

AUTUMN BREAKFAST MENU 2020

MONDAY

Cereal selection

Toast, butter, preserve

Individual yoghurt

Porridge

Continental Breakfast

Sliced mortadella, chorizo, emmenthal, cheddar, boiled eggs, breakfast rolls

From the bakery

Butter croissants

Beverages

Fruit Juices

Tea, fruit teas, coffee, hot chocolate

TUESDAY

Cereal selection

Toast, butter, preserve

Individual yoghurt

Porridge

Cooked Breakfast

Farmhouse baked sausages, skillet pan baby potatoes, mushrooms, cherry tomatoes and spinach. Fiery Schirachi sauce

From the bakery

Pain au raisin

Beverages

Fruit Juices

Tea, fruit teas, coffee, hot chocolate

WEDNESDAY

Cereal selection

Toast, butter, preserve

Individual yoghurt

Porridge

Cooked Breakfast

Crispy bacon, black pudding, scrambled eggs, baked beans, hash brown

From the bakery

American pancakes, maple flavour syrup, blueberries

Beverages

Fruit Juices

Tea, fruit teas, coffee, hot chocolate

THURSDAY

Cereal selection

Toast, butter, preserve

Individual yoghurt

Porridge

Continental Breakfast

Feta cheese, sliced Milano salami, garlic sausage, mature cheddar cheese, marinated olives & sliced beef tomatoes, boiled eggs

Sliced bread selection

Toasted sourdough & rye breads

Beverages

Fruit Juices

Tea, fruit teas, coffee, hot chocolate

FRIDAY

Cereal selection

Toast, butter, preserve

Individual yoghurt

Porridge

Cooked Breakfast

Poached eggs, wilted spinach, on toasted white muffins with hollandaise sauce

From the bakery

Pain au chocolate

Beverages

Fruit Juices

Tea, fruit teas, coffee, hot chocolate

Saturday

Cereal selection, toast, butter, preserve, individual yoghurt

Continental breakfast

Continental meats & cheese, boiled eggs & petit pain rolls, sliced melon

Alternative options

Fruit smoothies

Sweet waffles & honey

Beverages

Selection of fruit juice and hot drinks

SUNDAY

Cereal selection, toast, butter, preserve, individual yoghurt

Brunch

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

Alternative option

Assorted breakfast pastries

Beverages

Selection of fruit juice and hot drinks



SIDCOT SCHOOL LUNCH MENU (WEEK 1)

MONDAY

Soup
Mushroom

Main choices
Macaroni cheese, panko & chive crumb
Spanish style beans , tomato & spinach (V)
Butchers sausages, thick onion gravy

Vegetables & sides
Midi potatoes, mixed vegetables, steamed winter cabbage

Pudding option
Sliced melon

TUESDAY

Soup
Leek & potato

Main choices
Quorn escalope (V)
Chicken breast , sweet & sour sauce, pineapple
Greek minced lamb pie, filo topped

Vegetables & sides
Steamed rice, green beans, baked tomato

Pudding option
Jelly

WEDNESDAY

Soup
Tomato

Main choices
Giant yorkshire with slow cooked beef in red wine
Root veg stew with or without yorkshire
Sticky honey & soy turkey escalope

Vegetables & sides
Roasties, diced swede, broccoli

Alternative options
Host salads, bread basket, oils & vinaigrette

Pudding option
Lemon sponge pudding , lemon pouring sauce

THURSDAY

Soup
Vegetable

Main choices
Sundried tomato, spinach, olive , feta pasta
Proper Cornish pasty, gravy , ketchup
Hickory smoked chicken breast

Vegetables & sides
Baked new potatoes in olive oil, cauliflower, carrot batons

Pudding option
Yoghurt pot

FRIDAY

Soup
Lentil

Main choices
Battered cod fillet tartare, lemon
Turkey meatballs, tomato basil sauce
Roasted mediterranean style vegetable bake (V)

