# SIDCOT SCHOOL BREAKFAST MENU

## MONDAY

Cereal selection
Toast, spreads & preserves
Yoghurt, fruit & seed bar

#### Hot cereal

Porridge

#### Cooked breakfast

Butchers sausages Vegan quorn sausages (VE) Scrambled eggs / vegan tofu scramble Fried bread, baked tomato Pain au raisin

#### **Beverages**

Orange, apple, pineapple & cranberry juice, plus a selection of hot drinks

## TUESDAY

Cereal selection Toast, spreads & preserves Yoghurt, fruit & seed bar

#### Hot cereal

Porridge

#### **Cooked breakfast**

Omelette
Hash browns (VE)
Baked beans (VE)
Button mushrooms (VE)
Blueberry muffin

#### Beverages

Orange, apple, pineapple & cranberry juice, plus a selection of hot drinks

## WEDNESDAY

Cereal selection

Toast, spreads & preserves Yoghurt, fruit & seed bar

#### Hot cereal

Porridge

#### **Continental breakfast**

Eggy bread, with choice of toppings: Fruit compote Streaky bacon & maple syrup Vegan overnight oats with fruit (VE)

#### **Beverages**

Orange, apple, pineapple & cranberry juice, plus a selection of hot drinks

## THURSDAY

Cereal selection

Toast, spreads & preserves Yoghurt, fruit & seed bar

#### Hot cereal

Porridge

#### Cooked breakfast

Emmenthal & mortadella stuffed croissant Vegan Cornish bacon & cheese turnover (VE) Hard boiled eggs Olives, feta and tomatoes Sliced melon

#### Beverages

Orange, apple, pineapple & cranberry juice, plus a selection of hot drinks

## FRIDAY

Cereal selection

Toast, spreads & preserves Yoghurt, fruit & seed bar

#### Hot cereal

Porridge

#### **Cooked breakfast**

Smashed avocado (VE)
Toasted bagel (VE
Crispy bacon
Poached egg
Pain au chocolate

#### Beverages

Orange, apple, pineapple & cranberry juice, plus a selection of hot drinks

## SATURDAY

Cereal selection
Toast, spreads & preserves
Yoghurt, fruit & seed bar

#### **Continental breakfast**

Continental meats & cheeses, boiled eggs & bakers basket rolls pink grapefruit & melon

#### Alternative option

Sweet waffles & honey

#### **Beverages**

Orange, apple, pineapple & cranberry juice, plus a selection of hot drinks

## SUNDAY BRUNCH

Please see menu for "Sunday Brunch" selection It's the Weekend!



Milk options: fresh semi-skimmed cows milk, oat, coconut & lactose free milk.

Cereals: we provide a minimum of six choices of cereal, all of which are branded.

# SIDCOT SCHOOL LUNCH MENU (WEEK 1)

## MONDAY

#### Soup

Miso soup

#### Main choices

Spanish butterbean & spinach cassoulet

Bacon penne carbonara Chicken breast in balsamic, orange & rosemary sauce

#### Vegetables & sides

Parslev midis, broccoli florets, & sea salt crusted tomato

#### Kitchen@Sidcot

Mushroom omelette, chunky coleslaw & watercress (V)

#### Pasta Paradise

A selection of pasta with specialist sauces

#### **Pudding option**

Chocolate chip cookie, Fresh fruit basket

## TUESDAY

#### Soup

Tomato & red pepper

#### Main choices

Mushroom & stilton wellington (V) **Butchers sausages** Roast beef, mini yorkshire

#### **Vegetables & sides**

Roast potatoes, honey parsnips, cauliflower, gravy & veggie gravy

#### Kitchen@Sidcot

Vegan pakora, flatbread, red onion pickle, soya minted yoghurt drizzle

#### **Pasta Paradise**

A selection of pasta with specialist sauces

#### **Pudding option**

Fruit yoghurt Fresh fruit basket

## WEDNESDAY

#### Soup

Roasted butternut squash

#### Main choices

Gammon steak Hawaiian Okra, sweet potato & lentil dhal (VE) Hoisin chicken breast

