### Vegetables & sides

Jacket wedges, baked beans, sliced tomato, iceberg, gherkins, burger sauce, American mustard

### Vegan Option

Falafel & spinach burger

### Alternative options

Salad & cold meat bar  
assorted breads, vinaigrettes & oils

### Pudding option

Fruit flavour jelly & pouring cream  
Fresh fruit bowl

## SATURDAY MEXICAN

### Build your own burrito:

Beef mince, Shredded chicken, black beans, cheese, guacamole, lettuce, sour cream, Mexican rice, salsa, tortilla, char grilled peppers & onions

### Nachos

Cheese, guacamole, sour cream, salsa & jalapeno peppers

### Pudding option

Churros  
Fresh fruit bowl

## WEEKDAY THEATRE KITCHENS

Monday to Wednesday - full details are on page 8

### PASTA PARADISE, GRAB & GRAZE

Available to Sixth formers – see page 8

## SUNDAY 11:00-12:00

Brunch Refer to breakfast menu

### Extras surprises

Sweet potato fries

Trio of mixed melon drenched in honey

American pancakes & maple syrup

### Vegan Option

Pancakes & berries



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# SIDCOT SCHOOL DINNER MENU WEEK 2



## MONDAY

### Soup of the day

### Main choices

Creamy vegetable korma

Cajun beef gumbo

Jerk chicken

### Vegetables & sides

Rice n peas, sweetcorn & mixed vegetables

### Vegan Option

Creamy vegetable korma

### Pudding option

Sticky toffee pudding & cream

Fresh fruit bowl

## TUESDAY

### Soup of the day

### Main choices

Gnocchi alla norma

Florentine fishcake (GF)

Sweet chilli chicken

### Vegetables & sides

Saut® potatoes, broccoli florets & honey carrots

### Vegan Option

Pasta alla norma

### Pudding option

Caramel chocolate brownie

Fresh fruit bowl

## WEDNESDAY

### Soup of the day

### Main choices

Summer vegetable risotto

Ham & Mushroom Pasta Bake

Braised beef ragu

### Vegetables & sides

Tricolour fusilli pasta  
corn on the cob & garden peas

### Vegan Option

Pan fried Moroccan aubergine

### Pudding option

Fruit salad & fresh cream

Fresh fruit bowl

## THURSDAY

### Soup of the day

### Main choices

Southern fried vegan fillet

Hand carved honey baked ham

Chicken breast in a cream sauce

### Vegetables & sides

Croquette potatoes, saut® mushrooms & mixed vegetables

### Vegan Option

Southern fried vegan fillet

### Pudding option

Vanilla cheesecake

Fresh fruit bowl

## FRIDAY PORTUGUESE

### Soup of the day

### Main choices

Beanie wrap

Peri Peri Chicken

Portuguese seafood casserole

### Vegetables & sides

Sunshine rice, Portuguese tomato salad,  
corn on the cob

### Vegan Option

Beanie wrap

### Pudding option

Arroz Doze (Portuguese rice pudding)

Fresh fruit bowl

## SATURDAY

### Pizza Night

**\*Served in a pizza box & eaten in the refectory\***

Cheese & tomato

Chargrilled vegetables

Pepperoni passion

### Pudding option

Luxury Chocolate @clair

Fresh fruit bowl

## SUNDAY

### Main choices

Lentil Stew

Roast pork & apple sauce

Chicken kiev

### Vegetables & sides

Roast potatoes, carrots, savoy cabbage & roast gravy

### Pudding option

Butterscotch angel delight



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# SIDCOT SCHOOL LUNCH MENU WEEK 3

## MONDAY

### Soup of the day

### Main choices

Goats cheese & red onion slice  
Macaroni cheese  
Pork stroganoff

### Vegetables & sides

Herby diced potatoes, mixed veg,  
& green beans

### Vegan Option

Chargrilled vegetable slice

### Alternative options

Salad & cold meat bar  
Assorted breads & oils

### Pudding option

Carrot cake  
Fresh fruit bowl

## TUESDAY

### Soup of the day

### Main choices

Tomato & basil  
Chicken & ham pasta bake  
Falafel balls in spicy sauce

### Vegetables & sides

Penne pasta, carrots & garden peas

### Vegan Option

Falafel balls in spicy sauce

### Alternative options

Salad & cold meat bar  
Assorted breads & oils

### Pudding option

Fruit crumble & custard  
Fresh fruit bowl

## WEDNESDAY

### Soup of the day

### Main choices

Ratatouille & cheese bake  
Roast garlic & herb chicken breast  
Roast beef & Yorkshire pudding

