



THIS Week

Seasonal • Fresh • Local Produce

MAIN DISHES

Monday

Chicken Curry (GF)
Macaroni Cheese

Tuesday

Beef Lasagne
Tomato Risotto (GF)

Wednesday

Roast Chicken (GF) (DF)
Mild Potato Curry (GF)

Thursday

BBQ Style Pork (GF) (DF)
Spanish Rice (GF)

Friday

Battered Cod with Tartare Sauce
Layered Tortilla Stack

SIDES

Monday

Turmeric Rice & Tender Stem Broccoli

Tuesday

Garlic Bread & Mixed Vegetables

Wednesday

Parsley Potatoes & Green Beans

Thursday

Pitta Bread & Glazed Carrots

Friday

Roasted Potatoes & Mushy Peas

DAILY STAPLES

- Pasta
- Homemade tomato sauce
- Cheese
- Home cooked ham
- Daily salads
- Fresh fruit
- Jellies
- Selection of dessert pots

DESSERTS

Monday Selection of Dessert Pots

Tuesday Selection of Dessert Pots

Wednesday Selection of Dessert Pots

Thursday Selection of Dessert Pots

Friday Selection of Dessert Pots

Menu

SENIOR SCHOOL
WEEK STARTING MONDAY 4TH OCTOBER



Daily Staples

Pasta, homemade tomato sauce, jacket potatoes, cheese, baked beans
A selection of salads, Home cooked ham & Fruit

MAIN DISH

Monday

Chicken Curry (GF)
Macaroni Cheese with Tomato Salsa

Tuesday

Beef Lasagne
Sun-dried Tomato Risotto (GF)

Wednesday

Sambal Roast Chicken (GF) (DF)
Mild Potato Curry (GF)

Thursday

BBQ Style Pork with Roasted Peppers (GF) (DF)
Samphire & Spanish Rice (GF)

Friday

Battered Cod with Tartare Sauce
Layered Tortilla Stack with Roasted Peppers

SIDES

Monday

Turmeric Rice & Tender Stem Broccoli

Tuesday

Garlic Bread & Mixed Vegetables

Wednesday

Parsley Potatoes & Green Beans

Thursday

Pitta Bread & Glazed Carrots

Friday

Roasted Potatoes & Mushy Peas

DAILY STAPLES

- Pasta
- Homemade tomato sauce
- Cheese
- Home cooked ham
- Daily salads
- Fresh fruit
- Jellies
- Selection of dessert pots

DESSERTS

Monday Selection of Dessert Pots

Tuesday Selection of Dessert Pots

Wednesday Selection of Dessert Pots

Thursday Selection of Dessert Pots

Friday Selection of Dessert Pots

Menu

BOARDERS TEA
WEEK STARTING MONDAY 4TH OCTOBER



Daily Staples

A selection of salads, Fruit, Artisan bread and freshly made cold desserts from the Dessert Counter

MAIN DISHES

Monday

Sausage Casserole (DF)

Tuesday

Chicken & Chorizo Risotto with Sweet Peas

Wednesday

Four Hour Belly Pork with Apple Sauce (DF) (GF)

Thursday

Fishcakes with Lemon & Spinach Sauce

Friday

Chicken Panang Curry (DF) (GF)

Saturday

Crispy Chilli Beef & Coriander Noodles (DF)

Sunday

Pie Night

Chicken or Beef Pie with Gravy

VEGETARIAN

Monday

Risotto with Ratatouille & Basil (GF)

Tuesday

Mushroom Chow Mein (DF)

Wednesday

Tomato & Cheese Pasta Bake

Thursday

Pizza Breads

Friday

Halloumi & Roast Veg Tray Bake with Basil Oil (GF)

Saturday

Thai Butternut Squash & Coconut Curry (GF)

Sunday

Pie Night

Veggie Pie with Gravy

SIDES

Monday Mashed Potato & Steamed Greens

Tuesday Rosemary Roasted Potatoes & Salad

Wednesday Mustard Mash & Broccoli

Thursday Loaded Potato Skins

Friday Pollenta Chips & Cos Salad

Saturday Prawn Crackers & Green Beans

Sunday Mushy Peas & Chips

BREAKFAST

Monday Omelette, Baked Beans and Hash Browns

Tuesday Traditional, Cereals and Yoghurt

Wednesday Pastries, Waffles, Cereals and Yoghurt

Thursday Traditional, Cereals and Yoghurt

Friday Baked Beans, Toast, Eggs, Waffles & Cereals