#### Vegetables & sides

Herby rice, carrots, garden peas

#### Kitchen@Sidcot

Fish finger ciabatta roll, tartare, shredded iceburg lettuce

#### **Pasta Paradise**

A selection of pasta with specialist sauces

#### **Pudding option**

Mixed fruit crumble & custard Fresh fruit basket

## THURSDAY

#### Soup

Carrot & coriander

#### Main choices

Cheese & tomato pizzini (calzone style) (V) Beef meatballs in tomato & basil sauce Vegan meatballs in tomato & basil sauce

#### Vegetables & sides

Olive oil crushed new potatoes, green beans, baked beans

#### **Pasta Paradise**

A selection of pasta with specialist sauces

#### **Pudding option**

It's the

weekend!

Chocolate ice cream tub Fresh fruit basket

## FRIDAY

#### Soup

Cream of mushroom

#### Main choices

Catch of the day, lemon, tartare Quorn fish free fillet (VE) Turkey chilli mince

#### Vegetables & sides

Chipped potatoes, baked tomatoes mushy peas,

#### **Pasta Paradise**

A selection of pasta with specialist sauces

#### **Pudding option**

Chocolate éclair Fresh fruit basket

## SATURDAY

#### Soup

Winter vegetable

### Main choices

Lamb kofte sticks, mint yoghurt, siracha sauce Chicken thighs gyros style Roasted med vegetables (VE)

#### Vegetables & sides

Toasted pitta breads Pickled red onions. Greek salad with feta & black olives

#### Alternative options

Salad & cold meat bar Assorted breads & oils

#### **Pudding option**

Iced doughnut

## SUNDAY WK 1

Top your own sweet waffle: Buttermilk chicken Bacon, skin on fries, BBQ, Ketchup Smoked vegan rashers, vegan waffle (VE) Fried eggs Hash browns (VE) Blueberry compote (VE)

## Alternative option

Cereal selection Toast, spreads & preserves Yoghurt, fruit & seed bar **Beverages** 

Orange, apple & tropical juice, plus a selection of hot drinks

## Alternative options

Salad & cold meat / vegetarian bar Assorted breads, vinaigrettes & oils

Jacket potato bar

## **AVAILABLE** WEEKDAYS

## **Grab & Graze**

A selection of salads, rolls & sandwiches to take away

Soft pretzel

# SIDCOT SCHOOL DINNER MENU (WEEK 1)

## MONDAY

#### Soup

Miso soup

#### Main choices

Rump steak, sauce diane Calamari, scampi, fish goujon mix, lemon chive mayonnaise Five bean chilli (VE)

#### Vegetables & sides

Sauté potatoes, onion rings, garlicky fine green beans

#### Salad Bar

A selection of salads

#### **Pudding option**

Rice pudding & jam sauce Fresh fruit basket

## TUESDAY

#### Soup

Tomato & red pepper

#### Main choices

Pork souvlaki Griddled chicken ceasar Griddled vegan burger stacked with Roasted aubergine, red onion & courgette skillet pan(VE)

#### **Vegetables & sides**

Steamed baby potatoes, crispy lettuce wedges, cous cous salad

#### Salad Bar

A selection of salads

#### **Pudding option**

Toffee apple pan pudding & cream Fresh fruit basket

## WEDNESDAY

#### Soup

Roasted butternut squash

#### Main choices

Butchers beefburger in a bun, monteray jack cheese & sliced gherkins Pulled BBQ jackfruit in baguette ,mango salsa (VE) Pulled pork filled baguette, stuffing &

#### **Vegetables & sides**

apple sauce

Potato wedges, BBQ beans, sweetcorn cobbettes

#### Salad Bar

A selection of salads

#### **Pudding option**

Sliced fresh melon Fresh fruit basket

## THURSDAY

#### Soup

Carrot & coriander

#### Main choices

Beef bolognese Quorn vegan Bolognese (VE) Creamy chicken & leek

#### Vegetables & sides

Pasta, mixed vegetables, garlic bread

GF pasta available

#### Salad Bar

A selection of salads

#### **Pudding option**

Jelly

It's the

Fresh fruit basket

## FRIDAY

#### Soup

Cream of mushroom

#### Main choices

Crispy sweet chilli chicken leg Vegan Spanish omelette (VE) Macaroni cheese (V)

