2022 SPRING TERM LUNCH MENU (WEEK 1)

MONDAY

Soup

Winter Vegetable

Main choices

Pasta bows served with homemade tomato & mascarpone sauce (grated cheese optional V)

Vegan sausage roll (VE)

Pork loin steak with honey & soy, glaze, carrot julienne and edamame beans

Vegetables & sides

Pasta bows, broccoli, diced swede

Hot Pudding day Hot chocolate sponge and pouring cream

SATURDAY

Soup

Cream of sweetcorn

Main choice

Warm garlic mushrooms in a tartlet case, snipped chives (V)

BBQ chicken leg

Lamb kofte sticks

Vegetable & Sides

Baked Jacket potato in olive oil and sea salt. Rainbow slaw in French dressing with Dijon mustard.

Alternative option

Salad & cold meat bar, assorted breads, vinaigrettes & oils

Pudding option

Oaty flapjack

ROAST TUESDAY

Soup

Leek & potato

Main choices

Honey & mustard glazed ham served with parsley sauce

Skin on, crispy roast chicken

Hearty vegan stew with spinach

Vegetables & sides Roast potatoes, Parsnips, Savoy Cabbage

> **Pudding option** Egg custard tart

WEDNESDAY

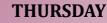
Soup Tomato & Basil

Main choices

Fish in mornay sauce Slow cooked beef bourguignonne, caramelised baby onions Southern fried quorn escalope (V)

Vegetables & sides Steamed midi potatoes, Carrot, Peas

Hot pudding day Apple & sultana crumble, with cinnamon, custard sauce



Soup Pea & Mint

Main choices

Lemon chicken Vegetable spring roll, sweet chilli dip (V) Gammon steak Hawaiian

Vegetables & sides Steamed rice, garlicky green beans, sweetcorn

> **Pudding option** Peaches & Cream



Salad Bar & Jacket Potato Bar

Self serve from our central salad bar area

Pasta Paradise

12.30 - 13.30

For Sixth Formers

KITCHEN @ SIDCOT

Monday Chicken Souvlaki, in pitta

Tuesday Bacon & cheese turnover, chunky coleslaw

Wednesday Griddled pitta bread with houmous, tzatziki & olives

Thursday: Peppered mackerel stack with horseradish cream

FRIDAY

Soup Carrot & coriander

Main choices

Pepperoni pizza slice Margherita pizza slice (V) Beef Bolognese

Vegetables & sides

Skin on wedges, baked beans, button mushrooms.

Pudding option

Sliced Melon

SUNDAY BRUNCH

Cereal selection, toast, spread & preserves yoghurt, fruit & seed bar

Cooked breakfast

Full breakfast, sausage, crispy smoked streaky bacon, beans, mushrooms, grilled tomatoes, breaded chicken goujons, savoury fried potatoes & fried egg

Alternative option

American pancakes, maple flavour syrup

Hot Beverage station

Selection of fruit juice and hot drinks

2022 SPRING TERM DINNER MENU (WEEK 1)

MONDAY

Soup

Winter Vegetable

Main choices

Chicken Korma melts Baked whole cauliflower in garam masala served with tomato chutney (v)

Beef Masala meatball curry

Vegetables & sides Onion Bhaji, Pilau rice, Baked tomato, Spinach

> **Pudding option** Fresh Fruit basket selection

TUESDAY

Soup

Leek & potato

Main choices

Gnocchi, roasted butternut squash & sage butter (v) Baked salmon fillet Pork chop, honey & chipotle glaze

Vegetables & sides Baby new potatoes, Baby corn, Mangetout

> **Pudding option** Profiteroles

WEDNESDAY—PASTA NIGHT

Soup

Tomato & Basil

Main choices Alfredo chicken Sauce Norma with aubergine & tomato (v) Bacon carbonara

Penne pasta, Garlic bread slice, Cos crisp green salad, Caesar dressing & croutons

Vegetables & sides

Pudding option Strawberry angel delight



SATURDAY—BASKET MEAL

Main choice

Breaded scampi, lemon & tartare Chicken breast in Nandos peri peri marinade Vegan nuggets (ve)

Vegetables & sides

Chunky chips Mint & chilli tender stem broccoli Whole corn on the cob

> **Pudding option** Yoghurt

SUNDAY - ROAST

Main choices

Roast pork, apple sauce, stuffing, gravy Baked crispy duck leg, gravy Baked celeriac with maple glaze (ve)

THURSDAY—BURGER NIGHT

Soup

Pea & Mint

Main choices

Beef burger, gherkin, Monterey Jack cheese, Burger relish

The Biff Burger (ve)

Butterflied Chicken breast griddled with Katsu Mayo

Vegetables & sides

Brioche bun, Sauté Potato, Zingy slaw (white & red cabbage, radish, coriander, lime juice)

> **Pudding option Iced Smoothie Pots**

FRIDAY—PIE NIGHT

Soup Carrot & coriander

Main choices

Creamy chicken & mushroom Beef & slow cooked root veg Vegan chicken & mushroom (ve)

Vegetables & sides

Mash, petit pois, roasted honeyed parsnips

Pudding option

Raspberry Cranachan

Vegetables & Sides

Roasted potatoes Steamed savoy cabbage Carrots

Pudding option

Baked spiced plums, cinnamon whipped cream