Lent Term 2025 - Week 1 - 6th January, 3rd February & 3rd March

Breakfast Menu

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beverages	Fresh Fruit Juices Tea/Coffee Fruit Smoothies Milk /Water	Fresh Fruit Juices Tea/Coffee Fruit Smoothies Milk /Water	Fresh Fruit Juices Tea/Coffee Fruit Smoothies Milk /Water	Fresh Fruit Juices Tea/Coffee Fruit Smoothies Milk /Water	Fresh Fruit Juices Tea/Coffee Fruit Smoothies Milk /Water	Fresh Fruit Juices Tea/Coffee Fruit Smoothies Milk /Water	Fresh Fruit Juices Tea/Coffee Fruit Smoothies Milk /Water
Hot Foods	Cheese and Ham Croissants, Creamy Porridge & Danish Pastries	Bacon, Sauté Potatoes, Spaghetti Hoops & Creamy Porridge	Smoked Salmon & Cream cheese Pretzel, Pain au Chocolat & Creamy Porridge	Pork Sausage, Potato Waffle, Baked Beans, Scrambled Eggs & Creamy Porridge	Bacon and Cheese Omelette, Pain au Chocolat, Danish Pastries & Creamy Porridge	Bacon, Hash Browns, Poached Eggs, Spaghetti Hoops & Creamy Porridge	French Toast, Bacon, Sausage, Baked Beans, Mushroom, Sauté Potatoes & Creamy Porridge
Cold Foods	Choice of Cereals, Fruit Yoghurts, Fresh Fruits, Dried Apricots & sultanas, soaked Prunes with Greek Yogurt, Toast & a choice of preserves or crusty roll	Choice of Cereals, Fruit Yogurts, Fresh Fruit, Dried Apricots & sultanas, soaked Prunes with Greek Yogurt. Milano Salami & assortment of Cheeses with crusty rolls	Choice of Cereals, Fruit Yoghurts, Fresh Fruits, Dried Apricots & sultanas, soaked Prunes with Greek Yogurt, Toast & a choice of preserves or crusty roll	Choice of Cereals, Fruit Yogurts, Fresh Fruit, Dried Apricots & sultanas, soaked Prunes with Greek Yogurt. Milano Salami & assortment of Cheeses with crusty rolls	Choice of Cereals, Fruit Yoghurts, Fresh Fruits, Dried Apricots & sultanas, soaked Prunes with Greek Yogurt, Toast & a choice of preserves or crusty roll	Choice of Cereals, Fruit Yogurts, Fresh Fruit, Dried Apricots & sultanas, soaked Prunes with Greek Yogurt. Milano Salami & assortment of Cheeses with crusty rolls	Choice of Cereals, Fruit Yoghurts, Fresh Fruits, Dried Apricots & sultanas, soaked Prunes with Greek Yogurt, Toast & a choice of preserves or crusty roll

Morning Snack

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Snack	A selection of either a Sweet or Savoury Snack	A selection of either a Sweet or Savoury Snack	A selection of either a Sweet or Savoury Snack	A selection of either a Sweet or Savoury Snack	A selection of either a Sweet or Savoury Snack	A selection of either a Sweet or Savoury Snack	A selection of either a Sweet or Savoury Snack
Drink	A Glass of Milk or a Glass of Water	A Glass of Milk or a Glass of Water	A Glass of Milk or a Glass of Water	A Glass of Milk or a Glass of Water	A Glass of Milk or a Glass of Water	A Glass of Milk or a Glass of Water	A Glass of Milk or a Glass of Water