#### Vegetables & sides

Rosemary potatoes, ratatouille, mushrooms

#### Salad Bar

A selection of salads

#### **Pudding option**

Peaches & cream Fresh fruit basket

## SATURDAY

#### Soup

Winter vegetable

broccoli stir fry (VE)

## Main choices

Battered chicken bites, sweet & sour sauce Vegetable & beef spring rolls Coconut, ginger & tenderstem

### Egg noodles, oriental vegetables, selection of dipping sauces

#### Salad Bar

A selection of salads

#### **Pudding option**

Luxury chocolate eclair Fresh fruit

## SUNDAY

#### Soup

Soup of the day

#### **Main choices**

Pork chop, apple sauce Roast 1/4 chicken Vegetable crumble (V)

#### Vegetables & sides

Roast potatoes,

cauliflower au gratin, carro' gravy, stuffing weekend!

### Salad Bar

A selection of salads

#### **Pudding option**

Egg custard tart Fresh fruit



Fresh Bread

# SIDCOT SCHOOL LUNCH MENU (WEEK 2)

## MONDAY

#### Soup

Tomato

#### Main choices

Bacon & cheese turnover
Chicken peri peri
Baked celeriac steak with winter pesto
(VE)

#### Vegetables & sides

Steamed baby potatoes, mixed vegetables, cabbage

#### Kitchen@Sidcot

Creamy chestnut mushrooms on toasted sourdough, pea shoots

#### Pasta Paradise

A selection of pasta with specialist sauces

#### **Pudding option**

Cheshire creameries choc ice
Fresh fruit basket

## **TUESDAY**

#### Soup

Butternut squash & sweet potato

#### Main choices

Mushroom, tomato & vegan mozzarella stack (VE) Roast pork, apple sauce, gravy Roast chicken leg, stuffing, gravy

#### Vegetables & sides

Roast potatoes, carrots, brussel sprouts

#### Kitchen@Sidcot

Spinach & Emmenthal pastry served with a potato and spring onion salad (V)

#### Pasta Parrmadise

A selection of pasta with specialist sauces

#### **Pudding option**

tossed mixed salad

Alternative options

Salad & cold meat bar

Assorted breads & oils

Beech dean mini tub ice cream

Pudding option

American pancakes ,butterscotch sauce Fresh fruit basket

## WEDNESDAY

#### Soup

Lentil & chilli

#### Main choices-pasta & sauce

Tomato & basil sauce (VE) Chicken carbonara sauce Beef ragu sauce

#### **Vegetables & sides**

Pasta, sweetcorn, herby baked tomato

#### Kitchen@Sidcot

Cumberland sausage ring on bubble & squeak, onion gravy

#### Pasta Paradise

A selection of pasta with specialist sauces

#### **Pudding option**

Sultana flapjack Fresh fruit basket

## THURSDAY

#### Soup

Vegetable

#### Main choices

Butchers beef burger Falafel & spinach burger (VE) Griddled chicken burger

#### Vegetables & sides

Soft floured bap, chips, baked beans, peas, ketchup

#### Pasta Paradise

A selection of pasta with specialist sauces

#### **Pudding option**

Sliced melon & pineapple Fresh fruit basket

## FRIDAY

#### Soup

Parsnip

#### Main choices

Margherita pizza (V)
Cauliflower & crispy sage risotto (VE)
Hunters chicken breast

#### **Vegetables & sides**

Jacket potato wedges, selection of market vegetables

#### Pasta Paradise

A selection of pasta with specialist sauces

#### **Pudding option**

Vegan choc chip cookie Fresh fruit basket

## SATURDAY

#### Soup

Thick vegetable

#### Main choices

Cheese & onion quiche Tuna mayonnaise filling Vegan coronation filling

#### Vegetables & sides

Jacket potatoes, spaghetti hoops,

## SUNDAY WK 2

Cereal selection, toast, spread & preserves, yoghurt, fruit & seed bar Sidcot Breakfast Muffin

Home made sausage burger Fried egg , potato hash brown Burger cheese , French fries Soft flour white muffin , Ketchup or BBQ sauce

Vegan Cauliflower Hash, Vegan Bacon in Vegan Muffin (VE)

## Alternative option

It's the

weekend!

