AUTUMN TERM BREAKFAST MENU 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	SUNDAY
Cereal selection	Cereal selection	Cereal selection	Cereal selection	Cereal selection	Cereal selection, toast, butter, pre-	Cereal selection, toast, butter,
	Toast, butter, preserve	Toast, butter, preserve	Toast, butter, preserve	Toast, butter, preserve	serve, individual yoghurt	preserve, individual yoghurt
Toast, butter, preserve	Individual yoghurt	Individual yoghurt	Individual yoghurt	Individual yoghurt	Continental breakfast	Brunch
Individual yoghurt	Porridge	Porridge	Porridge	Porridge	Sliced Mexicana cheese, sliced smoked Monterey Jack , selection of salamis	Full breakfast, sausage , smoked
Porridge	Cooked Breakfast	Cooked Breakfast	<u>Continental Breakfast</u>	Cooked Breakfast	and stuffed cherry tomato, gherkins,	streaky bacon, beans, mushrooms, grilled tomatoes , breaded chicken
<u>Continental Breakfast</u> Sliced mortadella, Sliced ham	Baked sausage pat-	Crispy bacon, poached egg, baked	Sliced brie, sliced Gouda, sliced	Scrambled eggs with dill, smoked	hard boiled egg and bagels	goujons, savoury fried potatoes & fried egg
emmenthal , Cheddar boiled	ty ,Hash brown, mini round omelette, Roasted	beans, open cup mushroom From the bakery	salami, garlic sausage, boiled eggs, sliced beef tomato with sundried	salmon rose on toasted white muffin	Sliced pineapple Alternative options	Alternative option
eggs, mini tin rolls Sliced melon	Vine tomato, Buttermilk roll & Ketchup or Mustard	Toasted crumpets	tomato dressing	From the bakery	Fruit smoothies	American pancakes, maple flavour
From the bakery	From the bakery	Blueberry, honey yoghurt pots	Grapes and Kiwi Sliced bread selection	Pain au chocolate	Sweet waffles & honey	syrup Beverages
Butter croissants	Pain au raisin	<u>Beverages</u>	Demi Baguette	<u>Beverages</u>	Beverages	Selection of fruit juice and hot
Beverages	<u>Beverages</u>	Fruit Juices	Beverages	Fruit Juices	Selection of fruit juice and hot drinks	drinks
Fruit Juices	Fruit Juices	Tea, fruit teas, coffee, hot chocolate	Fruit Juices	Tea, fruit teas, coffee, hot choco- late		
Tea, fruit teas, coffee, hot chocolate	Tea, fruit teas, coffee, hot chocolate		Tea, fruit teas, coffee, hot chocolate	late		

AUTUMN TERM LUNCH MENU (WEEK 1)

MONDAY

Mushroom <u>Main choices</u> Penne carbonara

Soup

Aubergine, Beef Tomato and Red pepper Pesto Stack (VE)

Chicken breast with chorizo & tomato sauce

Vegetables & sides

Midi potatoes, Sweetcorn Broccoli

Pudding option

Sliced melon

SATURDAY

Soup of the day

Main choice

Cornflake chicken breast

Breaded Halloumi Sticks(VE)

Pork Chop with Miso Butter

Alternative option

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

Vegetable & Sides Mashed Potato, Savoy Cabbage, Roasted Butternut Squash Alternative option Salad & cold meat bar, assorted breads,

Soup

Leek & potato

Main choices

Vegetables & sides

Pudding option

vinaigrettes & oils

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Pudding option

Grape & Blueberry Pots

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

Beverages

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Selection of fruit juice and hot drinks

WEDNESDAY

Soup

TUESDAY

Vegetable sweet potato & black bean chilli (VE)

Mild chilli beef, sour Cream ,Salsa & Nachos

Steamed rice, Green Beans, baked tomato

Sparkling Lemonade Jelly with Forrest Fruits

Cod Rare Bit on wilted Spinach

Vegetable style broth

Main choices

Roast Pork, Stuffing & Apple Sauce Roasted sea salt & Pepper Chicken Breast Quorn vegie Sausages (VE)

