

# SIDCOT SCHOOL BREAKFAST MENU

## MONDAY

### Cooked breakfast

Oven baked sausage, scrambled egg & baked beans

### Alternative & fresh fruit option

Cinnamon Swirl  
Melon slice

### Vegan option

Scrambled tofu, saute 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

## THURSDAY

### Cooked breakfast

Cheese omelette, saute mushrooms & beef tomato slice

### Alternative & fresh fruit option

Strawberry & banana Smoothie  
Chopped fresh pineapple

### Vegan option

Bacon, scrambled tofu & baked beans

## FRIDAY

### Cooked breakfast

Crispy bacon, French toast, berries & maple syrup

### Alternative & fresh fruit option

Chocolate twist  
Mixed grapes

### Vegan option

Waffle, bacon, maple syrup & berries

## 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, Wholewheat fruit & fibre, Special K, Coco pops, Shreddies, Cherrios, Cornflakes, Weetabix, Frosties, Rice Krispies, Toast, spreads & preserves GF bread & GF cereal

### Yoghurt Bar

Strawberry, peach, natural & Greek yoghurt, coconut yoghurt, 3 omega seeds, mandarins, peaches, dried apricot & dates, 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 weekly specials

Poached egg, Roasted cherry tomato & spinach, Saute Mushroom, Oven cooked sausage, hash browns, bacon & baked beans

### Vegan option

Hash brown, baked beans, bacon & scrambled tofu

### The Sidcot Fruit Stop @ theatre kitchen.

### **Build Your Own Fruit Bowl!**

Choose from 6 delicious fruits to create your perfect, custom fruit bowl.

**Fresh. Healthy. Your Way.**



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# 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

Choc Ice  
Fresh fruit



## TUESDAY

### Soup of the day

### Main choices

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

### Vegetables & sides

Whole wheat 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

## WEDNESDAY

### Soup of the day

### Main choices

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

### Vegetables & sides

Roast potatoes, savoy cabbage,  
carrots & gravy (GF)

### Vegan Option

Lightly spiced sweet potato &  
tomato roulade (GF)

### Alternative options

Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Flapjack  
Fresh fruit

## THURSDAY

### Soup of the day

### Main choices

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

### Vegetables & sides

Fresh herb brown rice, green beans &  
sweetcorn

### Vegan Option

Quorn & pepper stir-fry

### Alternative options

Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Fruit yoghurt  
Fresh fruit

## FRIDAY

### Soup of the day

### Main choices

Vegan nuggets  
Catch of the day & lemon wedge  
Cornish pasty & gravy

### Vegetables & sides

Chipped potatoes, baked tomatoes  
& mushy peas

### Vegan Option

Vegan Nuggets

### Alternative options

Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Fresh sliced pineapple & melon  
Fresh fruit

## SATURDAY ITALIAN

### Main choices

Veganesca—olives, med veg  
Meatballs in basil sauce  
Pesto glazed roasted vegetables

### Vegetables & sides

Wholewheat fusilli, market vegetables & focaccia

### 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

### Specials for week 1

Smashed avocado & bagel  
Sweet waffles & syrup  
Sweet potato fries

### 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

Fruit crumble  
Fresh fruit

## TUESDAY

### Soup of the day

### Main choices

Sweet potato, coriander & hummus  
Honey & soya baked salmon  
Five spiced pork chop

### Vegetables & sides

Champ, green beans, butternut  
squash, salad bar

### Vegan Option

Sweet potato, coriander & hummus

### Pudding option

Crepes with berries & chocolate  
sauce  
Fresh fruit

## WEDNESDAY

### Soup of the day

### Main choices

Macaroni cheese  
Vegan meatballs in tomato sauce  
Beef 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

Treacle tart with cream  
Fresh fruit

## THURSDAY

### Soup of the day

### Main choices

Squash & pepper gratin  
Creamy Tuscan pork belly  
Hunters chicken breast

### Vegetables & sides

Chive & garlic potato, half tomato,  
mushroom & peas, salad bar

### Vegan Option

Squash & pepper gratin

### Pudding option

Fruit salad & cream  
Fresh fruit

## FRIDAY CHINESE

### Soup of the day

### Main choices

Spring rolls & plum sauce  
Chicken chow mein  
Pork 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