Porridge with jam
Pancakes with golden syrup
Apple & grape pots

#### Hot Beverage station

Selection of fruit juice and hot drinks, Orange, apple & tropical juice,

#### Alternative options

Salad & cold meat / vegetarian bar Assorted breads, vinaigrettes & oils

Jacket potato bar

## AVAILABLE WEEKDAYS

## **Grab & Graze**

A selection of salads, rolls & sandwiches to take away

# SIDCOT SCHOOL DINNER MENU (WEEK 2)

## MONDAY

#### Soup

Tomato

#### Main choices

Slow cooked beef & baby onions in red wine

Beetroot tarte tatin (VE)
Cajun pork steak & apple slice

#### Vegetables & sides

Croquette potatoes, green beans & cauliflower

#### Salad Bar

A selection of salads

#### **Pudding option**

Winter fruit crumble & cream Fresh fruit

## **TUESDAY**

#### Soup

Butternut squash & sweet potato

#### Main choices

Vegan vegetable samosa (VE) Homemade beef Kofta Chicken breast in a korma sauce

#### Vegetables & sides

Turmeric rice, onion bhajis, lentil & vegetable dhal

#### Salad Bar

A selection of salads

#### **Pudding option**

Mango pots Fresh fruit

## WEDNESDAY

#### Soup

Lentil & chilli

#### Main choices

Crispy pork escalope with feta Bourbon chicken wings with blue cheese dip Cauliflower BBQ Wings (VE)

#### **Vegetables & sides**

Baked potatoes, spaghetti , tender stem broccoli

#### Salad Bar

A selection of salads

#### **Pudding option**

Fresh fruit

Sticky toffee pudding salted caramel sauce

## **THURSDAY**

#### Soup

Vegetable

#### Main choices

Fish pie with prawns & filo top Chicken goujons, chipotle mayo Quorn schnitzel (V)

#### Vegetables & sides

Steamed midi potatoes sauté creamed leeks, baked tomato

#### Salad Bar

A selection of salads

#### **Pudding option**

Profiteroles Fresh fruit

## FRIDAY

#### Soup

Parsnip

#### Main choices

Frankfurter hot dog Beef meatball melt with mozzarella Vegan sausage (VE)

#### Vegetables & sides

Served in brioche hot dog roll, sauerkraut, jalapeno peppers, potato & spring onion salad with vegan mayonnaise

#### Salad Bar

A selection of salads

#### **Pudding option**

Chocolate traybake
Fresh fruit

## SATURDAY

Soup of the day

#### Main choices

Leek & cheddar cheese fishcakes
Spanish style aubergine in
tomato sauce with black olives
(VE)

## Marinated tandoori chicken (on the bone)

#### Vegetables & sides

Fragrant herby rice, roasted winter vegetable medley

### Alternative option

Selection of salads

#### **Pudding option**

Knickerbocker glory
Fresh fruit

## SUNDAY

Soup of the day

#### Main choices-Spaghetti Night

Creamy Seafood sauce Tomato & basil sauce (VE) Bolognese sauce

#### Vegetables & sides

Spaghetti, garlic bread, Ice burg

wedges with caesar dressir crispy onions

weekend!