<u>Vegetables & sides</u> Roast potatoes, Brussel Sprouts, carrots

Pudding option

Steamed Pudding with Custard

THURSDAY

Lentil <u>Main choices</u>

Soup

Pepperoni or Cheese & Tomato Pizza Beef Meatballs in Tomato Sauce

Vegetables & sides

Croquette potatoes, Baked Beans, mixed veg,

Pudding option Yoghurt pot

FRIDAY

<u>Soup</u>

Vegetable

Main choices

Breaded Cod Goujons, lemon, tartare

Hunters Chicken, with Bacon Lardons &

Mozzarella

Individual Beetroot & Goats Cheese Tart Titan

Vegetables & sides

Chips, peas, Baby Carrots

Pudding option

Strawberry or Mango Iced Smoothie

Salad Bar & Jacket Potato Bar

(Monday-Friday)

Self serve from our

Kitchen@Sidcot area

<u> Pasta Paradise</u>

Mon, weds, fri Years 13

Tues & thurs Years 12



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AUTUMN TERM DINNER MENU (WEEK 1)

THURSDAY

Soup

Vegetable

Main choices

WEDNESDAY

Soup

Tomato

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Main choices

MONDAY

Soup

Mushroom

Main choices

TUESDAY

Soup

Leek & potato

Main choices

BBQ chicken drumsticks	Slow cooked beef bourguignon		One pot lasagne		Coffee & treacle sticky pork belly slices		Chicken Tikka masala curry
Halloumi & Vegetable Kebab ,(V)	Szechuan pork chop		Crispy chicken fillet burger, brioc	ne roll	Hoisin chicken breast with spring onion scallion	ıs	Duck marinated in a tomato & onion chutney
Sloppy joe meatball skillet pan	Stuffed pepper with mediterranean	rice	Gnocchi with roasted tomatoes , r	ed pesto and	Tofu vegetable stir fry (VE)		glaze
Vegetables & sides			torn bail leaves				Indian vegetable & paneer curry
Sauté potatoes, peas & Button Mushrooms	Vegetables & sides		Vegetables & sides		Vegetables & sides		<u>Vegetables & sides</u>
Alternative options	New potatoes, roasted root veg & gr	reen	Potato wedges, Courgettes & Corr	Cobbett	Jasmine rice, oriental vegetables, mini spring		Pilau Rice, onion bhaji & turmeric roasted cauliflower
Host salads, bread basket, oils & vinaigrette	beans		Alternative options		rolls		Alternative options
Pudding option	Alternative options		Host salads, bread basket, oils & v	inaigrette	<u>Alternative options</u>		
Cheese & biscuits	Host salads, bread basket, oils & vin	aigrette	Pudding option		Host salads, bread basket, oils & vinaigrette		Host salads, bread basket, oils & vinaigrette
	Pudding option		Chocolate eclair		Pudding option		Pudding option
	Grape Pots				Tinned mango slices		Ice-cream stick
SATURDAY PASTA NIGHT Main choice	MEAL	<u>Alternative</u>	options bread basket, oils & vinaigrette				
Tomato & red pepper (VE) (served with	Main choices	Pudding opt	-				
cous cous)	Scampi	Choc"o"lottie					
Beef ragu	Chicken supreme in Nando's		e care				
Bacon Carbonara	sauce						
Vegetables & sides	Mozzarella Sticks						
Garlic dough balls	Vegetables & Sides						
Coleslaw	Chips, smashed peas with						
Tossed salad	parsley						
Pasta	Mint and chilli long stemmed				~		
Fresh Fruit Bowl	broccoli				X X X	\geq	
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FRIDAY

Soup

Lentil

Main choices

AUTUMN TERM LUNCH MENU (WEEK 2)

