SIDCOT SCHOOL BREAKFAST MENU

MONDAY

COOKED BREAKFAST

Back bacon (GF) hash browns (GF,VE)
poached & boiled egg (GF)

ADDITIONS

Chocolate croissant
Waffles
Porridge
Sliced melon (GF, VE)

DIETARY ALTERNATIVES

Bacon (GF, VE), scrambled tofu (GF, VE)
Croissant (GF)

TUESDAY

COOKED BREAKFAST

Buttermilk pancakes crispy bacon (GF)
Scrambled & boiled egg (GF)
Mixed berries & maple syrup (GF, VE)

ADDITIONS

Butter croissant
Cinnamon swirl
Porridge
Mixed grapes (GF, VE)

DIETARY ALTERNATIVES

Vegan pancake (VE), GF croissant

WEDNESDAY

CONTINENTAL BREAKFAST

Continental meats & cheeses (GF)
Smashed avocado (GF, VE)
Toasted breakfast muffin (VE)
Boiled egg (GF)

ADDITIONS

Pain au chocolat
Assorted rolls (VE)
Porridge
Chopped kiwi & mango (GF, VE)

DIETARY ALTERNATIVES

Raspberry croissant (VE) Ciabatta (VE GF)

THURSDAY

COOKED BREAKFAST

Cheese omelette (GF)
Ham & Cheese omelette (GF)
Pork sausage (GF)
Sautee mushroom (GF, VE)
Boiled egg (GF)

ADDITIONS

Mini bluebery muffin
Portugese custard tart
Porridge
Chopped fresh pineapple (GF, VE)

DIETARY ALTERNATIVES

Blueberry croissant (VE) Ciabatta (VE GF)
Vegan sausage (GF, VE)

FRIDAY

COOKED BREAKFAST

Streaky bacon (GF)
Scrambled & boiled egg (GF)
Smoked salmon (GF)
Baked beans (GF, VE)

ADDITIONS

Chocolate twist
Mini pastries
Porridge
Mixed berries (GF, VE)

DIETARY ALTERNATIVES

Bacon (GF, VE), scrambled tofu (GF, VE)
Croissant (GF)

SATURDAY

CONTINENTAL BREAKFAST

Continental meats & cheeses (GF)
Smashed avocado (GF, VE)
Boiled egg (GF)

ADDITIONS

Strawberry & banana smoothie (GF, VE)
Pain au Chocolat
Croissant
Sliced watermelon & fruits (GF, VE)
Assorted rolls (VE)

DIETARY ALTERNATIVES

Vegan waffle & berries (VE)
Vegan cheeses (GF, VE)
Ciabatta (VE GF)

AVAILABLE DAILY

CEREALS & TOAST

Selection of 6 cereals from Kelloggs granola, Frosties, Coco pops, Special K, Bran flakes, Cornflakes, Rice Kripies, Cheerios & Weetabix.
Variety of different breads & bagels to toast with spreads & preserves

DIETARY ALTERNATIVES

GF Bread, GF Cornflakes, Coconut yoghurt (GF, VE) Alpro Yoghurt (GF, VE)

YOGHURT BAR - TOPPINGS ALL GF & VE

Strawberry, Natural & Greek yoghurt, Toasted seeds, mandarins, dried apricots & dates, chia seeds, banana chips, cranberries, papya, GF Oats, Yoghurt covered fruit, goji berries

BEVERAGES & ALTERNATIVE MILKS

Selection of hot drinks including cappuccino, latte, tea, hot chocolate, herbal teas.
Orange & apple juice. Oat, coconut, soya & lactose free milk

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SUNDAY BRUNCH

Poached, scrambled & boiled egg (GF)
Roasted tomatoes (GF, VE)
Sautee mushroom (GF, VE)
Sausage & Bacon (GF)
Hash brown & Sweet potato fries (GF, VE)
Baked beans (GF, VE)
Sticky Rice (GF, VE)