Passionfruit cheesecake  
Fresh fruit

## SATURDAY

### Basket meal night

Sidcot Fried Chicken—selection of SF coated chicken legs & hot wings  
Southern fried mozzarella popcorn  
Spinach tortilla wrap with hummus, falafel & roasted red pepper

### Vegetables & sides

Sweet potato fries, salad bar

### Pudding option

Apple crumble with custard  
Fresh fruit

## 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



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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

Shortbread  
Fresh fruit

## TUESDAY

### Soup of the day

### Main choices

Vegan pieces in a mildly spiced sauce  
Beef bolognaise  
Chargrilled pesto chicken

### 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

Bread & Butter pudding  
Fresh fruit

## WEDNESDAY

### Soup of the day

### Main choices

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

### Vegetables & sides

Roast potatoes, carrots or parsnips, savoy cabbage & gravy

### Vegan Option

Butternut squash & veg wellington

### Alternative options

Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Lemon drizzle cake  
Fresh fruit

## THURSDAY

### Soup of the day

### Main choices

Beanie chilli  
Crispy chicken fillet & BBQ Sauce  
Lightly spiced pulled beef

### Vegetables & sides

Steamed brown rice, peas, baby corn & beans

### Vegan Option

Beanie chilli

### Alternative options

Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Jam doughnut  
Fresh fruit

## 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

## 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 or Sopapillas with cinnamon or chocolate sauce  
Fresh fruit

## 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

Steamed Vegetable Bao Bun  
American pancakes & maple syrup  
Scrambled egg & spinach bagel

### Vegan Option

Pancakes & berries  
Fresh fruit



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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

## TUESDAY

### Soup of the day

### Main choices

Vegetarian Moussaka  
Fishcake  
Sweet chilli chicken

### Vegetables & sides

Saute potatoes, broccoli florets & honey carrots

### Vegan Option

Stuffed bell pepper

### Pudding option

Caramel chocolate brownie  
Fresh fruit

## WEDNESDAY

### Soup of the day

### Main choices

Summer vegetable risotto  
Ham & Mushroom Pasta Bake  
Braised beef ragu

### Vegetables & sides

Wholewheat fusilli pasta  
sweetcorn & garden peas

### Vegan Option

Pan fried Moroccan aubergine

### Pudding option

Fruit salad & fresh cream

## THURSDAY

### Soup of the day

### Main choices

Southern fried vegan fillet  
Honey glazed bacon joint  
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

## FRIDAY KOREAN

### Soup of the day

### Main choices

Gochujang chilli pork ribs  
Korean BBQ chicken strips  
Yachaejeon (Vegetable pancakes)

### Vegetables & sides

Sticky rice, Korean slaw, stir fried vegetables

### Vegan Option

Vegan stir fry

### Pudding option

Yakgwa (Honey & ginger cookies)  
Fresh fruit

## SATURDAY

### Curry Night

Lamb Rogan Josh  
Butter chicken  
Sweet potato korma

### Vegetables & sides

Aloo gobi, Sag aloo, Onion bhaji, Poppadums' with mango chutney

### Pudding option

Mango Lassi  
Fresh fruit

## 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  
Fresh fruit



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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 loin with garlic mushroom sauce

### Vegetables & sides

Herby diced potatoes, mixed veg, & green beans

### Vegan Option

Chargrilled vegetable stack

### Alternative options

Salad & cold meat bar  
Assorted breads & oils

### Pudding option

Carrot cake  
Fresh fruit

## TUESDAY

### Soup of the day

### Main choices

Tomato & basil  
Chicken & mushroom 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 & cream  
Fresh fruit

## 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 cheese

### Vegan Option

Ratatouille

### Alternative options

Salad & cold meat bar  
Assorted breads & oils

### Pudding option

Sliced fresh melon  
Fresh fruit

## THURSDAY

### Soup of the day

### Main choices

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

### Vegetables & sides

New potatoes, sweetcorn & peas

### Vegan Option

Spinach, sweet potato & lentil dhal with rice

### Alternative options

Salad & cold meat bar  
Assorted breads & oils

### Pudding option

Fruit Yoghurt pot  
Fresh fruit

## FRIDAY

### Soup of the day

### Main choices

Hummus, roasted veg, salsa on a pitta bread  
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