### Vegetables & sides

Roasted potatoes, mixed  
vegetables, cauliflower

### Vegan Option

Ratatouille

### Alternative options

Salad & cold meat bar  
Assorted breads & oils

### Pudding option

Sliced fresh melon  
Fresh fruit bowl

## THURSDAY

### Soup of the day

### Main choices

Spinach, sweet potato & lentil dhal  
Coq au vin  
Cornish pasty & gravy

### Vegetables & sides

Savoury rice, sweetcorn & petit pois

### Vegan Option

Spinach, sweet potato & lentil dhal

### Alternative options

Salad & cold meat bar  
Assorted breads & oils

### Pudding option

Fruit Yoghurt pot  
Fresh fruit bowl

## FRIDAY

### Soup of the day

### Main choices

Potato & spring vegetable frittata  
Catch of the day & lemon  
Sausage & bacon casserole

### Vegetables & sides

Chipped potatoes, baked beans  
& mushy peas

### Vegan Option

Vegan Sausage

### Alternative options

Salad & cold meat bar  
Assorted breads & oils

### Pudding option

Arctic roll  
Fresh fruit bowl

## SATURDAY JAPANESE

### Main choices

Salmon teriyaki, Katsu chicken curry

### Vegan Option Tofu teriyaki

### Vegetables & sides

Udon noodles, stir fried vegetables, maki sushi rolls

### Pudding option

Tropical & passionfruit mochi  
(ice-cream wrapped in rice paper)

## WEEKDAY THEATRE KITCHENS

Monday to Wednesday - full details are on page 8

## PASTA PARADISE, GRAB & GRAZE

Available to Sixth formers – see page 8

## SUNDAY 11:00-12:00

Brunch Refer to breakfast menu

### Extras surprises

Bagel Mixed berries & clotted cream  
Sweet waffles & syrup

### Vegan Option

Waffles & syrup



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# SIDCOT SCHOOL DINNER MENU 3

## MONDAY THAI

### Soup of the day

### Main choices

Vegetable Thai green curry  
Thai beef stir fry  
Chicken panang

### Vegetables & sides

Jasmine rice, sugar snap pea,  
corn, salad bar

### Vegan Option

Vegetable Thai green curry

### Pudding option

Fruit salad & cream  
Fresh fruit

## TUESDAY

### Soup of the day

### Main choices

Vegetable lasagne  
Paprika chicken  
Beef lasagne

### Vegetables & sides

Minted potatoes, sauté courgettes,  
cauliflower cheese, salad bar

### Vegan Option

Vegan lasagne

### Pudding option

Chocolate sponge & chocolate  
sauce  
Fresh fruit

## WEDNESDAY

### Soup of the day

### Main choices

Vegetable samosa & curry sauce  
Lamb tagine

Moroccan spiced fish

### Vegetables & sides

Cous cous, Moroccan carrot & diced  
butternut squash, salad bar

### Vegan Option

Vegetable samosa & curry sauce

### Pudding option

European cheese & biscuits  
Fresh fruit

## THURSDAY

### Soup of the day

### Main choices

Summer vegetable quiche  
Pork escalope with mushroom sauce  
Chicken schnitzel

### Vegetables & sides

Croquette potatoes, green beans &  
sweetcorn, salad bar

### Vegan Option

Stuffed pepper

### Pudding option

Rocky road  
Fresh fruit

## FRIDAY STEAK TO ORDER

### Soup of the day

### Main choices

Cauliflower steak

Rump steak from Ruby & White butchers,  
please pre order before Tuesday 1900  
cooked to your preference.