Vegetables & sides
Chips, peas, sweetcorn

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

Pudding option
Muffin

SATURDAY

Soup of the day
Cheese omlette
Breaded mushrooms garlic mayo
Lemon & honey thyme pork chop

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

Vegetable & Sides
Jacket potato, tossed mixed salad

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

Pudding option
Flapjack slice

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

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

Alternative option
Assorted pastries

Beverages
Selection of fruit juice and hot drinks

KITCHEN@SIDCOT

Now offering you a served salad and jacket potato bar (Monday-Friday)

PASTA PARADISE

A selection of pasta with specialist sauces (Monday-Friday)



SIDCOT SCHOOL DINNER MENU (WEEK 1)

MONDAY

Soup

Mushroom

Main choices

BBQ chicken drumsticks

Goats cheese & caramelised leek risotto

Individual beef & onion pie

Vegetables & sides

Sauté potatoes, peas, roasted roots & butternut squash

Alternative options

Host salads, bread basket, oils & vinaigrette

Pudding option

Choc Ice

TUESDAY

Soup

Leek & potato

Main choices

Fishcake, tartare, lemon

Rump steak, garlic butter

Rice stuffed beef tomato

Vegetables & sides

New potatoes, mushrooms, sweetcorn

Alternative options

Host salads, bread basket, oils & vinaigrette

Pudding option

Peaches & cream

WEDNESDAY

Soup

Tomato

Main choices

One pot lasagne

Chicken fillet burger, Brioche roll

Cauliflower, kale & smoked cheddar burger

Vegetables & sides

Potato wedges, winter slaw, baked beans

Alternative options

Host salads, bread basket, oils & vinaigrette

Pudding option

Profiteroles

THURSDAY

Soup

Vegetable

Main choices

Veggie spring rolls, soy dipping sauce

Coffee & treacle sticky pork belly slices

Hoisin chicken breast

Vegetables & sides

Jasmine rice, bean medley (green beans, mange tout, edamame), julienne of carrot

Alternative options

Host salads, bread basket, oils & vinaigrette

Pudding option

Pineapple & melon slices, lychee syrup

FRIDAY

Soup

Lentil

Main choices

Skinny Hawaiian pizza

Loaded beef tacos, sour cream, salsa

Mediterranean vegetable tart

Vegetables & sides

Parsley new, broccoli, baked tomato

Alternative options

Host salads, bread basket, oils & vinaigrette

Pudding option

Cheesecake

SATURDAY

Main choice

Sticky chilli baked chicken breast

Beef in black bean, green peppers

Vegan nuggets sweet & sour sauce

Vegetables & sides

Egg noodles, oriental mixed veg

Alternative option

Host salads, bread basket, oils & vinaigrette

Pudding option

Frozen smoothie pot

SUNDAY PASTA NIGHT

Main choices

Tomato & red pepper

Beef ragu

Bacon Carbonara

Vegetables & sides

Garlic bread slice

Coleslaw

Tossed salad

Pasta

Alternative options

Host salads, bread basket, oils & vinaigrette

Pudding option

Artic roll



SIDCOT SCHOOL LUNCH MENU (WEEK 2)

MONDAY

Soup
Root Vegetable

Main choices
Chilli con veggie
Chilli beef
Chicken mushroom and mascarpone

Vegetables & sides
Rice, broccoli, sweetcorn

Alternative options
Host salads, bread basket, oils & vinaigrette

Pudding option
Egg custard tart

TUESDAY

Soup
Sweet potato

Main choices
Cod fishcake on roasted lentils and peppers
Pasta carbonara with bacon
Vegetable tagine

Vegetables & sides
Steamed potatoes, savoy cabbage, baked beans

Alternative options
Host salads, bread basket, oils & vinaigrette

Pudding option
Oreo snack pack

WEDNESDAY

Soup
Cream of sweetcorn

Main choices
Honey baked gammon, apple chutney
Cauliflower, spinach, potato curry
Scotch pie, gravy