ADDITIONS

Selection of 6 fruits to create your own fruit bowl
Mini pastries

DIETARY ALTERNATIVES

Vegan sausage & bacon (GF, VE)

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SIDCOT SCHOOL LUNCH MENU WEEK 1

MONDAY

MAIN CHOICES

Mushroom, tomato, celeriac & pesto stack (GF, VE)
Butchers pork sausage (GF)
Quorn sausage (VE)

SIDES

Mashed potato (GF)
Gravy (GF, VE)
Brocolli (GF, VE)
Carrots (GF, VE)

DIETARY ALTERNATIVES

Vegan rice pudding (GF, VE)

DESSERT

Vanilla rice pudding (GF)

TUESDAY

CHRISTMAS LUNCH

Roast Turkey (GF)
Butternut squash & lentil wellington (VE)

SIDES

Roast potatoes (GF,VE)
Pigs in blankets (GF)
Pork, cranberry & apple stuffing (GF)
Carrots (GF, VE)
Sprouts (GF, VE)
Honey roast parsnip (GF)
Cranberry sauce (GF, VE)
Gravy (GF, VE)

DESSERT

Mini mince pies (GF available)
Rudolph shortbread biscuits
Chocolate yule log
Christmas pudding (VE)

WEDNESDAY

MAIN CHOICES

Vegetable tagine (GF, VE)
Hoisin chicken strips (GF)
Mild beef chilli con carne (GF)

SIDES - ALL GF & VE

Fresh herb wholegrain rice
Brocolli
Sweetcorn

DIETARY ALTERNATIVES

Fruity flapjack (GF ,VE)

DESSERT

Flapjack (GF)

MERRY CHRISTMAS TO ALL FROM THE CATERING DEPARTMENT!!!

AVAILABLE DAILY

Soup of the day, Jacket potatoes, Baked beans, Pasta, Chef made tomato & basil sauce, Plain chicken, salad bar with 18 different salads, cheeses, meats & fish. Assorted breads, vinagarettes & oils, fruit fridge

WEEKDAY THEATRE KITCHENS - MON & WED

Omelette bar, Sidcot Subs & Street food - full details on page 8

PASTA PARADISE (DELI) - MON & WED

available to sixth formers - full details on page 8

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SIDCOT SCHOOL DINNER MENU WEEK 1

MONDAY
1700-1730

MAIN CHOICES

Quorn & pepper stir fry (GF, VE)
Pulled pork (GF) & pitta bread
Lemon & herb chicken (GF)

SIDES - ALL GF & VE

Wholegrain rice
Mediterranean Veg
Baby spinach & chickpea

DIETARY ALTERNATIVE

GF vegan crumble (GF, VE)

DESSERT

Fruit crumble & custard

TUESDAY

MAIN CHOICES

Sweet potato, coriander & hummus (GF, VE)
Five spiced pork chop (GF)
Honey & soy baked salmon (GF)

SIDES

Roasted baby jacket potatoes (GF, VE)
Roasted butternut squash (GF, VE)
Brocolli (GF, VE)
Rice (GF, VE)

DIETARY ALTERNTIVES

Individual brownie (GF, VE)

DESSERT

Caramel chocolate brownie

END OF TERM

SEE YOU ALL NEXT YEAR!!

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SIDCOT SCHOOL LUNCH MENU WEEK 2

MONDAY

MAIN CHOICES

Macaroni Cheese
Pork loin with garlic mushroom sauce
Chargrilled vegetable stack (GF,VE)

SIDES

Croquettes (VE)
Mixed veg (GF, VE)
Green beans (GF, VE)

DIETARY ALTERNATIVES

Vanilla Ice cream (GF, VE)

DESSERT

Sticky toffee puding with cream

TUESDAY

MAIN CHOICES

Quorn pieces in mildly spiced sauce (GF, VE)
Beef Bolognaise (GF)
Chargrilled pesto chicken (GF)

