

# SIDCOT SCHOOL BREAKFAST MENU

## MONDAY

### Cooked breakfast

Streaky bacon, scrambled egg & baked beans

### Alternative & fresh fruit option

Cinnamon Swirl  
Melon slice

### Vegan option

Bacon, scrambled tofu & baked beans

## TUESDAY

### Cooked breakfast

Back bacon, hash browns & poached egg

### Alternative & fresh fruit option

Pain au chocolate  
Mixed berries

### Vegan option

Hash brown, sausage & 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, GF sausage & saute mushrooms

### Alternative & fresh fruit option

Blueberry muffin  
Chopped fresh pineapple

### Vegan option

Scrambled tofu, saute mushrooms & quorn sausage

## 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

Strawberry & banana Smoothie  
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.**

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



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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 Cake

### Vegetables & sides

New potato, green beans, leeks & peas

### Vegan Option

Vegan sausage roll

### Alternative options

Jacket potatoes, Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Choc Ice  
Fresh fruit



## SATURDAY MEXICAN

### Build your own burrito:

Beef mince, Shredded chicken, vegan chilli, cheese, guacamole, lettuce, sour cream, Mexican rice, salsa, tortilla & chargrilled peppers

### Nachos

Cheese, guacamole, sour cream, salsa & jalapeno peppers

### Pudding option

Mexican fruit salad with honey

Fresh fruit

## TUESDAY ITALIAN LUNCH

### Soup of the day

### Main choices

Margarita pizza  
Sicilian lemon chicken  
Smoked bacon carbonara

### Vegetables & sides

Whole wheat pasta penne, sweetcorn & garden peas

### Vegan Option

Chargrilled vegetable with pesto

### Alternative options

Jacket potatoes, Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Semifreddo with fruit coulis  
Fresh fruit

## WEDNESDAY

### Soup of the day

### Main choices

Southern fried vegan nuggets  
Roast turkey & stuffing  
Cheese & bacon turnover

### Vegetables & sides

Roast potatoes, savoy cabbage, mixed vegetables & gravy (GF)

### Vegan Option

Southern fried vegan nuggets

### Alternative options

Jacket potatoes, Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Flapjack  
Fresh fruit

## THURSDAY

### Soup of the day

### Main choices

Vegetable tagine  
Hoisin chicken strips  
Mild beef chilli con carne

### Vegetables & sides

Fresh herb brown rice, broccoli & sweetcorn

### Vegan Option

Vegetable tagine

### Alternative options

Jacket potatoes, Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Fruit yoghurt  
Fresh fruit

## FRIDAY

### Soup of the day

### Main choices

Vegetable tikka on naan bread  
Catch of the day & lemon wedge  
Cornish pasty & gravy

### Vegetables & sides

Chipped potatoes, baked tomatoes & garden peas

### Vegan Option

Vegetable tikka on naan bread

### Alternative options

Jacket potatoes, Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Fresh sliced pineapple & melon  
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

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

## 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

### Main choices

Vegan quorn & pepper stir-fry  
Crispy skin chicken with lemon & herb  
BBQ pulled pork with pita

### Vegetables & sides

Steamed rice, Mediterranean roasted vegetables, baby spinach & chickpea

### Vegan Option

Vegan quorn & pepper stir-fry

### Pudding option

Fruit crumble & custard  
Fresh fruit

## TUESDAY

### 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

### INDIAN

### Main choices

Butter Chicken

Lamb Rogan Josh

Sweet potato korma

### Vegetables & sides

Pilau Rice, Sag aloo, Poppadums' with mango chutney

### Vegan Option

Sweet potato curry

### Pudding option

Mango Lassi

Fresh fruit

## THURSDAY

### Main choices

Vegetable gratin

Teriyaki pork belly

Sweet chilli chicken stir fry

### Vegetables & sides

Chive & garlic potato, mushroom & peas, salad bar

### Vegan Option

Vegetable gratin

### Pudding option

Chocolate mousse

Fresh fruit

## FRIDAY CHINESE

### Main choices

Spring rolls & soy & chilli 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 & soy & chilli 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

