

Menu for Lent Term 2010

BREAKFAST	Monday 1 st February	Tuesday 2 nd February	Wednesday 3 rd February	Thursday 4 th February	Friday 5 th February	Saturday 6 th February	Sunday 7 th February
	Apple juice Orange juice	Pineapple juice Apple juice	Apple juice Orange juice	Pineapple juice Apple juice	Apple juice Orange juice	Pineapple juice Apple juice	Apple juice Orange juice
	Rice Krispies, Weetabix, Special K, Shreddies, Greek Yoghurt, Mandarin segments, Selection of dried fruits						
	A selection of seasonal fruit is available at breakfast time and throughout the day						
	Porridge Oxford chipolatas Baked beans Hash browns Grilled mushrooms Grilled tomatoes Omelettes	Boiled eggs Brie Sliced Emmental Croissants Pain au Chocolat Brioche	Porridge Grilled bacon Oxford chipolatas Potato smiles Baked beans Grilled tomatoes Scrambled eggs	Oxford chipolatas Hash browns Poached eggs Baked beans Sautéed mushrooms Grilled tomatoes	Porridge Grilled bacon American pancakes with maple syrup and grilled bacon Baked beans	Oxford chipolatas Omelettes Baked beans Hash browns Grilled tomatoes Grilled mushrooms	Porridge Boiled eggs Brie Sliced Emmental Croissants Cinnamon Danish pastry whirls Brioche
	And also						
	Fairtrade Rosie tea & Tikka coffee, Hot chocolate, Chilled filtered water, Chilled milk French bread, Wholemeal petit pain, Wholemeal sliced bread with jams, marmalade, honey, marmite, butter & Flora						

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SALAD BAR	Roast beef Spinach roulade	Roast turkey Smoked mackerel pâté with melba toast	Glazed sausages Eggs mayonnaise	Warm glazed chicken drumsticks Marinated herrings	Sliced gammon Cheese & onion pasties	Ardennes pâté Pesto salmon	Sliced salamis Brie & tomato quiche
	Potato, bacon & watercress salad Fennel & orange salad	Watermelon & cucumber salad Roasted vegetable pasta salad	Herb couscous salad Caesar salad	Pesto rice salad Roasted vegetables with balsamic glaze	Potato, olive & basil salad Beetroot & orange salad	Greek salad Vegetable couscous salad	Pear & watercress salad Pasta salad
	<p>Pick 'n' mix:</p> <p>Mixed leaf salad Cucumber slices Tomato wedges Celery sticks Sweetcorn Grated carrot Beetroot</p> <p>Red, yellow & green pepper sticks Radishes Spring onions</p> <p>French Dressing Mayonnaise Daily 'special' dressing</p>	<p>Pick 'n' mix:</p> <p>Mixed leaf salad Cucumber slices Tomato wedges Celery sticks Sweetcorn Grated carrot Beetroot</p> <p>Red, yellow & green pepper sticks Radishes Spring onions</p> <p>French Dressing Mayonnaise Daily 'special' dressing</p>	<p>Pick 'n' mix:</p> <p>Mixed leaf salad Cucumber slices Tomato wedges Celery sticks Sweetcorn Grated carrot Beetroot</p> <p>Red, yellow & green pepper sticks Radishes Spring onions</p> <p>French Dressing Mayonnaise Daily 'special' dressing</p>	<p>Pick 'n' mix:</p> <p>Mixed leaf salad Cucumber slices Tomato wedges Celery sticks Sweetcorn Grated carrot Beetroot</p> <p>Red, yellow & green pepper sticks Radishes Spring onions</p> <p>French Dressing Mayonnaise Daily 'special' dressing</p>	<p>Pick 'n' mix:</p> <p>Mixed leaf salad Cucumber slices Tomato wedges Celery sticks Sweetcorn Grated carrot Beetroot</p> <p>Red, yellow & green pepper sticks Radishes Spring onions</p> <p>French Dressing Mayonnaise Daily 'special' dressing</p>	<p>Pick 'n' mix:</p> <p>Mixed leaf salad Cucumber slices Tomato wedges Celery sticks Sweetcorn Grated carrot Beetroot</p> <p>Red, yellow & green pepper sticks Radishes Spring onions</p> <p>French Dressing Mayonnaise Daily 'special' dressing</p>	<p>Pick 'n' mix:</p> <p>Mixed leaf salad Cucumber slices Tomato wedges Celery sticks Sweetcorn Grated carrot Beetroot</p> <p>Red, yellow & green pepper sticks Radishes Spring onions</p> <p>French Dressing Mayonnaise Daily 'special' dressing</p>

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M A I N S	Chicken & broccoli stir-fry	Beef pie & gravy	Chicken pizza melts	Roast pork loin chops with apple sauce & gravy	Piri Piri chicken with floured tortillas & avocado salsa	Pasta Bolognese with Grated Parmesan	Coca Cola gammon
	Seafood pizza	Haddock & prawn kedgeree	Juan's fish pie	Soy salmon & stir-fry vegetable noodles	Breaded cod with tartare sauce & lemon wedges	Cod rarebit with jacket potatoes	Darren's fishcakes with citrus mayonnaise
	Spaghetti with tomato & olive sauce	Cheesy bread pudding with homemade tomato sauce	Thai squash curry with fragrant rice	Macaroni cheese	Spanish omelettes	Pesto rice cake	Roasted vegetable quesadillas
V E G	Speckled rice Cabbage, mushroom & baby corn stir-fry Sugar snap peas	Mashed potatoes Carrots Cabbage Sweetcorn	Buttered new potatoes Broccoli Peas Tomato & basil salad	Roasted potatoes Carrots Swede Green beans	Jacket wedges Peas Sweetcorn Sautéed peppers	Mixed leaf salad Tomato salad Cucumber & mint salad	Roast potatoes Peas Carrots Broccoli & cauliflower cheese
	Chocolate sponge & chocolate sauce Cheese & biscuits Strawberry yoghurt	Rice pudding with orange segments White chocolate cheesecake Cranberry jelly	Peach & pear crumble & cream Banana caramel bavaois Fruit salad	Raspberry & white chocolate waffle pudding Greek Yoghurt & honey Plum Betty & cream	Cinnamon baked apples & cream Chocolate mousse Fruit salad	Pear tatin & cream Layered raspberry mousse Mandarin & Cranberry jelly	Lemon meringue pie Fruit yoghurt Cheese & biscuits

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HOMEMADE SOUP	Thai vegetable soup	Tomato soup	Winter broth	Sweet potato & coriander soup	Mushroom soup	Pea soup	Vegetable soup
ROLLS or SANDWICHES	Egg & cress sandwiches	Cream cheese & cucumber sandwiches	Cream cheese & smoked salmon sandwiches	Egg & cucumber sandwiches	Cheese & onion sandwiches	Tuna & lettuce sandwiches	Cheese & tomato sandwiches
PASTA or JACKETS	Four-cheese ravioli with tomato sauce	Jacket potatoes with baked beans & grated cheese	Seafood spaghetti	Jacket potatoes & baked beans	Pasta Carbonara with parmesan cheese	Jacket potatoes with chilli con carne & baked beans	Vegetable lasagne
'SPECIAL'	Sausage hotpot with medley of vegetables	Chicken curry with rice Mango chutney Chota Naan	Cottage pie with green beans & sweetcorn	Pepperoni pizza	Chilli tuna & rice	Cod fillet fish fingers Ratatouille Baked beans Floured baps	Chicken tortillas with mayonnaise salsa or tomato ketchup