Lent Term 2025 - Week 4 - 27th January, 24th February & 24th March

Breakfast Menu

Week Four	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	Bacon, Sauté Potatoes, Fried Eggs, Spaghetti Hoops & Creamy Porridge	Cheese & Ham baked Croissants Danish Pastries & Creamy Porridge	Sausages, Potato Waffle, Baked Beans, Scrambled Eggs & Creamy Porridge	Smoked Salmon & Cream Cheese Pretzel Pain au Chocolat & Creamy Porridge	Fried Eggs, Hash Browns, Bacon, Spaghetti Hoops & Creamy Porridge	Bacon & Cheese Omelette, Pain au Chocolat & Creamy Porridge	French Toast, Bacon, Baked Beans, Sausage, Mushrooms Sauté Potatoes & Creamy Porridge
Cold Foods	Choice of Cereals, Fruit Yogurts, Fresh Fruits, Dried Apricots & Sultanas, Soaked Prunes with Greek Yogurt, Toast & a choice of Preserves or a Crusty Roll	Choice of Cereals, Fruit Yogurts, Fresh Fruits, Dried 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 & a choice of Preserves or a Crusty Roll	Choice of Cereals, Fruit Yogurts, Fresh Fruits, Dried 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 & a choice of Preserves or a Crusty Roll	Choice of Cereals, Fruit Yogurts, Fresh Fruits, Dried 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 & a choice of Preserves or a Crusty Roll

Morning Snack

Week Four	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 Four	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course	Rich Rosemary Beef & Vegetable Pie with Puff Pastry	Winter Vegetable, Pork Sausage & Mixed Bean Casserole	Penne Pasta quills served with Chicken, Bacon & Cherry Tomatoes in a creamy sauce	Roasted Chicken Breast served with Sage & Onion Stuffing	Thai Coconut Fish Curry with aromatic Cardamon Basmati Rice	Pulled Shoulder of Pork served in a Floured Bap with BBQ or Apple Sauce	Roasted Turkey Breast served with Pigs in Blankets, Sage & Onion Stuffing & Turkey Gravy
Vegetarian Option	Vegetable and Lentil Pie	Vegetarian Sausage, Winter Vegetable & Bean Casserole	Penne Pasta quills served with a Creamy Sweetcorn, Mushroom & Sun-Dried Tomato Sauce	Roasted Pepper, Feta & Red Onion Tart	Lentil, Sweet Potato & Cheese Stuffed Courgettes	Vegetable Patty in a Floured Bap with Cheese	Roasted Savory Rice Stuffed Peppers
Sides	Colcannon Mashed Potato Steamed Cauliflower & Peas	New Potatoes Steamed Whole Green Beans	Selection of Salads from the Salad Bar Steamed Sprouting Broccoli	Roasted Potatoes Baton Carrots Roasted Parsnips Pork Gravy	Steamed Peas and Sweetcorn	Selection of Salads from the Salad Bar Fresh Mixed Vegetable spiced Diced Potatoes	Roasted Potatoes, Steamed Broccoli, Cauliflower Cheese Baton Carrots
Dessert	Steamed Syrup Pudding & Vanilla Custard	Apple and Blackberry Pie with Custard	Italian Chocolate Tiramisu	Dark & Fudgy Chocolate Orange Cake served with Cream	Lemon Love cake	Apple Eves Pudding served with Chantilly Cream	Meringues sandwiched with Cream & drizzled with Chocolate Sauce
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 Four	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 Four	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup of the Day	Carrot & Coriander Soup, served with locally made Bread	Mixed Vegetable Soup, served with locally made Bread	Tomato & Lentil Soup, served with locally made Bread	Sweet Potato & Butternut Squash Soup, served with locally made Bread	Parsnip Soup served with locally made Bread	Pea & Leek Soup, served with locally made Bread	Vegetable & Lentil Soup, served with locally made Bread
Main Course	Ham, Red Onion Chutney, Cheese and Red Pepper Puff Pastry Swirl	Chicken Burgers in a Floured Bap served with a Fried Egg & Crispy Bacon bits & Burger Sauce	Chinese Spiced marinated Belly of Pork, Oven Baked & served with Pilaf Rice	Spiced Minced Lamb Koftas served with a Tzasiki Dip	Cheese and Bacon Quiche	Salmon & Dill Creamy Sauce served on a bed of Tagliatelli	Sausage & Red Onion Chutney Plait
Vegetarian Option	Red Onion Chutney, Cheese and Roasted Vegetable Swirl	Spinach & Chickpea Falafal Burger in a Floured Bap served with a Fried Egg	Stuffed Portabella Mushroom served with Pilaf Rice	Vegetable Kebab with a Tzasiki Dip	Vegetable Quiche	Roasted Vegetables in a Creamed sauce served with Tagliatelli	Cheese, Potato & Red Onion Chutney Plait
Sides	Steamed Peas and Carrots	Oven Baked skin on Potato Wedges & Baked beans	Red Cabbage Coleslaw Oven Baked Flat bread	Sweetcorn, Oven baked Sauté Potatoes, Selection of Salads from the Salad Bar	Jacket Wedge Potatoes, Sweetcorn & Salad bar selection	Buttered Green Beens	Steamed Corn on the Cob Buttered Sweetheart Cabbage with Caraway
Dessert	Lemon Posset served with a Sponge Finger	Chocolate Roulade served with Vanilla Ice Cream	Jammy Buns	Banana & Maple Syrup Muffins	Angel Food Cake	Oven Baked Apple Puffs served with Cream	Whoopi Pies
Cold Dessert	Choice of Fruits	Choice of Fruits	Choice of Fruits	Choice of Fruits	Choice of Fruits	Choice of Fruits	Choice of Fruits