Lunch Menu

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course	Beef and Vegetable Casserole	Fragrant Thai Chicken Curry served on a bed of Basmati Rice with Mango Chutney	Creamy Sausage & Spinach Fusilli Pasta	Shepherds Pie with a creamy Potato topping & served with rich Gravy	Golden breaded Cod Fishfingers or White Fish & Potato Cakes served with Tartar sauce	Hunters Chicken Breast topped with Sticky BBQ sauce, Bacon & Cheese	Roast Leg of Lamb with Mint Sauce
Vegetarian Option	Vegetable and Chickpea Stew	Thai Vegetable Curry served with Basmati Rice	Quorn & Vegetable served with Fusilli pasta	Vegetable & Mixed Bean Pie topped with creamy Mashed Potato	Stuffed Bell Peppers with savoury Rice & topped with Cheese	Mediterranean Vegetable Ratatouille served with Penne Pasta	Lentil, Carrot, Sweet Potato Roast
Sides	Baby Carrots, Steamed Green Beans & New Potatoes	Brown and White Rice Sweetcorn & Peas	Choice of Salads from the Salad Bar, Steamed Green Beans & Leeks	Steamed Broccoli, Glazed Carrots & Steamed Peas	French Fried Potatoes, Steamed Peas, Tartar Sauce & Lemon Wedges	Creamy Mashed Potato, Sprouting Brocolli & Baton Carrots	Maple Roasted Potatoes, Braised Sweetheart Cabbage & Lamb Gravy
Dessert	Chocolate Crunch Pudding with Hot Chocolate Sauce	Raspberry & Apple Crumble with Vanilla Custard	Fresh Fruit Salad with Cream	Sticky Toffee Pudding with Toffee Sauce	Iced Bakewell Tart	Crispy Chocolate Twists	Pancakes with Lemon & Sugar, various other Sauces and Toppings
Cold Dessert	Choice of fruits	Choice of fruits	Choice of fruits	Choice of fruits	Choice of fruits	Choice of fruits	Choice of fruits
In Addition	Salad Bar & locally made Rustic Bread			Salad Bar & locally made Rustic Bread	Salad Bar & locally made Rustic Bread	Salad Bar & locally made Rustic Bread	

Afternoon Snack

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Afternoon Snack	A selection of freshly prepared sandwiches	A selection of freshly prepared sandwiches	A selection of freshly prepared sandwiches	A selection of freshly prepared sandwiches	A selection of freshly prepared sandwiches	A selection of freshly prepared sandwiches	A selection of freshly prepared sandwiches
Drink	Squash Water	Squash Water	Squash Water	Squash Water	Squash Water	Squash Water	Squash Water

Supper Menu

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup of the Day	Sweet Potato, Carrot & Lentil Soup, served with locally made bread	Pea, Courgette & Mint Soup, served with locally made bread	Mixed Vegetable Soup, served with locally made bread	Tomato Basil Soup, served with locally made bread	Leek & Potato Soup, served with locally made bread	Minestrone Soup, served with locally made bread	Vegetable & Bean Soup, served with locally made bread
Main Course	One-pot French Marengo Chicken with Olives & Tomato Sauce	Stir Fried Pork with Red and Yellow Peppers and Soy Sauce	Thin and Crispy Cheese and Tomato Pizza	Chicken Cesar Salad with Crispy Bacon, Croutons and Cesar Sauce	Spicy Turkey Fajitas in a Tortilla floured Wrap	Penne Pasta topped with a creamed Tuna, Sweetcorn & Cheese Sauce	Dingly Dell Sausage & Apple Puff Pastry Plait
Vegetarian Option	Lentil, mixed Bean and Spinach Patty in a floured Bap	Stir Fried Vegetables with Peppers, Carrots, Red Onions and Soy Sauce	Thin and Crispy Cheese and Tomato Pizza	Roasted Vegetable, Cesar Salad	Mixed Pepper, Onion Aubergine & Mushroom Fajitas	Sweetcorn, Mushroom & Red Pepper Pasta Bake topped with Cheese	Cheddar Cheese & Onion Puff Pasty Turnover
Sides	Buttered Corn on the Cob	Egg Noodles Steamed Broccoli	Skin on Baked Jacket Potato Wedges Mixed Vegetables	Herby Diced Potatoes Steamed Peas	Steamed Corn on the Cob Oven Roasted New Potatoes, Guacomole & Sour Cream	Selection of Salad from the Salad bar Steamed Green Beans	Selection of Salads from the Salad bar Glazed Carrots
Dessert	White Chocolate & Raspberry Scone with Jam & Clotted Cream	Belgian Waffles with a Fruit Compote and Chantilly Cream	Rocky Road with a Marshmallow topping	Chocolate & Cream filled éclairs	Banana and Chocolate Chip Pudding	Yum Yums with Fudge Chocolate Sauce	Chocolate Chip Cookies & Vanilla Ice Cream Sandwich
Cold Dessert	Choice of Fruits	Choice of Fruits	Choice of Fruits	Choice of Fruits	Choice of Fruits	Choice of Fruits	Choice of Fruits