Vegetables & sides
Parsley new potatoes, roasted parsnips, baton carrots

Alternative options
Host salads, bread basket, oils & vinaigrette

Pudding option
Rhubarb crumble, custard

THURSDAY

Soup
Tomato

Main choices
Ravioli, cheddar/ parmesan
Stuffed sweet potato skins with paprika smoked refried beans
Chicken breast with orange, cumin and paprika

Vegetables & sides
Sauté potatoes, plum tomatoes, market veg

Alternative options
Host salads, bread basket, oils & vinaigrette

Pudding option
Sliced melon

FRIDAY

Soup
Carrot & coriander soup

Main choices
Pork & herb sausages
Quorn vegan fishless fingers
Fish goujons

Vegetables & sides
Fries, mushy peas, baked beans

Alternative options
Host salads, bread basket, oils & vinaigrette

Pudding option
Ice cream pot

SATURDAY

Soup of the day
Thai fish cakes
Individual cheese & onion quiche
Chinese style vegetable & beef spring rolls

Vegetable & Sides
Half jackets, whole green beans, baked tomato

Alternative option
Host salads, bread basket, oils & vinaigrette

Pudding option
Apricots & cream

SUNDAY BRUNCH

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

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

Alternative option
Assorted breakfast pastries

Beverages
Selection of fruit juice and hot drinks

KITCHEN@SIDCOT

Now offering you a served
salad bar & jacket potato
bar
(Monday-Friday)

PASTA PARADISE

A selection of pasta with
specialist sauces
(Monday-Friday)



SIDCOT SCHOOL DINNER MENU (WEEK 2)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Soup</u> Root vegetable</p> <p><u>Main choices</u> Piri piri chicken Baked gammon steak Honey, roast root veg, thyme pearl barley risotto</p> <p><u>Vegetables & sides</u> Mash, peas, swede</p> <p><u>Alternative options</u> Host salads, bread basket, oils & vinaigrette</p> <p><u>Pudding option</u> Mandarin oranges, whipped stem ginger cream</p>	<p><u>Soup</u> Sweet potato</p> <p><u>Main choices</u> Lamb kofte Bombay chicken leg, poppadum, mango chutney Stuffed red pepper</p> <p><u>Vegetables & sides</u> Pilau rice, green beans, baked tomato</p> <p><u>Alternative options</u> Host salads, bread basket, oils & vinaigrette</p> <p><u>Pudding option</u> Fruit salad</p>	<p><u>Soup</u> Cream of sweetcorn</p> <p><u>Main choices- Filled Giant Yorkshire Pudding</u> Slow cooked beef and caramelised baby onions Turkey strips in creamy mushroom sauce Veggie savoury mince</p> <p><u>Vegetables & sides</u> Parsley steamed potatoes, mixed vegetables, cauliflower</p> <p><u>Alternative options</u> Host salads, bread basket, oils & vinaigrette</p> <p><u>Pudding option</u> Doughnut</p>	<p><u>Soup</u> Tomato</p> <p><u>Main choices</u> Spanish style chicken breast Potato corn dog Vegetable bolognese</p> <p><u>Vegetables & sides</u> Pasta shells, broccoli, roasted chanteray carrots</p> <p><u>Alternative options</u> Host salads, bread basket, oils & vinaigrette</p> <p><u>Pudding option</u> Jelly pot</p>	<p><u>Soup</u> Carrot & coriander</p> <p><u>Main choices</u> Pork loin steak, honey and chipotle Open cup stuffed mushroom with garlic, thyme and halloumi crumb Sticky chicken thighs</p> <p><u>Vegetables & sides</u> Sea salt baked new, selection of market vegetables</p> <p><u>Alternative options</u> Host salads, bread basket, oils & vinaigrette</p> <p><u>Pudding option</u> Fresh Pineapple</p>
<p>SATURDAY</p> <p><u>Soup of the day</u></p> <p><u>Main choice</u> Lamb kofta, yoghurt mint dip Tamarind chicken Vegan sausage roll</p> <p><u>Vegetable & Sides</u> Rice, broccoli, carrots</p> <p><u>Alternative option</u> Host salads, bread basket, oils & vinaigrette</p> <p><u>Pudding option</u> Lemon drizzle cake</p>	<p>SUNDAY dinner</p> <p><u>Soup of the day</u></p> <p><u>Main choices</u> –Pizza Night Selection of pizzas</p> <p><u>Vegetables & sides</u> Chunky slaw, tossed mixed salad, garlic herb slice</p>	<p><u>Alternative options</u> Host salads, bread basket, oils & vinaigrette</p> <p><u>Pudding option</u> Yoghurt pot</p>		