Chicken breast in a rustic BBQ sauce

### Vegetables & sides

Dauphinoise potatoes baby carrots &  
mushroom, half tomato & peas, salad  
bar

### Vegan Option

Cauliflower steak

### Pudding option

Individual lemon Mousse  
Fresh fruit

## SATURDAY

### Burger Night

Garden burger  
Butchers beef burger  
Chicken fillet burger

### Vegetables & sides

Shoestring potatoes, BBQ beans, crispy bacon & onions

### Vegan Option

Garden burger

### Pudding option

Profiteroles & chocolate sauce  
Fresh fruit bowl

## SUNDAY

### Main choices

Spinach & feta parcels  
Roast lamb, Roast chicken

### Vegetables & sides

Roasted new potatoes, carrots, green beans & roast gravy

### Vegan Option

Butternut squash & veg wellington

### Pudding option

Citrus sorbet  
Fresh fruit bowl



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# SIDCOT SCHOOL WEEKLY SPECIALS MENU

## DAILY

### SOUP OF THE DAY

#### Made fresh every day using seasonal produce

Carrot & red lentil  
Moroccan vegetable  
Wild garlic & pesto  
Leek, pea & spinach  
Thai carrot & lemongrass  
Courgette & pea  
Roasted garlic & sweet potato  
Carrot & coriander  
Roasted butternut squash  
Cream of mushroom  
Leek & potato  
Cream of tomato  
Sweet potato & lentil  
Carrot & butternut squash  
Thai chicken  
Cream of potato & courgette  
Tomato, butterbean & chickpea

Pieces of fruit available to all  
apples, banana, orange  
& pear

### SALAD BAR

#### Everyday simple salads

Iceberg & speciality lettuce  
Cucumber & tomatoes  
Sweetcorn & mixed peppers  
Shredded carrots  
Chopped beetroot  
Mixed beans  
Pickled onions or gherkins

#### Composite salads

Choose three: out of  
Coleslaw, Potato salad,  
Greek salad, Puy lentil &  
butternut squash, Summer veg  
noodles, Panzanella, Mexican  
pepper, Fruity couscous,

#### The protein

Choose two: out of grated  
cheese, boiled eggs, tuna,  
ham, beef, salami, beans  
Daily speciality salads

## MONDAY TO FRIDAY

### MORNING BREAK

Chopped fresh fruit  
Hot & cold beverages  
Biscuit of the day

### GRAB N GRAZE

Selection of sandwiches  
Cheddar cheese & tomato  
Hummus & falafel  
Egg mayo & salad  
Coronation chicken & salad  
Chicken & bacon mayo  
Ham, cheese & salad  
Chicken & BBQ sauce

#### Walkers crisps

## MONDAY TO THURSDAY

### PASTA PARADISE SIXTH FORMERS.

#### Freshly cooked pasta with a selection of sauces

Mac & cheese  
Vegetable ravioli  
Tomato & basil  
Vegan beanie chilli  
Bacon & cheese sauce  
Meatballs in tomato sauce  
Beef ragu

## MONDAY TO WEDNESDAY THEATRE KITCHENS

### KITCHEN @ SIDCOT

#### Street food bar with a different dish every day!!

Sweet chilli pulled chicken, tomato, lettuce in a pita bread  
Sticky hoisin beef tortillas with peppers & sweet chilli sauce  
Tacos with chicken, salsa & Guacamole  
Crispy chicken wrap, BBQ sauce, cheese, mayo & lettuce  
Halloumi wraps, chilli mayo & lettuce  
Honey & soy beef boa buns  
Teriyaki pulled chicken on wedges with cheese  
Thai chicken in a miso broth  
Moroccan spiced lamb  
Korean beef, rice, peppers & pickled onion

### JACKET POTATO BAR

Coronation chicken  
Salami & tomato  
Tuna & sweetcorn  
Summer couscous  
Cheddar cheese  
Baked beans

### OMELETTE

Made to order with tomato, ham and/or cheese

## THEATRE KITCHENS

Monday 1255-1330 Year 7, 8  
Tuesday 1305-1330 Year 9, 10  
Wednesday 1300-1330 Year 11, 12, 13  
Mon-Wed 1230-1250 Year 12,13



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All dishes on this page are examples of what we offer. Please see blackboards, display stands & your server for what's available each day