Lent Term 2025 - Week 3 - 20th January & 17th March

Breakfast

Week Three	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	Danish Pastries, Cheese and Ham Croissants & Creamy Porridge	Bacon, Spaghetti Hoops, Fried Eggs, Sauté Potatoes & Creamy Porridge	Smoked Salmon and Cream Cheese pretzels, Pain au Chocolat & Creamy Porridge	Scrambled Eggs, Potato Waffles, Pork Sausage & Creamy Porridge	Croissants, Danish Pastries, Crusty Petit Pains & Creamy Porridge	Bacon, Fried Eggs Hash Browns, Baked Beans & Creamy Porridge	French Toast, Sausage, Bacon Sauté Potatoes, Baked Beans, Mushrooms & Creamed Porridge
Cold Foods	Choice of Cereals, Fruit Yogurts, Fresh Fruits, Dried Apricots, & Sultanas, Soaked Prunes with Greek Yogurt. Toast & Choice of Preserves or a Crusty Roll	Choice of Cereals, Fruit Yogurts, Fresh Fruits, Apricots & Sultanas, Soaked Prunes with Greek Yogurt. Milano Salami & assortment of Cheeses with Crusty Rolls	Choice of Cereals, Fruit Yogurts, Fresh Fruits, Dried Apricots, & Sultanas, Soaked Prunes with Greek Yogurt. Toast & Choice of Preserves or a Crusty Roll	Choice of Cereals, Fruit Yogurts, Fresh Fruits, Apricots & Sultanas, Soaked Prunes with Greek Yogurt. Milano Salami & assortment of Cheeses with Crusty Rolls	Choice of Cereals, Fruit Yogurts, Fresh Fruits, Dried Apricots, & Sultanas, Soaked Prunes with Greek Yogurt. Toast & Choice of Preserves or a Crusty Roll	Choice of Cereals, Fruit Yogurts, Fresh Fruits, Apricots & Sultanas, Soaked Prunes with Greek Yogurt. Milano Salami & assortment of Cheeses with Crusty Rolls	Choice of Cereals, Fruit Yogurts, Fresh Fruits, Dried Apricots, & Sultanas, Soaked Prunes with Greek Yogurt. Toast & Choice of Preserves or a Crusty Roll

Morning Snack

Week Three	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 Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course	Local Dingly Dell Pork Sausages	Katsu Curry, Crispy Breaded Chicken and a light Curry Sauce	Slow cooked Beef Ragu Lasagne with a crispy Cheese topping	Creamy Chicken and Sweetcorn Pie	Golden breaded Cod Fish fingers Crispy battered Cod Fillet served with Tartar Sauce	Thin & crispy Cheese Tomato Pizza	Roasted Whole Chicken served with Pigs in Blankets, Sage & Onion Stuffing Balls
Vegetarian Option	Vegetarian Sausages	Roasted Butternut Squash with a light Curry Sauce	Mixed Roasted Vegatable & Basil Lasagne	Vegetable & Lentil Pie	Deep fried breaded button Mushrooms served with a Garlic Mayonaise	Thin & crispy Cheese & Tomato Pizza	Lentil, Sweet Potato & mixed Vegetable Loaf served with a Tomato sauce
Sides	Oven roasted new Potatoes, Baked Beans Steamed whole Green Beans	White and Brown Long Grain Rice Sweetcorn and Carrots	Garlic, Parsley & Herb bread steamed Broccoli Baton Carrots	Roasted Carrots and Parsnips	French Fried Potatoes Mushy Peas Steamed Broccoli	Tomato & Mozzarella Salad Selection of Salads from the Salad Bar Oven Roasted Wedges	Roasted Potatoes Steamed Green Beans oven Roasted Butternut Squash, rich Gravy
Dessert	Orange Jelly with Mandarin Oranges	Steamed rich Chocolate Pudding served with Hot Chocolate Sauce	Fresh Fruit Salad & Cream	Banoffee Pie	Steamed Jam Pudding	Chocolate & Cherry Black Forest Gateau served with Cream	Steamed Jam Pudding & 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 and locally made Rustic Bread			Salad Bar and locally made Rustic Bread	Salad Bar and locally made Rustic Bread	Salad Bar and locally made Rustic Bread	

Afternoon Snack

Week Three	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 Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup of the Day	Mixed Vegetable Soup, served with locally made bread	Sweet potato & Lentil Soup, served with locally made bread	Broccoli, Potato & Cheese Soup, served with locally made bread	Carrot & Coriander Soup, served with locally made bread	Pea & Mint Soup, seved with locally made bread	Vegetable Soup, served with locally made bread	Butternut, Potato Soup, served with locally made bread
Main Course	Doner Kebab with Tzatziki and Naan Bread	Mexican style slow cooked Pork Shoulder with a Soft Shell Taco	Toad in the Hole with Onion Gravy	Mac & Cheese with a crispy Bacon Crumb topping	Chinese style Flavoured Chicken Breast served with Egg Noodles or Steamed Basmati Rice	Rich Steak Pie with a Shortcrust Pastry top served with a Beef Gravy	Chicken Goujon Wraps served with Tomato Salsa, Guacamole & Sweet Chilli Sauce
Vegetarian Option	Roasted Celeriac with Tzatziki and Naan bread	Mexican Style roasted Vegetables	Vegetarian Sausage Toad in the Hole	Mac & Cheese with a Crispy Crumb topping	Vegetarian Sweet & Sour served with Egg Noodles or Basmati Rice	Chunky Vegetable Pie with a Shortcrust Pastry top	Breaded & baked Cauliflower Steaks served in a wrap with Tomato salsa, Guacamole
Sides	Corn on the Cob and Loaded Jacket potatoes	Thyme & Garlic Sauté new Potatoes. Steamed Green Bean and Guacamole	Mashed Potatoes Honey Roasted Carrots	Feta, Olive & Tomato Greek Salad Fresh mixed Vegetables	Selection of mixed Oriental Vegetables or Corn on the Cob	Creamed Potatoes Baton Carrots	Selection of salads from the salad bar
Dessert	Mississippi Mud Pie served with Cream	Sticky Toffee Apple Crumble served with Vanilla Custard	Chocolate Ice Cream Sandwiches with Chocolate Sauce	Vanilla and Smartie topped Muffins	Warm Cinnamon Buns topped with a Vanilla Cream Cheese Glaze	Ice-Cream Cookie Dough & Chocolate Sundae	Spiced Apple Pie & Vanilla Ice Cream
Cold Dessert	Choice of Fruits	Choice of Fruits	Choice of Fruits	Choice of Fruits	Choice of Fruits	Choice of Fruits	Choice of Fruits