SIDCOT SCHOOL LUNCH MENU (WEEK 3)

MONDAY
<u>Soup</u>
Cream of onion
<u>Main choices</u>
Chickpea , aubergine masala
Beef enhiladas
Sea salt & pepper roast chicken—skin on
<u>Vegetables & sides</u>
Baked baby new potatoes, mixed vegetables, spinach
<u>Alternative options</u>
Host salads, bread basket, oils & vinaigrette
<u>Pudding option</u>
Jam tart

TUESDAY
<u>Soup</u>
Celery
<u>Main choices</u>
Vegetable spring rolls
Chinese style pork loin chop
Chicken sweet & sour
<u>Vegetables & sides</u>
Steamed rice, oriental vegetables, broccoli
<u>Alternative options</u>
Host salads, bread basket, oils & vinaigrette
<u>Pudding option</u>
Sliced fruits

WEDNESDAY
<u>Soup</u>
Tomato & chilli
<u>Main choices</u>
Roast pork ,apple sauce, stuffing, gravy
Aubergine caponata with cannellini beans
Sticky honey, & soy turkey escalope
<u>Vegetables & sides</u>
Roasties, diced swede, savoy cabbage
<u>Pudding option</u>
Steamed pudding & custard

THURSDAY
<u>Soup</u>
Mushroom
<u>Main choices</u>
Mexican bean taco
Pork meatballs, tomato mascarpone sauce
Cheese & onion pasty
<u>Vegetables & sides</u>
Steamed potatoes, courgettes, mini corn on cobs
<u>Alternative options</u>
Host salads, bread basket, oils & vinaigrette
<u>Pudding option</u>
Banana loaf slice

FRIDAY
<u>Soup</u>
Vegetable
<u>Main choices</u>
Baked cod chorizo, olive & tomato
Cheese & tomato pizza slice
BBQ chicken breast
<u>Vegetables & sides</u>
Croquette potatoes, peas, baked beans
<u>Alternative options</u>
Host salads, bread basket, oils & vinaigrette
<u>Pudding option</u>
Jam doughnut

SATURDAY	<u>Alternative option</u>
<u>Soup of the day</u>	Host salads, bread basket, oils & vinaigrette
<u>Main choice</u>	<u>Pudding option</u>
Harissa chicken thigh traybake	Yoghurt
Potato dog	
Creamy vegetable kiev	
<u>Vegetable & Sides</u>	
Rice, seasonal mixed vegetables	

SUNDAY BRUNCH
<u>Main choice</u>
Cooked breakfast: sausage, bacon, beans, mushrooms, grilled tomatoes, fried egg, chicken goujons, savoury potatoes
<u>Alternative option</u>
Cereal selection, toast spreads & preservatives, yoghurt fruit & seed bar, Assorted breakfast pastries
<u>Beverages</u>
Selection of fruit juices and hot drinks

KITCHEN@SIDCOT
 Now offering you a served
 salad bar & jacket potato
 bar
 (Monday-Friday)

PASTA PARADISE
 A selection of pasta with
 specialist sauces
 (Monday-Friday)