It's the

#### Alternative option

Selection of salads

### **Pudding option**

Iced ring doughnut Fresh fruit



Fresh Bread



# SIDCOT SCHOOL LUNCH MENU (WEEK 3)

## MONDAY

#### Soup

Carrot & coriander

#### Main choices

Bacon chop, pineapple salsa Crispy sweet chilli chicken thighs Macaroni cheese (V)

#### **Vegetables & sides**

Steamed new potatoes, courgettes mixed vegetables

#### Kitchen@Sidcot

Vegetable pakoras, mango chutney, Bombay potato salad (V)

#### **Pasta Paradise**

A selection of pasta with specialist sauces

#### **Pudding option**

Steamed roly poly & cream

## TUESDAY

#### Soup

Sweetcorn chowder

#### Main choices

Lentil & vegetable loaf (VE) Mortadella & mozzarella frittata Roast chicken leg, chipolata

#### Vegetables & sides

Roast potatoes, market vegetable medley, gravy

#### Kitchen@Sidcot

Asian style fish cake skewers with cucumber & radish salad

#### **Pasta Paradise**

A selection of pasta with specialist sauces

#### **Pudding option**

Muller corner yoghurt

## WEDNESDAY

#### Soup

Minestrone

#### Main choices

Vegetable samosa, dipping sauce (V) Tandoori marinated chicken breast Beef Rogan Josh

#### **Vegetables & sides**

Rice, turmeric roasted cauliflower, mini onion bhaji

#### Kitchen@Sidcot

Houmous, toasted pitta bread, mixed olives & sundried tomatoes served with leaf salad

#### **Pasta Paradise**

A selection of pasta with specialist sauces

#### **Pudding option**

Sliced melon

## THURSDAY

#### Soup

Rustic minted tomato

#### Main choices

Beef lasagne Vegetable lasagne (V) Butchers sausages, gravy

#### Vegetables & sides

Parsley new potatoes, baby carrots & green beans

#### **Pasta Paradise**

A selection of pasta with specialist sauces

#### **Pudding option**

Miniature belgian bun

## FRIDAY

#### Soup

Pea & ham

#### Main choices

Torched goats cheese with winter chutney (V) Cod in batter, tartare sauce & lemon Turkey escalope soy sauce, honey, ginger, green beans & edamame

#### Vegetables & sides

Chipped potatoes, roasted courgettes & garden peas

#### **Pasta Paradise**

A selection of pasta with specialist sauces

#### **Pudding option**

Fruit crumble & cream

## SATURDAY

#### Soup

Thick vegetable

Main choices

#### **Filled Jacket Potatoes**

Chilli beef filling Prawn marie rose filling Grated cheese & chive

Salad bar selection

#### **Alternative options**

Salad & cold meat bar Assorted breads & oils

#### **Pudding option**

Chocolate eclair

## SUNDAY WK 3

#### Brunch

Stone baked thin & crispy pizza base topped with:

Florentine spinach & eggs Tomato & mozzarella and salami Vegan tomato, onions & capers& capers (VE)

#### Mixed olives & sundried tomato anti pasta

It's the

weekend!

Sliced melon & pineapple

Seasonal bircher pots

#### Alternative option

Iced yum yum

## Alternative options

Salad & cold meat / vegetarian bar Assorted breads, vinaigrettes & oils

Jacket potato bar

## **AVAILABLE** WEEKDAYS

### **Grab & Graze**

A selection of salads, rolls & sandwiches to take away

# SIDCOT SCHOOL DINNER MENU (WEEK 3)

## MONDAY

#### Soup

Carrot & coriander

#### Main choices

Pork gyros strips Tofu gyros style (VE) Battered calamari

#### **Vegetables & sides**

Rice & beans. Greek salad with olives &

#### Salad Bar

A selection of salads

#### **Pudding option**

Cheese & biscuits Fresh fruit

## TUESDAY

#### Soup

Sweetcorn chowder

#### Main choices

Zatar rubbed Chicken quarter Stuffed pepper with harissa fragrant rice

Fish rarebit—topped with cheese melt on spinach

#### **Vegetables & sides**

Baked sweet potato, diced roasted winter vegetables

#### Salad Bar

A selection of salads

#### **Pudding option**

Chocolate sponge cake & chocolate sauce Fresh fruit

## WEDNESDAY

#### Soup

Minestrone

#### Main choices - Spaghetti Night

Tomato puttenesca sauce (VE) Bacon carbonara sauce Creamy seafood & chive sauce

#### **Vegetables & sides**

Spaghetti, crispy iceburg wedge, garlic

Gluten free pasta available please ask

#### Salad Bar

A selection of salads

#### **Pudding option**

Iced smoothie pot Fresh fruit

## THURSDAY

#### Soup

Rustic minted tomato

#### Main choices

Sticky hoisin & spring onion chicken Courgette & feta pearl barley risotto (V) Prawn & cod fishcake