## SATURDAY JAPANESE

### Main choices

Salmon teriyaki, Katsu chicken curry

### Vegan Option

Aubergine katsu curry

### Vegetables & sides

Udon noodles, stir fried vegetables, maki sushi rolls

### Pudding option

Coconut mochi or Raspberry 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

Sweet waffles & syrup

Smoked Salmon & cream cheese bagel

### Vegan Option

Waffles & syrup

Fresh fruit



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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,  
babycorn, salad bar

### Vegan Option

Vegetable Thai green curry

### Pudding option

Tropical fruit salad & cream  
Fresh fruit

## TUESDAY

### Soup of the day

### Main choices

Red pepper & feta quiche  
Pork chop with mushroom sauce  
Turkey schnitzel

### Vegetables & sides

Croquette potatoes, green beans &  
broccoli, salad bar

### Vegan Option

Stuffed pepper

### Pudding option

Rocky road  
Fresh fruit

## WEDNESDAY

### Soup of the day

### Main choices

Vegetable samosa & curry sauce  
Lamb tagine

Moroccan spiced fish loin

### 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

Vegetable lasagne  
Gnocchi alla norma  
Beef lasagne

### Vegetables & sides

Minted potatoes, sauté courgettes,  
garlic bread, salad bar

### Vegan Option

Vegan lasagne

### Pudding option

Chocolate sponge & chocolate  
sauce  
Fresh fruit

## FRIDAY STEAK TO ORDER

### Soup of the day

### Main choices

Cauliflower steak  
Rump steak from Ruby & White butchers  
cooked to your preference, *please pre  
order by Wednesday 1900*.  
Chicken breast in a rustic BBQ sauce

### Vegetables & sides

Dauphinoise potatoes baby carrots &  
mushroom, half tomato & petit pois,  
salad bar

### Vegan Option

Cauliflower steak

### Pudding option

Individual lemon Mousse  
Fresh fruit

## SATURDAY

### American Diner Experience

Garden burger (vegan)  
American beef burger, Grilled Chicken fillet in a wholemeal bun

### Sides & Salads

French fries, onion rings, rainbow slaw, quinoa tabbouleh

### Theatre kitchen—customise your burger

Shredded lettuce, beef tomato slice, cheese slice, sliced onions, gherkins,  
burger sauce, ketchup, American mustard

### Pudding option

New York Cheesecake or Water melon slice

## SUNDAY

### Main choices

Roasted butternut squash stack with pesto  
Roast lamb  
Roast chicken

### Vegetables & sides

Roasted new potatoes, carrots, green beans & roast gravy

### Vegan Option

Butternut squash & veg wellington

### Pudding option

Citrus sorbet or Fresh fruit bowl



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# SIDCOT SCHOOL WEEKLY SPECIALS MENU

## DAILY

### JACKET POTATOES

### SALAD BAR

#### The protein

Grated cheese, Boiled eggs,  
Tuna nicoise, Wiltshire Ham,  
Roast Beef, Salami, mixed  
beans, Coronation chicken  
Daily speciality salads.

#### Composite salads

Coleslaw, Potato salad,  
Greek salad, Puy lentil &  
butternut squash, vegetable  
noodles, Panzanella, Mexican  
pepper, Fruity couscous,  
Quinoa salad

#### Everyday simple salads

Baby mixed leaf, Cucumber &  
tomatoes, Sweetcorn, mixed  
peppers, Shredded carrots,  
Chopped beetroot, Pickled  
onions gherkins

### SOUP OF THE DAY

#### Made fresh every day using seasonal produce

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

## MONDAY TO FRIDAY

### MORNING BREAK

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

### THE SIDCOT FRUIT STOP

Variety of sliced melons  
Pineapple chunks  
Whole green & red apples  
Banana  
Satsuma / Clementine  
Peach slices  
Pears  
Mango  
Seedless grapes  
Kiwi halves  
Selection of berries  
Dried fruit

## 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  
Beef chilli

## MONDAY TO WEDNESDAY

### 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 pep-  
pers & 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

## THEATRE KITCHENS

Monday 1305-1340 Year 7, 8, 9, 11

Tuesday 1305-1330 Year 7, 8, 9, 10

Wednesday 1310-1330 Yr 10, 11, 12, 13

Mon-Wed 1240-1300 Year 12,13

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



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