SIDCOT SCHOOL DINNER MENU (WEEK 3)

MONDAY
<u>Soup</u>
Carrot & parsnip
<u>Main choices</u>
Gammon & egg
Chicken Kiev
Breaded mozzarella sticks
<u>Vegetables & sides</u>
Jacket potato, baked tomato, peas
<u>Alternative options</u>
Host salads, bread basket, oils & vinaigrette
<u>Pudding option</u>
Mini apple pie

TUESDAY
<u>Soup</u>
Celery
<u>Main choices</u>
Hunters turkey steak
Salmon, lemon and caper butter
Three bean, tomato & spinach stew
<u>Vegetables & sides</u>
Steamed baby potatoes, autumnal vegetable mix
<u>Alternative options</u>
Host salads, bread basket, oils & vinaigrette
<u>Pudding option</u>
Blueberry muffin

WEDNESDAY
<u>Soup</u>
Tomato & chilli
<u>Main choices</u>
Tamarind potato curry
Pull apart pork with honey and chipolte
Sticky chicken sesame
<u>Vegetables & sides</u>
Egg noodles, diced carrots, mangetout
<u>Alternative options</u>
Host salads, bread basket, oils & vinaigrette
<u>Pudding option</u>
Fresh fruit salad

THURSDAY
<u>Soup</u>
Mushroom
<u>Main choices</u>
Moroccan tomato chick pea pie
Chicken in bacon & mushroom cream sauce
Butchers sausages (thick gravy on the side)
<u>Vegetables & sides</u>
Sauté, steamed sliced leeks, cauliflower florets
<u>Alternative options</u>
Host salads, bread basket, oils & vinaigrette
<u>Pudding option</u>
Yoghurt

FRIDAY
<u>Soup</u>
Winter vegetable
<u>Main choices</u>
Chicken, pepper, chorizo skewer
Lamb samosas
Halloumi sticks
<u>Vegetables & sides</u>
Savoury rice, green beans, baked tomato
<u>Alternative options</u>
Host salads, bread basket, oils & vinaigrette
<u>Pudding option</u>
Choc Ice

SATURDAY
<u>Soup of the day</u>
<u>Main choice -Burger night</u>
Beef burger- locally sourced
Chicken fillet burger cajun mayo
Beetroot, red pepper quinoa burger, all served in a brioche bun
<u>Vegetables & sides</u>
Chips, ranch syle coleslaw, corn on the cob
<u>Alternative option</u>
Host salads, bread basket, oils & vinaigrette
<u>Pudding option</u>
Fruit cheesecake

SUNDAY dinner
<u>Soup of the day</u>
<u>Main choices</u> -Sunday roast
Roast quorn bake , veggie gravy
Roast lamb gravy , mint sauce
Crispy oven baked duck leg, gravy
<u>Vegetables & sides</u>
Roast potatoes, brussel sprouts, baton carrots, mini yorkshire
<u>Alternative options</u>
Host salads, bread basket, oils & vinaigrette
<u>Pudding option</u>
Chocolate fudge cake



SIDCOT SCHOOL LUNCH MENU (WEEK 4)

MONDAY

Soup
Sweetcorn Chowder

Main choices
Creamy leek, bacon & mascarpone chicken
Veggie mince Bolognese
Pork meatballs, tomato & red pepper sauce

Vegetables & sides
Tri colour pasta, mixed veg, spinach

Alternative options
Host salads, bread basket, oils & vinaigrette

Pudding option
Sliced fruits

TUESDAY

Soup
Coconut butternut squash

Main choices
Korma marinated chicken breast
Lentil dhal
Chilli con carne

Vegetables & sides
Rice, diced swede, broccoli

Alternative options
Host salads, bread basket, oils & vinaigrette

Pudding option
Soreen malt loaf slice

WEDNESDAY

Soup
Vegetable style broth

Main choices
Roast beef, mini Yorkshires
Lemon & thyme honey pork loins
Vegetable roulade