Banoffee pie

Fresh fruit

## SUNDAY

### Main choices

Roast beef & Yorkshire pudding

Roast chicken & stuffing

Butternut squash, kale & apricot roast (GF)

### Vegetables & sides

Roast potatoes, carrots, cauliflower cheese & roast gravy

### Pudding option

Apple crumble with custard

Fresh fruit



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# SIDCOT SCHOOL LUNCH MENU WEEK 2

## MONDAY

### Soup of the day

### Main choices

Mushroom, tomato, celeriac & pesto stack (GF)  
Butchers sausages in red wine gravy  
Vegan sausages

### Vegetables & sides

Mashed potato, broccoli & carrots

### Vegan Option

Vegan sausage

### Alternative options

Jacket potatoes, Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Shortbread  
Fresh fruit



## SATURDAY ITALIAN

### Main choices

Pepperoni pizza  
Meatballs in basil sauce  
Pesto glazed roasted vegetables

### Vegetables & sides

Wholewheat fusilli, market vegetables & focaccia

### Pudding option

Tiramisu

## TUESDAY

### Soup of the day

### Main choices

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

### Vegetables & sides

Penne pasta, Mediterranean vegetables & garlic bread

### Vegan Option

Vegan chicken in a mildly spiced sauce

### Alternative options

Jacket potatoes, Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Golden syrup sponge pudding with chocolate sauce  
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

Jacket potatoes, Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Fruit salad & fresh cream  
Fresh fruit

## THURSDAY

### Soup of the day

### Main choices

Beanie chilli  
Crispy chicken fillet & BBQ Sauce  
Chinese 5 spiced pulled beef

### Vegetables & sides

Steamed brown rice, peas & green beans

### Vegan Option

Beanie chilli

### Alternative options

Jacket potatoes, Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Doughnuts  
Fresh fruit

## FRIDAY

### Soup of the day

### Main choices

Hummus, roasted veg, salsa on a pitta bread  
Beef burger on a roll  
Sausage, bacon & onion

### Vegetables & sides

Jacket wedges, baked beans, sweetcorn

### Vegan Option

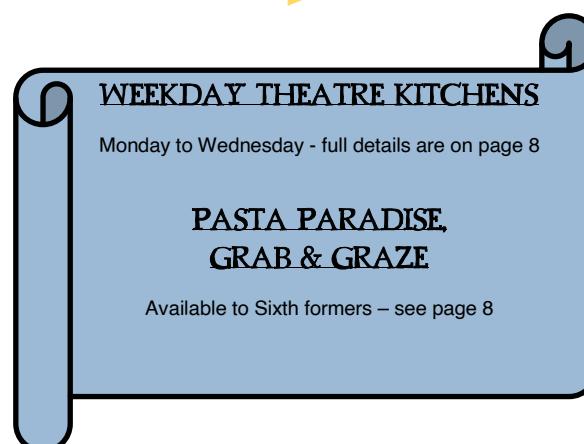
Hummus, roasted veg, salsa on a pitta bread

### Alternative options

Jacket potatoes, Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Vegan Fruit flavour jelly & pouring cream  
Fresh fruit