MONDAY	TUESDAY	,	WEDNE	ESDAY	THURSDAY	
Soup	Soup		Soup		Soup	
Root Vegetable	Sweet potato		Cream of sweetcorn		Tomato	
Main choices	Main choices		Main choices		Main choices	
Cheddar crusted turkey escalope with	Sweet & sour caramel chicken	thighs		,		
cranberry dip	Baked buffalo cauliflower bite	0	Honey baked gammon, p		Jumbo Sausage Roll Beef Stroganoff	
Pork Meatballs in tomato & Basil Sauce	mayo dip (VE)	s, gaine vegan	Roast chicken, stuffing b	all & gravy		
/egie Meatballs in tomato & basil sauce	Mac & cheese topped with sag	e & onion	Vegetable Roulade (VE)		Pea & Mint Risotto, Cheese Crisps	
egetables & sides	crumb (V)		Vegetables & sides		Vegetables & sides	
0	Vegetables & sides		Roasted potatoes, roasted parsnips, baton		Sauté potatoes, baked sea salt tomatoes, market	
asta twists, sweetcorn & green beans	Steamed potatoes, hispi cabba	ge, roasted	carrots		veg <u>Pudding option</u>	
udding option	butternut squash		Pudding option			
Yogurt pot	Pudding option		Roly poly & custard		Sliced Melon	
SATURDAY	Jaffa cake bar Alternative option					
Soup of the day	Host salads, bread basket, oils	SUNDAY B	RUNCH			
Main choice	& vinaigrette	Cereal selection	ction, toast, spread & preserves			
	Pudding option	yoghurt, fruit &	seed bar			
Гhai fish cakes, sweet chilli dip	Apricots & cream	Cooked breakfast				
hinese style vegetable & beef spring rolls.	•		ausage , smoked streaky-			
Vegetable pad thai (V)			ushrooms, grilled toma- hicken goujons, savoury			
Vegetable & Sides		potatoes & fried				
Sticky jasmine rice, mangetout & baby sweetcorn		Alternative op				
		American panca	akes, maple flavour syrup			
		Reverages				

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Beverages Selection of fruit juice and hot drinks

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THURSDAY

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FRIDAY

Soup

Carrot & coriander soup

Main choices

Butchers pork sausages

Stuffed beefsteak tomato with herb & lemon rice (VE)

Fish goujons, lemon , tartare

Vegetables & sides

Fries, mushy peas, baked beans

Pudding option

Iced Belgian bun

Salad Bar & Jacket Potato Bar

(Monday-Friday)

Self serve from our

Kitchen@Sidcot area

Pasta Paradise

Mon, weds, fri Years 13

Tues & thurs Years 12

AUTUMN TERM DINNER MENU (WEEK 2)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Soup	Soup	Soup	Soup
Root vegetable	Sweet potato	Cream of sweetcorn	Tomato	Carrot & coriander
Main choices	Main choices	Main choices	Main choices	Main choices
Sweet chilli glazed chicken leg Gammon & eggs Garlic mushrooms in a warm tartlet case	Lamb & mint burger Slowed cooked BBQ pulled pork Vegetarian falafel kofte, pomegranate, cucumber salad, (V)	Slow cooked Mexican Beef Mole Turkey strips in tarragon cream sauce Butternut, brie & beetroot tart (V & GF)	Spanish style chicken breast, peppers , tomatoes, onions & smoked paprika Seafood in a creamy sauce Vegetable Bolognese (V)	Pork chop marinated in honey and chipotle Coconut polenta tray bake, roasted Mediterranean Vegetables (VE) Salmon Fillet with lemon & chive butter
Vegetables & sides Parsley steamed potatoes, peas ,Mashed Swede and carrot Alternative options Host salads, bread basket, oils & vinaigrette	Vegetables & sides Brioche roll, Individual Rosti, onion ring , pickled gherkin & slow cooked white cabbage, fennel seeds & apple. Alternative options	Vegetables & sides Colcannon& mixed vegetables Alternative options Host calada brand basket, oils & vinaigratte	Vegetables & sides Spaghetti, garlic bread slice, broccoli, wilted spinach Alternative options	<u>Vegetables & sides</u> Sea salt baked new, potatoes, chantenay carrots & creamed spinach <u>Alternative options</u>
Pudding option	Host salads, bread basket, oils & vinaigrette	Pudding option	Host salads, bread basket, oils & vinaigrette	Host salads, bread basket, oils & vinaigrette
Giant cookie	Pudding option Fruit Salad	Doughnut	Pudding option Fresh pineapple	<u>Pudding option</u> Caramel Churros, hot choc sauce
SATURDAY	SUNDAY dinner	Alternative options		
Soup of the day	Soup of the day	Host salads, bread basket, oils & vinaigrette		
Main choice	Main choices –Pizza Night	Pudding option		
Chicken & Chorizo kebab, pepper, onion, oregano & olive oil Pork belly bites	Selection of 10" pizzas Vegetables & sides	Fruit basket		
Halloumi & mushroom kebab	Rainbow slaw, tossed mixed salad, garlic herb slice			
Vegetable & Sides				
Folded Mezzaluna Bread, Rice, roasted pep- pers in olive oil & Garlic roasted courgettes				
Alternative option				
Host salads, bread basket, oils & vinaigrette			\sim	
Pudding option			885	
Shortbread Slice			3	XXX