Vegetables & sides
Marmite roast potatoes, cabbage, carrots

Alternative options
Host salads, bread basket, oils & vinaigrette

Pudding option
Apple crumble, custard sauce

THURSDAY

Soup
Leek & potato

Main choices
Cheese burger in floured bun
Chicken fillet with or without bun
Baked veggie burger with beetroot zatziki dip

Vegetables & sides
Chips, peas & sweetcorn

Alternative options
Host salads, bread basket, oils & vinaigrette

Pudding option
Choc Ice

FRIDAY

Soup
Celery

Main choices
Salmon & dill fishcake
Vintage reserve cheddar and pork sausages
Chickpea, cauliflower & spinach katsu curry

Vegetables & sides
Wedges, peas, carrots

Alternative options
Host salads, bread basket, oils & vinaigrette

Pudding option
Ring doughnut

SATURDAY

Soup of the day
Chicken & ham savoury slice

Main choice
Jackfruit corn taco
Pork ravioli

Alternative option
Host salads, bread basket, oils & vinaigrette

Vegetable & Sides
Jacket potato, broccoli, mixed vegetables

Pudding option
Sultana & cherry cake slice

SUNDAY BRUNCH

Main choice
Cooked breakfast: sausage, bacon, beans, mushrooms, grilled tomatoes, fried egg, chicken goujons, savoury fried potatoes

Alternative option
Cereal selection, toast spreads & preservatives, yoghurt fruit & seed bar,
Assorted breakfast pastries

Beverages
Selection of fruit juices and hot drinks

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PASTA PARADISE

A selection of pasta with specialist sauces (Monday-Friday)



SIDCOT SCHOOL DINNER MENU (WEEK 4)

MONDAY

Soup

Sweetcorn chowder

Main choices

Hunters chicken

Seafood mac & cheese smoked haddock fishcakes

Creamy lattice slice

Vegetables & sides

Creamy mash, broccoli, chantenay carrots

Alternative options

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

Pudding option

Apricots halves, cream

TUESDAY

Soup

Coconut butternut squash

Main choices

Shepherds pie pasty, gravy

Sticky gammon steaks with mango glaze

Chana Masala bowl

Vegetables & sides

New potatoes, peas, cauliflower

Alternative options

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

Pudding option

Shortbread

WEDNESDAY

Soup

Vegetable style broth

Main choices

Salmon with roasted vine tomatoes

Crunchy cornflake chicken fillets, with a hint of dijon mustard

Aubergine kebab, salsa

Vegetables & sides

Coriander cous cous , baby carrot, edamame & pea mix

Alternative options

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

Pudding option

Sliced melon

THURSDAY

Soup

Leek & potato

Main choices

Macaroni cheese

Sweet chilli chicken thighs

Vegan sausage roll

Vegetables & sides

Steamed parsley potatoes, baked beans, green beans

Alternative options

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

Pudding option

Egg custard tart

FRIDAY

Soup

Celery

Main choices

Beef lasagne

Veggie lasagne

Sea salt and cracked black pepper crispy chicken leg

Vegetables & sides

Croquette potatoes, baby corn, green beans

Alternative options

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

Pudding option

Plums topped greek yoghurt and honey

SATURDAY

Main choice

Skillet pan meatzza (baked mince beef pizza style)

Crispy baked duck leg , five spice rub

Creamy vegetable kiev

Vegetables and sides

Baked new potatoes with smoked paprika, roasted root veg, broccoli

Alternative option

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

Pudding option

Yoghurt pot

SUNDAY dinner

Soup of the day

Main choices— Steak Night

Rump, pepper butter

Pork steak-thyme and garlic

Southern fried escalope

Vegetables & sides

Beefsteak chips

Onion rings, peas, baked tomato

Alternative options

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

Pudding option

Mint ice cream bombe