## SUNDAY 11:00-12:00

Brunch Refer to breakfast menu

### Extras surprises

Teriyaki chicken 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

### Main choices

Jamaican vegetable curry

Cayenne glazed pork loin

Jerk chicken

### Vegetables & sides

Rice n peas, sweetcorn & mixed vegetables

### Vegan Option

Jamaican vegan curry

### Pudding option

Jamaican ginger cake

Fresh fruit



## TUESDAY

### Main choices

Vegetarian Moussaka

Fishcake

Hunters chicken breast

### Vegetables & sides

Saute potatoes, broccoli florets & honey carrots

### Vegan Option

Vegan aubergine bake

### Pudding option

Caramel chocolate brownie

Fresh fruit

## WEDNESDAY

### Main choices

Market vegetable risotto

Ham & pea pasta bake

Braised beef ragu

### Vegetables & sides

Wholewheat fusilli pasta  
sweetcorn & mixed veg

### Vegan Option

Market vegetable risotto

### Pudding option

Profiteroles

Fresh fruit

## THURSDAY

### Main choices

Southern fried vegan nuggets

Honey glazed bacon joint

Chicken breast in a cream sauce

### Vegetables & sides

Croquette potatoes, saute mushrooms & country vegetables

### Vegan Option

Southern fried vegan nuggets

### Pudding option

Vanilla cheesecake

Fresh fruit

## FRIDAY THAI

### Main choices

Vegetable Thai green curry

Thai beef stir fry

Chicken panang

### Vegetables & sides

Rice, sugar snap pea, edamame beans, baby corn, salad bar

### Vegan Option

Vegetable Thai green curry

### Pudding option

Tropical fruit salad & cream

Fresh fruit

## SATURDAY JAPANESE

### Main choices

Salmon teriyaki

Katsu chicken curry

### Vegan Option

Aubergine katsu curry

### Vegetables & sides

Udon noodles, steamed edamame beans, broccoli & spinach

### Pudding option

Coconut mochi or Raspberry mochi

## SUNDAY

### Main choices

Lentil Stew

Roast pork & apple sauce

Chicken Kyiv

### Vegetables & sides

Roast potatoes, carrots, savoy cabbage & roast gravy

### Pudding option

Chef special

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

Jacket potatoes, Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Fruit crumble & cream  
Fresh fruit



## SATURDAY SPANISH

### Main choices

Chicken & chorizo paella  
Spanish beef stew  
Spanish omelette

### Vegetables & sides

Garlic bread, green beans with olive oil & garlic, sweetcorn

### Pudding option

Churros with chocolate sauce

## TUESDAY

### Soup of the day

### Main choices

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

### Vegetables & sides

Penne pasta, carrots & garden peas

### Vegan Option

Falafel balls in spicy sauce

### Alternative options

Jacket potatoes, Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Cookies  
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

Jacket potatoes, Salad & cold meat bar  
Assorted breads, vinaigrettes & 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

Jacket potatoes, Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Fruit Yoghurt pot  
Fresh fruit

## FRIDAY

### Soup of the day

### Main choices

Chargrilled vegetable with pesto  
Catch of the day & lemon  
Butterflied cajun chicken breast

### Vegetables & sides

Chipped potatoes, baked beans, garden peas

### Vegan Option

Chargrilled vegetable with pesto

### Alternative options

Jacket potatoes, Salad & cold meat bar  
Assorted breads, vinaigrettes & oils

### Pudding option

Arctic roll  
Fresh fruit bowl

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## 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

### Main choices

Roasted cauliflower & five bean stew

Beef steak pie

Chicken chasseur

### Vegetables & sides

Brown rice, sweetcorn, sugar snap peas

### Vegan Option

Roasted cauliflower & five bean stew

### Pudding option

Pastel del nata

Fresh fruit

## TUESDAY

### Main choices

Red pepper & feta bake

Pork chop with salsa verde

Turkey schnitzel

### Vegetables & sides

Croquette potatoes, green beans & broccoli, salad bar

### Vegan Option

Stuffed pepper

### Pudding option

Rocky road

Fresh fruit

## WEDNESDAY

### Main choices

Vegetable samosa

Lamb tagine

Honey & paprika chicken

### Vegetables & sides

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

### Vegan Option

Vegetable samosa & curry sauce

### Pudding option

Local & European cheese & biscuits

Fresh fruit

## THURSDAY

### Main choices

Vegetable lasagne

Gnocchi alla norma

Beef lasagne

### Vegetables & sides

Garlic bread, Caprese salad (tomato & mozzarella) saute courgettes, salad bar

### Vegan Option

Vegan lasagne

### Pudding option

Chocolate fudge cake

Fresh fruit

## FRIDAY

### STEAK TO ORDER

### Main choices

Cauliflower steak  
Rump steak from RD Johns butchers  
cooked to your preference  
Chicken breast in a rustic BBQ sauce

### Vegetables & sides

Dauphinoise potatoes baby carrots & mushroom, half tomato & Smokey BBQ beans, 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, cabbage & 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

## 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

## 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 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

## OMELETTE BAR

Made to order with tomato, ham and/or cheese



## KITCHEN @ SIDCOT & OMELETTE BAR

Available Monday, Tuesday & Wednesday 1245-1330

## PASTA PARADISE

Open to 6th formers 1245-1330

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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