AUTUMN TERM LUNCH MENU (WEEK 3)

MONDAY		TUESDA	Y	WEDNESDAY	THURSDAY	FRIDAY
<u>Soup</u>		Soup		Soup	Soup	Soup
Cream of onion		Celery		Tomato & chilli	Mushroom	Vegetable
Main choices		Main choices		Main choices	Main choices	Main choices
Cauliflower & pasta cheese, par	nko crumb	Vegetable spring rolls, soy di	pping sauce	Roast pork ,apple sauce, stuffing, gravy	Mexican bean taco, sour cream, salsa	Pesto crusted cod on minted smashed
Marmalade glazed gammon ste	ak	Chinese style pork loin chop		Vegetable roulade, veggie gravy	Baked chipolata sausages in homemade tomato	Cheese & tomato pizza round
Sea salt & pepper roast chicken	n—skin on	Chicken sweet & sour		Sticky honey, & soy turkey escalope	sauce	Pepperoni pizza round
Vegetables & sides Vegetables & sides			Vegetables & sides	BBQ glazed chicken breast	Vegetables & sides	
Savoury diced potatoes, mixed	vegetables,	les, Steamed rice, oriental vegetables with baby corn, broccoli		Roasties, diced swede, savoy cabbage	Vegetables & sides	Croquette potatoes, peas, baked beans
chestnut mushrooms				Pudding option	Steamed potatoes, courgettes, mini corn on cobs	· · · · · ·
Pudding option		Pudding option		Chocolate sponge pudding & chocolate custard	Pudding option	Artic roll
Malt loaf slice		Sliced fruits			Jam doughnut	
TURDAY	<u>Alternative</u>	option	SUNDAY BRU	INCH		Salad Bar & Jacket Potato E
up of the day	Host salads, b oils & vinaigi		<u>Main choice</u>		(Monday-Friday)	
<u>in choice</u>	Pudding opt		Cooked breakfast: sausage, streaky smoked bacon, beans, mushrooms, grilled toma-			
nlette filled with ham & cheese		rshmallow traybake	toes, fried egg	, chicken goujons, savoury	Self serve from our	
jun rubbed crispy chicken breas	st	in similation traybake	potatoes			Kitchen@Sidcot area
eamy vegetable Kiev (V)			Alternative of			Pasta Paradise
tives, ye			on, toast spreads & preserva- fruit & seed bar,		Mon, weds, fri Years 13	
tato Rosti, seasonal mixed getables			American par	ncakes, maple flavour syrup		
			Beverages			<u>Tues & thurs Years 12</u>
			Selection of fr	uit juices and hot drinks		
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AUTUMN TERM DINNER MENU (WEEK 3)