#### Vegetables & sides

Croquette potatoes, mange tout & carrot julienne mix

#### Salad Bar

A selection of salads

#### **Pudding option**

Rice pudding & jam sauce Fresh fruit

## FRIDAY

#### Soup

Pea & ham

#### Main choices

Baked feta steaks with tomato, chilli & honey (V) Greek style lemon & garlic chicken Lamb kofte sticks

### Vegetables & sides

Greek potato wedges, tzatziki, pitta bread, carrot & sesame salad

#### Salad Bar

A selection of salads

#### **Pudding option**

Churros, salted caramel sauce Fresh fruit

## SATURDAY

#### Burger night

Buttermilk chicken Marinated pork ribs Pulled BBQ jackfruit (VE)

### Vegetables & sides

Roasted midi potatoes, chipotle slaw

#### Alternative option

Selection of salads

#### **Pudding option**

Cheesecake & cream Fresh fruit

#### **Beverages**

Fresh milk Iced water

## SUNDAY

Soup of the day

#### Main choices

Roasted pork loin steak Roast chicken leg

Roasted potatoes, cauliflower cheese, steamed savoy

Vegetable roulade (V)

#### Vegetables & sides

cabbage, gravy

### Alternative option

It's the

weekend!

Selection of salads

#### **Pudding option**

Baked apples, cinnamon, golden syrup & cream Fresh fruit

## **Beverages**

Fresh milk

AVAILABLE DAILY

Fresh Bread



# SIDCOT SCHOOL LUNCH MENU (WEEK 4)

## MONDAY

#### Soup

Leek & potato

#### Main choices

Spicy bean burger, ciabatta roll, salsa (VE) Piri Piri crispy chicken thighs Fish finger ciabatta roll, lemon caper mayo

#### **Vegetables & sides**

Herby diced potatoes, garden peas & balsamic tomatoes

#### Kitchen@Sidcot

Creamy chestnut mushrooms in stilton sauce on toasted sourdough (V)

#### **Pasta Paradise**

A selection of pasta with specialist sauces

#### **Pudding option**

Orange segments in syrup, pouring cream

## TUESDAY

#### Soup

Carrot & coriander

#### Main choices

Roast gammon honey & wholegrain mustard glaze Chicken meatballs, tomato ragu sauce

Vegan meatballs in tomato ragu sauce VE

#### Vegetables & sides

Steamed parsley new potatoes, broccoli, carrots

#### Kitchen@Sidcot

Vegetable samosa, mango chutney, spiced rice salad timbale

#### Pasta Paradise

A selection of pasta with specialist sauces

#### **Pudding option**

Chocolate sponge pudding, custard

## WEDNESDAY

#### Soup

Chinese noodle

#### Main choices

Cheese & bacon turnover Roasted root veg in Yorkshire (V) Beef filled yorkshire pudding

#### **Vegetables & sides**

Roasted potatoes, garlicky green beans, diced swede

#### Kitchen@Sidcot

Coconut chicken hot wings, lime wedge, chunky coleslaw

#### **Pasta Paradise**

A selection of pasta with specialist sauces

#### **Pudding option**

Artic roll

## THURSDAY

#### Soup

Moroccan chick pea

#### Main choices

Vegetarian spring rolls (V) Sweet & sour chicken breast Beef strips in black bean sauce

#### Vegetables & sides

Rice, oriental vegetable medley

#### Kitchen@Sidcot

Salad & cold meat bar Assorted breads & oils

#### Pasta Paradise

A selection of pasta with specialist sauces

#### **Pudding option**

Fruit cocktail & cream

## FRIDAY

#### Soup

Cream of vegetable

#### Main choices

Breaded fish, lemon, tartare Lime & chilli aubergine steak (VE) Cumberland sausage ring, sticky onion marmalade

