

SANDROYD SCHOOL MENU – SPRING TERM 2024

Week 1: Menu

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
SUNDAY	CROISSANTS FROSTIES SMOOTHIE PETIT PAIN COOKED BREAKFAST	ROAST BEEF YORKSHIRE PUDDING GRAVY HORSERADISH SAUCE	MUSHROOM STROGANOFF WITH PARSLEY RICE	ROAST POTATOES RED CABBAGE, ROAST PARSNIPS BROCCOLI CARROTS	RASPBERRY MERINGUE ROULADE OR FRESH FRUIT	HOMEMADE TOMATO SOUP TOASTED FILLED PANINI SALAD BAR
MONDAY 26 TH FEB 18 TH MAR	FRIED EGGS POTATO WAFFLES MULTI GRAIN HOOPS TOAST APPLE JUICE	CHICKEN KORMA	VEGETABLE KORMA	NAAN BREAD CHUTNEYS STEAMED RICE	RASPBERRY & PEACH CRUMBLE CUSTARD OR FRESH FRUIT	FISH GOUJONS BABY POTATOES SUGAR SNAP PEAS SALAD BAR
TUESDAY	BOILED EGGS RICE KRISPIES SOURDOUGH TOAST MELON & ORANGE SALAD	SPAGHETTI & MEATBALLS PARMESAN CHEESE	VEGETARIAN MEATLESS BALLS	SPAGHETTI WHOLE FINE BEANS WITH BELL PEPPERS	NATURAL YOGHURT GRANOLA & COMPOTE OR FRESH FRUIT	MAPLE CHICKEN CORN ON THE COB SAUTÉ POTATOES SALAD BAR
WEDNESDAY	BACON TOMATO FRUIT WHEATS CRUMPETS FRUIT SMOOTHIE	CHICKEN CHOW MEIN PRAWN CRACKERS SWEET CHILLI DIPPING SAUCE	VEGETARIAN STIR-FRY	NOODLES MANGLETOUT STIR FRIED PAK CHOI	PROFITEROLES CARAMEL SAUCE OR FRESH FRUIT	PASTA BAKE TOMATO & BASIL SAUCE GRATED CHEESE TRIO TOPPING PEAS & SPINACH SALAD BAR
THURSDAY	CORN FLAKES PORRIDGE VARIOUS TOPPINGS PAIN AU CHOCOLATE CRANBERRY JUICE SOURDOUGH TOAST	ROAST LOIN OF PORK HERB STUFFING ROAST GRAVY	BUTTERNUT SQUASH RED ONION & CRANBERRY TART	ROAST BABY POTATOES BROCCOLI CABBAGE CAULIFLOWER	ICE CREAM & SORBET OR FRESH FRUIT	CHICKEN FAJITAS TORTILLA WRAPS FRESH CRUDITÉS SALAD BAR
FRIDAY 22 ND MAR (TERM END)	SCRAMBLED EGGS HASH BROWNS MALTED WHEATS TOAST APPLE JUICE	FISH & CHIPS COD	VEGETABLE FRITTATA	PEAS CHIPS	FOREST BERRY ETON MESS FRESH DOUBLE CREAM OR FRESH FRUIT	TAGLIATELLE PESTO SOURDOUGH BREAD CHEESE TRIO ROASTED VEGETABLES SALAD BAR
SATURDAY	SAUSAGES BEANS GRANOLA & HONEY YOGHURT SOURDOUGH TOAST	LASAGNE GARLIC BREAD SALAD	VEGETARIAN LASAGNE GARLIC BREAD SALAD	SALAD GARLIC BREAD	AMERICAN PANCAKES ICE CREAM CHOCOLATE SAUCE OR FRESH FRUIT	CHICKEN KIEV BROCCOLI SALAD & STEAMED POTATOES SALAD BAR

The fruit bar is available throughout the day, healthy snacks provided at “Trolley” during morning and afternoon break.