MONDAY

<u>Soup</u>

Carrot & parsnip

Main choices

Mince beef pie, topped with filo pastry

Chicken coq au vin

Linda McCartney veggie sausages with roasted cherry tomatoes and red onions

Vegetables & sides

Pommes duchesse, peas, carrots

Alternative options

Host salads, bread basket, oils & vinaigrette

Pudding option

Yoghurt

SATURDAY

Soup of the day

Main choice -Burger night

Gourmet beef burger, Monterey jack cheese, gherkin Cumberland sausage ring, onion marmalade Beetroot, red pepper quinoa burger, Tzatziki

All served in a brioche bun

Vgetables & sides

Chips, ranch style coleslaw, corn on the cob

Alternative option

Host salads, bread basket, oils & vinaigrette

Pudding option Cheesecake

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<u>Soup</u> Celery

Main choices

Turkey meatballs in tomato basil sauce with crushed tortilla chip crumb

TUESDAY

Mac & cheese fishcake, lemon mayo

Vegetable kebab skewers in a preserved lemon and oregano dressing

Vegetables & sides

Garlic dough balls, parmesan babyleaf salad, beef tomato & basil salad

Alternative options Host salads, bread basket, oils & vinaigrette

Pudding option
Profiteroles

WEDNESDAY

<u>Soup</u>

Tomato & chilli

Main choices

Tamarind potato curry (VE)

Aromatic slow cooked beef with whole spices Sticky chicken sesame

Vegetables & sides

Sticky jasmine rice, green beans, baked tomato

Alternative options Host salads, bread basket, oils & vinaigrette

Pudding option Fresh fruit salad

THURSDAY

<u>Soup</u>

Mushroom

Main choices

Moroccan tomato chickpea pie

Country chicken with petit pois, bacon & cream

Venison sausages, red wine gravy

<u>Vegetables & sides</u> Sauté, steamed sliced leeks, cauliflower florets

Alternative options

Host salads, bread basket, oils & vinaigrette

Pudding option Yoghurt pot

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FRIDAY

<u>Soup</u>

Winter vegetable

Main choices- Fish & Chip night

Battered Cod

Battered sausage

Southern Fried escalope (V)

Vegetables & sides

Chips , curry sauce, baked beans, mushy peas

Alternative options

Host salads, bread basket, oils & vinaigrette

Pudding option

Ice cream stick

Soup of the day

Main choices –Sunday roast

SUNDAY dinner

Cauliflower cheese bake veggie gravy (V) Roast lamb gravy , mint sauce Crispy oven baked duck leg, gravy

Vegetables & sides

Roast potatoes, brussel sprouts, baton carrots

Alternative options

Host salads, bread basket, oils & vinaigrette

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Pudding option

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Plum crumble, pouring cream





AUTUMN TERM LUNCH MENU (WEEK 4)

