Lent Term 2025 - Week 2 - 13th January, 10th February & 10th March

Breakfast

Week Two	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	Croissants, Danish Pastries, Crusty petit pains & Creamy Porridge	Bacon, Sauté Potatoes, Baked Beans, Fried Eggs & Creamy Porridge	Smoked Salmon, Cream Cheese and Pretzel, Pain au Chocolat & Creamy Porridge	Fried Eggs, Bacon Sausages, Spaghetti hoops & Creamy Porridge	Cheese Omelettes, Crusty Rolls, Pain au Chocolat & Creamy Porridge	Petit pains, Pain au chocolat, Danish Pastries & Creamy Porridge	French Toast, Bacon, sausage, Baked Beans, Mushrooms, Sauté Potatoes & Creamy Porridge
Cold Foods	Choice of Cereals, Fruit Yogurts, Fresh Fruits, Dried Apricots & Sultanas, soaked Prunes with Greek Yogurt Toast & choice of Preserves or Crusty Roll	Choice of Cereals, Fruit Yogurts, Fresh Fruits, Dried Apricots & Sultanas, soaked Prunes with Greek Yogurt. Milano Salami & assortment of Cheeses with a Crusty Roll	Choice of Cereals, Fruit Yogurts, Fresh Fruits, Dried Apricots & Sultanas, soaked Prunes with Greek Yogurt Toast & choice of Preserves or Crusty Roll	Choice of Cereals, Fruit Yogurts, Fresh Fruits, Dried Apricots & Sultanas, soaked Prunes with Greek Yogurt. Milano Salami & assortment of Cheeses with a Crusty Roll	Choice of Cereals, Fruit Yogurts, Fresh Fruits, Dried Apricots & Sultanas, soaked Prunes with Greek Yogurt Toast & choice of Preserves or Crusty Roll	Choice of Cereals, Fruit Yogurts, Fresh Fruits, Dried Apricots & Sultanas, soaked Prunes with Greek Yogurt. Milano Salami & assortment of Cheeses with a Crusty Roll	Choice of Cereals, Fruit Yogurts, Fresh Fruits, Dried Apricots & Sultanas, soaked Prunes with Greek Yogurt Toast & choice of Preserves or Crusty Roll

Morning Snack

Week Two	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 Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course	Lightly spiced Italian Meatballs in a rich Tomato, Basil sauce served with Penne Pasta	Beef and Bean Chilli Tacos	Tuna Pasta Bake with Roasted Vegetable & Tomato sauce	Roasted Topside of Beef with Yorkshire Pudding, Beef Gravy & creamed Horseradish Sauce	Golden Crumbed Fish Fingers or Scampi served with Tartar Sauce	Mildly spiced Chicken Korma served with steamed Jasmine Rice	Roasted local Loin of Pork served with Apple Sauce, Crispy Crackling and Gravy
Vegetarian Option	Vegetable Pad Thai	Vegetable & Mixed Bean Chilli Tacos	Green Lentil, Sweet Potato, Coriander Patties in a rich Tomato Sauce	Spinach, Pepper & Leek Tart topped with Mozzarella	Morroccan spiced stuffed Peppers served with a Tomato sauce	Butternut Squash, Yellow Pepper, Courgette & Spinach Korma with steamed Jasmine Rice	Broccoli Cheese & Mushroom Roulade
Sides	Broccoli Spears	Tortilla Chips Steamed Basmati Rice Carrots	Steamed Whole Green Beans & Peas	Crispy Roasted Potatoes, Cauliflower & Leeks in Cheese Sauce	Various mixed Roasted Vegetables & Sliced crusty Mediterranean Bloomer	Mango Chutney Sprouting Broccoli Mini Garlic & Coriander Naan	Roasted Potatoes Sage & Onion Stuffing Roasted Courgettes & steamed Baton Carrots
Dessert	Strawberry Jam Crunch Tart & Vanilla Custard	Chocolate & Malteser Cheesecake served with Cream	Apple Cake & Vanilla Custard	Rich Dark Chocolate Brownie served with Crème Fraiche	Lemon Sponge	Chocolate Fudge Sundae with Hot Chocolate Sauce & Sprinkles	Sticky Apricot, Orange steamed Pudding with Vanilla Custard
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 with locally made Rustic Bread			Salad Bar with locally made Rustic Bread	Salad Bar with locally made Rustic Bread	Salad Bar with locally made Rustic Bread	

Afternoon Snack

Week Two	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 Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup of the Day	Pea & Garlic Soup, served with locally made bread	Mixed Vegetable Soup, served with locally made bread	Butternut & Sweet Potato Soup, served with locally made bread	Leek & Potato Soup, served with locally made bread	Tomato & Lentil Soup, served with locally made bread	Sweetcorn Chowder, served with locally made bread	Minestrone Soup, served with locally made bread
Main Course	Local Pork Sausages in a Butter Brioche Roll served with Sauté Onions	Breaded Chicken Breast topped with a Garlic & Parsley Butter	Oven Baked Pork Ribs Glazed with a Sticky BBQ Sauce	Chicken and Mushroom Linguini in a fresh Herb and Cream Sauce	Stir fried Turkey strips in a Hoi Sin Sauce served on a bed of Egg Noodles	Individual Toad in the Hole served with rich Onion Gravy	Home made Cornish Pasty in a light Shortcrust pastry
Vegetarian Option	Vegetarian Sausage in a Brioche Roll served with Sauté Onions	Breaded Portabello Mushroom with a Garlic & Parsley Butter	Oven Roasted Peppers, Mushroom, Red Onion & Aubergine Kebabs	Courgette, Red Pepper and Mushroom Linguine in a cream Sauce	Quorn fillet strips stir fried in a Hoy Sin Sauce served on a bed of Egg Noodles	Vegetarian Sausage Toad in the Hole with rich Onion Gravy	Cheese, Potato & Onion Pasty
Sides	Steamed Sweetcorn and Peas Baked Potato Wedges	New Potatoes Sweetcorn	Oven Baked Spicy Potato Wedges Ratatouille in a Tomato & Basil Sauce	Mixed Vegetables Garlic Bread	Oriental Vegetable mix of Baton Carrots, Bean Sprouts, Water Chestnuts & sliced Cabbage	Creamed Potatoes Steamed whole green Beans & Peas	Selection of Salads from the Salad bar Steamed New Potatoes
Dessert	Yum Yums with Hot Chocolate Sauce	Baked Coconut Rice Pudding with Mango Purée	Individual Milk Chocolate Mousse served with a Langue de Chat Biscuit	Waffleberry, White Chocolate Pudding served with Crème Fraiche	Orange Syllabubs with a Shortbread Finger	Brioche Bread & Butter Chocolate Pudding served with Vanilla Custard	Blueberry, Pineapple & cream Mille Feuille
Cold Dessert	Choice of Fruits	Choice of Fruits	Choice of Fruits	Choice of Fruits	Choice of Fruits	Choice of Fruits	Choice of Fruits