SIDES

Whole wheat penne pasta (VE)
Mediterean veg (GF, VE)
Peas (GF, VE)
Garlic bread

DIETARY ALTERNATIVES

Cookie (GF,VE)

DESSERT

Fluffy lemon sponge served warm with a zesty lemon syrup

WEDNESDAY

MAIN CHOICES

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

SIDES - ALL GF & VE

Roast potatoes
Savoy cabbage
Carrot or honey roast parsnips
Gravy

DIETARY ALTERNATIVES

Sweet potato falafel (GF ,VE)

DESSERT

Fruit salad (GF,VE) & Cream (GF)

THURSDAY

MAIN CHOICES

Beanie Chilli (GF,VE)
BBQ pork strips (GF)
Crispy chicken fillet & BBQ sauce

SIDES - ALL GF & VE

Steamed brown rice
Mixed vegetables
Peas

DIETARY ALTERNATIVES

Speculoos filled mini doughtnut (VE)
Choc Ice (GF)

DESSERT

Doughnuts

FRIDAY

MAIN CHOICES

Garden burger in a brioche bun (GF, VE)
Beef burger in a roll
Lemon & herb grilled chicken (GF)

SIDES - ALL GF & VE

Potato wedges
Baked beans
Sweetcorn

DIETARY ALTERNATIVES

Apple & elderflower cake (GF,VE)

DESSERT

Strawberry roly poly

SATURDAY

MAIN CHOICES

Chicken & pancetta risotto (GF)
Meatballs in basil sauce
Vegetable arancini (GF, VE)

SIDES

Wholewheat fusilli (VE)
Market vegetables (GF, VE)
Focaccia (VE)

DIETARY ALTERNATIVES

Pasta (GF, VE) Ciabatta (GF, VE)
Fruit sorbet (GF,VE)

DESSERT

Vanilla panna cotta

AVAILABLE DAILY

Soup of the day, Jacket potatoes, Baked beans, Pasta, Chef made tomato & basil sauce,
Plain chicken, salad bar with 18 different salads, cheeses, meats & fish.
Assorted breads, vinagarettes & oils, fruit fridge

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SUNDAY BRUNCH

SPECIALS FOR WEEK 2

Banana bread cake
American pancakes & maple syrup
Pastrami & emmental bagel

DIETARY ALTERNATIVES

Pancakes & berries (VE)
GF Crossiant (GF)

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SIDCOT SCHOOL DINNER MENU WEEK 2

MONDAY

MAIN CHOICES

Slow cooked beef in a rich gravy (GF)
Creamy chicken & mushroom (GF)
Roasted vegetable casserole (GF, VE)

SIDES

Puff pastry lid (VE)
Mashed potato (GF)
Carrot (GF, VE)
Broccoli (GF, VE)

DESSERT

Sliced fruit (GF, VE)

TUESDAY

MAIN CHOICES

Vegetable gratin (GF,VE)
Teriyaki pork belly
Sweet chilli chicken stir fry (GF)

SIDES - ALL GF & VE

New potatoes
Mushroom
Peas
Rice

DIETARY ALTERNATIVES

Fruit smoothie (GF, VE)

DESSERT

Belgian waffles with berries & chocolate sauce

WEDNESDAY

MAIN CHOICES

Market vegetable risotto (GF,VE)
Ham & pea pasta bake
Chinese 5 spiced pulled beef (GF)

SIDES

Wholewheat pasta (VE)
Sweetcorn (GF,VE)
Mixed Vegetables (GF,VE)
Rice (GF,VE)

DIETARY ALTERNATIVES

Power ball (GF,VE)

DESSERT

Profiteroles

THURSDAY

MAIN CHOICES

Southern fried nuggets (VE)
Honey glazed bacon joint (GF)
Chicken breast in a cream sauce (GF)