MONDAY		TUESDAY	WEDNE	SDAY	THURSDAY	FRIDAY
<u>Soup</u>	<u>Soup</u>	Soup			Soup	Soup
Sweetcorn Chowder	Coconut butter	Coconut butternut squash			Leek & potato	Celery
Main choices	<u>Main choices</u>		Main choices		Main choices	Main choices
Chicken breast, tomato & mascarpo	ne sauce Hunters chicker crispy bacon lai	topped with mozzarella ons	Beef shin and caramelis	n and caramelised baby onion ragout	Cheese burger in floured bun, burger relish	Battered haddock fillet, lemon, tartare
Vegetable Quesadilla (V) Leek, Mac and cheese, crispy onion	crumb Vegetable temp ginger (V)	ura, soya dipping sauce, chilli,	Lentil & vegetable sheph Diced pork in creamy ba		Battered chicken fillet with or without bun, chipolte mayo	Swedish meatballs, in a creamy sauce cranberry relish
<u>Vegetables & sides</u> Steamed new potatoes, mixed veg, s	Chilli con carne cream, salsa, gu	ginger (V) Chilli con carne, nachos, grated cheese, sour cream, salsa, guacamole <u>Vegetables & sides</u>		ede, broccoli,	Baked crumbed veggie burger with vegan mayo Vegetables & sides Chips, baked beans, mushrooms Pudding option Choc Ice	Vegetable meatballs, tomato & basil sau <u>Vegetables & sides</u> Saute, peas, slow cooked red cabbage <u>Pudding option</u> Ring doughnut
<u>Pudding option</u> Oreo snack pack	Rice, diced swee Pudding option Sliced pineappl		Pudding option Apple crumble & custard			
ATURDAY oup of the day ain choice am & cheese panini	Vegetable & Sides Host salads, tortilla chips Pudding option	SUNDAY BRUNCH Main choice Cooked breakfast: sausage, bacon, beans, mushrooms,				<u>Salad Bar & Jacket Potato Bar</u> (Monday-Friday)
oppy Joe panini basted pepper & falafel panini (VE) Iternative option	Brownie bar	egg, chicken goujons, savou Alternative option Cereal selection, toast sprea yoghurt fruit & seed bar,	ury fried potatoes			Self serve from our Kitchen@Sidcot area <u>Pasta Paradise</u>
ost salads, bread basket, oils & naigrette		American pancakes with m Beverages Selection of fru				<u>Mon, weds, fri Years 13</u> <u>Tues & thurs Years 12</u>
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AUTUMN TERM DINNER MENU (WEEK 4)

	TUESDAY
	Soup
	Coconut butternut squash
	Main choices
outons,	Skillet pan lasagne
	Veggie lasagne (V)
	Seafood mac & cheese fishcake, hollandaise
	Vegetables & sides
d, Garlic bread	Sea salt & black pepper baked potatoes, steamed greens, cauliflower
u, Garric Dreau	Alternative options
d breads,	Salad & cold meat bar, assorted breads, vinaigrettes & oils
	Pudding option
	Victoria sandwich cake

WEDNESDAY

Soup

Vegetable style broth

Main choices

Breaded fishfinger in ciabatta roll, tartare sauce crispy frissee lettuce

Crunchy cornflake chicken fillets, with a hint of dijon mustard

Halloumi, vegetable kebab, sweet chilli may dip

Vegetables & sides

Fries, smashed minty peas, baked tomato

Alternative options

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

Pudding option

Profiteroles

THURSDAY

Soup

Leek & potato

Main choices

Reggae Reggae chicken

Jerk spiced spare ribs

Jackfruit gumbo (VE)

Vegetables & sides

Rice & beans, mango slaw, sweetcorn cobbettes

Alternative options

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

Pudding option

Sliced melon

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FRIDAY

Soup

Celerv

Main choices

Indian spiced chicken thigh traybake with firecracker potatoes

Loaded vegetable frittatta

Crispy chicken goujons, garlic aioli

Vegetables & sides

Wedges, Boston beans, garlicky green beans

Alternative options

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

Pudding option

Coconut milk rice pudding, hot strawberry sauce

SATURDAY

Main choices

Butternut brie and beetroot tart

MONDAY

Soup

Sweetcorn chowder

Hot chicken, Cesar dressing, cr

New potatoes, Cos lettuce salad

Salad & cold meat bar, assorted

Main choices

Hot Salmon Cesar

Griddled halloumi Cesar

Vegetables & sides

Alternative options

vinaigrettes & oils

Pudding option

Portuguese custard tart

parmesan

Crispy baked duck leg, hoisin glaze

Lamb chops

Vegetables and sides

Seasalt mini baked jackets, celeriac mash, broccoli

Alternative option

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

Pudding option

Yoghurt pot

Main choices Pork chop, miso butter Salmon steak, lemon chive

SUNDAY dinner

butter Southern fried escalope,

Vegetables & sides

garlic ailoi

medley

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Steamed potatoes

Alternative options

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

Pudding option

NO

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Alabama chocolate fudge cake, pouring cream

Mixed green vegetable