#### Vegetables & sides

Chips, crushed minted peas, plum tomatoes

#### Kitchen@Sidcot

Salad & cold meat bar Assorted breads & oils

#### **Pasta Paradise**

A selection of pasta with specialist sauces

#### **Pudding option**

Strawberry mousse

## SATURDAY

#### Soup

Thick vegetable

#### Main choices

Naked beefburger skewered with three crispy onion rings Cauliflower cheese (V) Crispy bacon roll with ketchup

#### **Vegetables & sides**

Potato wedges, button mushrooms. Sweetcorn

cobettes

#### Alternative options

Salad & cold meat bar Assorted breads & oils

#### **Pudding option**

Scone, jam & cream

#### SUNDAY WK4

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

#### Brunch

Duck & Hoisin Spring Roll

Vegetable Spring Rolls (V)

Meatless Thai Porkless Wontons (VE)

#### Bao Buns (VE)

**BBQ** Pulled Pork

weekendi Noodle stir-fry (V)

It's the

### Alternative option

Miso & tofu soup, Dipping sauces. Mango pots (VE). Almond milk porridge (VE)

## AVAILABLE WEEKDAYS

## Grab & Graze

A selection of salads, rolls & sandwiches to take away

## **BAKED POATO BAR**

A wide selection of fillings for every



Live Adventurously

Meals are subject to change at short notice. Allergen information can be obtained on request at the meal time. Pasta paradise & grab & graze available to 6th form only.

# SIDCOT SCHOOL DINNER MENU (WEEK 4)

## MONDAY

#### Soup

Leek & potato

#### Main choices

Spiced baked salmon Polenta & chestnut mushroom tart (VE) Pork chop, salsa verde

#### **Vegetables & sides**

Mashed potatoes, sauté leeks & wilted greens

#### Salad Bar

A selection of salads

#### **Pudding option**

Chocolate fudge cake Fresh fruit

## TUESDAY

#### Soup

Carrot & coriander

#### Main choices

Panko breaded chicken fillet Fried eggs (2) (V) Gammon steak caramelised pineapple

#### Vegetables & sides

French fries, baked beans, sweetcorn

#### Salad Bar

A selection of salads

#### **Pudding option**

Banoffee pudding Fresh fruit

## WEDNESDAY

#### Soup

Chinese noodle

#### Main choices—Pizza night

Pizza wedge- pepperoni Pizza wedge-ham & pineapple Pizza wedge- margherita (V) Vegan & GF option available please ask

#### Vegetables & sides

Half jacket potato, chunky slaw, tossed mixed salad

#### Salad Bar

A selection of salads

#### **Pudding option**

Melon & Pineapple Fresh fruit

## THURSDAY

#### Soup

Moroccan chick pea

#### Main choices

Slow cooked mince beef chilli mole Vegan mince chilli (VE) Korean style chicken wings

#### Vegetables & sides

Sweet potato fries, sour cream, tomato salsa, guacamole, spicy bean salad

#### Salad Bar

A selection of salads

#### **Pudding option**

Egg custard tart Fresh fruit

## FRIDAY

#### Soup

Cream of vegetable

#### Main choices- Basket meal night

Pork char sui steamed hao bun Scampi, lemon, tartare Halloumi fries (V)

#### Vegetables & sides

Potato wedges, baton carrots & green beans

#### Salad Bar

A selection of salads

#### **Pudding option**

Lemon posset Fresh fruit

## SATURDAY

Soup of the day

#### Main choices

Chicken, mushroom & leek pie Steak & ale pie Spicy cajun sweet potato roulade

#### Vegetables & sides

Creamed potatoes, smashed peas, baby carrots, gravy

#### Alternative option

Selection of salads

#### **Pudding option**

Fresh fruit salad Fresh fruit

## SUNDAY

Soup of the day

Sausages in onion gravy

(VE)

#### Main choices

Chicken fillet in creamy alfredo

Vegan sausages in vegan gravy

#### Vegetables & sides

Croquette potatoes, wilter Weekend I spinach, mixed vegetables

It's the

#### Alternative option

Selection of salads

#### **Pudding option**

Oaty apple crumble, custard Fresh fruit

AVAILABLE DAILY

Fresh Bread