SIDES - ALL GF & VE

Baby jacket potatoes
Green beans
Market vegetables
Jasmine rice

DIETARY ALTERNATIVES

Beetroot falafel (GF,VE)
Individual Brownie (GF,VE)

DESSERT

Bramley apple pie

FRIDAY

MAIN CHOICES

Vegetable Thai green curry (GF ,VE)
Chicken Thai green curry (GF)
Thai beef stirfry (GF)

SIDES - ALL GF & VE

Jasmine rice
Edamane beans
Sugar snap peas

DIETARY ALTERNATIVE

Mango smoothie (GF, VE)

DESSERT

Mango, lime & coconut rice (GF)

SATURDAY

MAIN CHOICES

Giouvetsi with chickpea, tomato & orzo (VE)
Lamb moussaka (GF)
Chicken gyros

SIDES

Flat bread & Tzatziki
Halloumi & aubergine salad (GF)
Fries (GF, VE)

DIETARY ALTERNATIVES

Coconut yoghurt with maple syrup (GF, VE)

DESSERT

Melopita - Greek honey cheese pie (GF)

SUNDAY

MAIN CHOICES

Confit duck cassoulet (GF)
Beef Bourguignon (GF)
Winter vegetable cassoulet (GF, VE)

SIDES

Dauphoise potato (GF)
Red cabbage (GF, VE)
French beans (GF, VE)

DIETARY ALTERNATIVES

Baked whole bramley apple with cinnamon

DESSERT

Apple tarte tatin

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SIDCOT SCHOOL LUNCH MENU WEEK 3

MONDAY

MAIN CHOICES

Vegan sausage roll (VE)
Chef made sausage roll
Fish Pie (GF)

SIDES - ALL GF & VE

New Potato
Carrots
Leeks & Peas

DIETARY ALTERNATIVES

Beetroot falafel in tomato sauce (GF, VE)

DESSERT

Peaches (GF, VE) & cream

TUESDAY

ITALIAN MUSIC MAIN CHOICES

Margaretta pizza
Pepperoni pizza
Smoked bacon carbonara

SIDES - ALL GF & VE

Garlic bread
Mixed veg
Peas

DIETARY ALTERNATIVES

Mediterean roasted veg pizza (GF, VE)
Poached pears (GF, VE)

DESSERT

Italian chocolate dream / Tiramasu

WEDNESDAY

MAIN CHOICES

Mediterranean ratatouille bake (GF, VE)
Roast garlic & herb chicken breast (GF)
Roast beef (GF) & Yorkshire pudding

SIDES

Roast potato (GF, VE)
Peas (GF, VE)
Cauliflower cheese
Gravy (GF, VE)

DIETARY ALTERNATIVES

Vegan cookie (GF, VE)

DESSERT

Cookie

THURSDAY

MAIN CHOICES

Spinach, sweet potato & lentil dahl (GF, VE)
Teriyaki chicken
Sticky Beef, honey & chilli (GF)

SIDES - ALL GF & VE

Fresh herb rice
Brocolli
Sweetcorn

DIETARY ALTERNATIVES

Alpro Yoghurt (GF, VE)

DESSERT

Greek yoghurt with toppings on theatre kitchen, fruit compotes, granola, seeds & honey (GF)

FRIDAY

MAIN CHOICES

Goats cheese & red onion slice
Catch of the day & lemon
Cajun chicken breast (GF)

SIDES - ALL GF & VE

Chips
Baked beans
Garden peas

DIETARY ALTERNATIVES

Cauliflower bites (GF, VE)
Vanilla Gelato (GF, VE)

DESSERT

Choc Ice

SATURDAY

MAIN CHOICES

Chicken & chorizo paella (GF)
Spanish beef meatballs (GF)
Spanish omelette (GF)

SIDES

Garlic bread, green beans with olive & garlic (GF, VE) sweetcorn (GF,VE)

DIETARY ALTERNATIVES

Sausage (GF, VE)
Brownie (GF, VE)

