

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

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

THURSDAY

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

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

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



Sidcot
Live Adventurously

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

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

2022 SPRING TERM DINNER MENU (WEEK 1)

MONDAY	TUESDAY	WEDNESDAY—PASTA NIGHT	THURSDAY—BURGER NIGHT	FRIDAY—PIE NIGHT
<u>Soup</u> Winter Vegetable	<u>Soup</u> Leek & potato	<u>Soup</u> Tomato & Basil	<u>Soup</u> Pea & Mint	<u>Soup</u> Carrot & coriander
<u>Main choices</u> Chicken Korma melts Baked whole cauliflower in garam masala served with tomato chutney (v) Beef Masala meatball curry	<u>Main choices</u> Gnocchi, roasted butternut squash & sage butter (v) Baked salmon fillet Pork chop, honey & chipotle glaze	<u>Main choices</u> Alfredo chicken Sauce Norma with aubergine & tomato (v) Bacon carbonara	<u>Main choices</u> Beef burger, gherkin, Monterey Jack cheese, Burger relish The Biff Burger (ve) Butterflied Chicken breast griddled with Katsu Mayo	<u>Main choices</u> Creamy chicken & mushroom Beef & slow cooked root veg Vegan chicken & mushroom (ve)
<u>Vegetables & sides</u> Onion Bhaji, Pilau rice, Baked tomato, Spinach	<u>Vegetables & sides</u> Baby new potatoes, Baby corn, Mangetout	<u>Vegetables & sides</u> Penne pasta, Garlic bread slice, Cos crisp green salad, Caesar dressing & croutons	<u>Vegetables & sides</u> Brioche bun, Sauté Potato, Zingy slaw (white & red cabbage, radish, coriander, lime juice)	<u>Vegetables & sides</u> Mash, petit pois, roasted honeyed parsnips
<u>Pudding option</u> Fresh Fruit basket selection	<u>Pudding option</u> Profiteroles	<u>Pudding option</u> Strawberry angel delight	<u>Pudding option</u> Iced Smoothie Pots	<u>Pudding option</u> Raspberry Cranachan



SATURDAY—BASKET MEAL	<u>Vegetables & sides</u>
<u>Main choice</u> Breaded scampi, lemon & tartare Chicken breast in Nandos peri peri marinade Vegan nuggets (ve)	Chunky chips Mint & chilli tender stem broccoli Whole corn on the cob
	<u>Pudding option</u> Yoghurt

SUNDAY - ROAST	<u>Vegetables & Sides</u>
<u>Main choices</u> Roast pork, apple sauce, stuffing, gravy Baked crispy duck leg, gravy Baked celeriac with maple glaze (ve)	Roasted potatoes Steamed savoy cabbage Carrots
	<u>Pudding option</u> Baked spiced plums, cinnamon whipped cream