DESSERT

Churros with chocolate sauce

AVAILABLE DAILY

Soup of the day, Jacket potatoes, Baked beans, Pasta, Chef made tomato & basil sauce,
Plain chicken, salad bar with 18 different salads, cheeses, meats & fish.
Assorted breads, vinagarettes & oils, fruit fridge

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SUNDAY BRUNCH

SPECIALS FOR WEEK 3

Sweet waffles & syrup
Smoked salmon & cream cheese bagel
Ham & cheese croissant

DIETARY ALTERNATIVES

Vegan waffle (VE)
GF Crossiant (GF)

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SIDCOT SCHOOL DINNER MENU WEEK 3



MONDAY
1700-1730

MAIN CHOICES
Kasespatzle - Bavarian cheesey noodles
Rindergulasch - German beef goulash (GF)
Turkey schnitzel - Golden breaded turkey

SIDES - ALL GF & VE
Sauteed potato
Green beans
Roasted root vegetables

DIETARY ALTERNATIVE
Cauliflower wings (GF, VE)
Individual brownie (GF, VE)

DESSERT
Apple strudel

TUESDAY

MAIN CHOICES
Red pepper & feta bake (GF)
Lamb chop with mint sauce (GF)
Beef steak pie

SIDES
Mashed potato (GF)
Diced butternut squash (GF, VE)
Broccoli (GF, VE)
Rice (GF, VE)

DIETARY ALTERNATIVES
Stuffed pepper (GF, VE)
Vegan cheese & oatcakes (GF, VE)

DESSERT
Local & European cheeses & biscuits

WEDNESDAY

MAIN CHOICES
Vegetable lasagne
Gnocchi alla norma (VE)
Beef lasagne

SIDES
Garlic bread
Caparese salad, tomato & mozzarella(GF)
Saute courgette (GF, VE)
Rice (GF, VE)

DIETARY ALTERNATIVES
Vegan pasta bake (GF, VE)
Vanilla icecream (GF, VE)

DESSERT
Treacle tart & cream

THURSDAY
1700-1730

MAIN CHOICES
Vegetable samosa (VE)
Lamb tagine (GF)
Honey & paprika chicken (GF)

SIDES
Cous cous (VE)
Moroccan carrot (GF, VE)
Green beans (GF, VE)
Rice (GF, VE)

DIETARY ALTERNATIVES
Cookie (GF, VE)

DESSERT
Honeycomb & toffee cheesecake (GF)

FRIDAY

STEAK NIGHT
Cauliflower steak (GF,VE)
6oz Rump steak (GF)
(cooked to your preference)
Chicken breast in a rustic BBQ sauce (GF)

SIDES
Dauphoise potatoes (GF)
Baby carrots (GF, VE)
Mushroom (GF, VE)
Half tomato (GF, VE)

DIETARY ALTERNATIVES
Vegan trillionaires tart (GF, VE)

DESSERT
Chocolate torte



SATURDAY

MAIN CHOICES
6oz Alberta style beef burger in a potato bun
Maple BBQ vegan garden burger in a brioche bun (GF, VE)
Grilled chicken fillet in a wholemeal sub

SIDES - ALL GF & VE
Skin on fries, onion rings,
maple & carrot slaw, corn on the cob

THEATRE KITCHEN CUSTOMISE YOUR BURGER
Shredded lettuce, beef tomato slice, cheese slice, gherkins, sliced onion, burger sauce, ketchup, yellow mustard

DESSERT
Cheesecake with maple syrup or water melon slice



SUNDAY

MAIN CHOICES
Salmon Teriyaki
Katsu chicken
Aubergine katsu curry (VE)

SIDES - ALL GF & VE
Japanese- style sticky rice (GF,VE)
Edamame beans in pods (GF,VE)
Broccoli (GF,VE) Spinach (GF,VE)

DIETARY ALTERNATIVES
Mango Sorbet (GF, VE)

DESSERT
Chocolate miso tart

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