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Week 2: Menu

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
SUNDAY	CROISSANTS FROSTIES SMOOTHIES PETIT PAIN COOKED BREAKFAST	HONEY ROAST GAMMON MUSTARD AND HONEY SAUCE	BROCCOLI & CAULIFLOWER TART, WITH CHEESE SAUCE	ROAST POTATOES ROAST PARSNIPS CARROTS CABBAGE	INDIVIDUAL ICE CREAM TUBS OR FRESH FRUIT	BEEF BURGER BAPS ONION MARMALADE, CHEESE SLICES CHIPS VEGETABLE SLAW SALAD BAR
MONDAY 4 TH MAR	FRIED EGGS POTATO WAFFLE HOOPS TOAST APPLE JUICE	CHICKEN TIKKA MASALA NAAN BREAD CUCUMBER RAITA CHUTNEY	SWEET POTATO & CHICKPEA CURRY	RICE SPICED ROASTED VEGETABLES	CHOCOLATE FUDGE CAKE DOUBLE CREAM OR FRESH FRUIT	CHICKEN & BROCCOLI FUSILLI GARLIC & HERB SAUCE PEAS & SPINACH
TUESDAY	BOILED EGGS RICE KRISPIES MELON & ORANGE SALAD SOURDOUGH TOAST	SPAGHETTI BOLOGNESE PARMESAN CHEESE	QUORN SPAGHETTI BOLOGNESE	GEM LEAVES FRESH TRIO OF CRUDITIES	STRAWBERRY GATEAU OR FRESH FRUIT	GAMMON HAM, ROASTED PINEAPPLE SAUTÉ POTATOES PEAS & GRILLED TOMATO SALAD BAR
WEDNESDAY	TOAST BACON TOMATO FRUIT WHEATS SMOOTHIE	SWEET CHILLI CHICKEN STIR FRY PRAWN CRACKERS	STIR FRIED VEGETABLES	EGG FRIED RICE SUGAR SNAPS FINE BEANS	FRUIT JELLY & CREAM OR FRESH FRUIT	ASSORTED PIZZA VEGETABLE CRUDITÉS SALAD BAR
THURSDAY	PORRIDGE AVAILABLE MIXED TOPPINGS CORN FLAKES SOURDOUGH TOAST CRANBERRY JUICE CROISSANTS	TOAD IN THE HOLE PAN GRAVY	VEGAN TOAD IN THE HOLE	BABY STEAMED POTATOES SAVOY CABBAGE PEAS	LOCAL AWARD WINNING ICE CREAM TUBS OR FRESH FRUIT	SALT & PEPPER CHICKEN THIGHS PARMENTIER POTATOES BELL PEPPER & SWEETCORN SALAD BAR
FRIDAY 8 TH MAR (EXEAT)	SCRAMBLED EGGS HASH BROWNS MALTED WHEATS TOAST APPLE JUICE	FISH & CHIPS TARTARE SAUCE PLAICE	VEGETABLE OMELETTE	CHIPS PEAS	JAM SPONGE CUSTARD OR FRESH FRUIT	CRISPY CHILLI BEEF NOODLES STIR FRY VEGETABLES SALAD BAR
SATURDAY	SAUSAGES BEANS GRANOLA & HONEY YOGHURT SOURDOUGH TOAST	SHEPHERD'S PIE	VEGETARIAN QUORN SHEPHERD'S PIE	SUGAR SNAPS & CARROTS	TIRAMISU FRESH CREAM OR FRESH FRUIT	SAUSAGE & LEEK PLAIT SAUTÉED CABBAGE CREAMED POTATOES SALAD BAR

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Week 3: Menu

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
SUNDAY	CROISSANTS FROSTIES FRUIT JUICE PETIT PAIN COOKED BREAKFAST	ROAST LEG OF LAMB MINT SAUCE ROSEMARY JUS	ROASTED ROOT VEGETABLE SLICE	ROAST POTATOES ROAST PARSNIPS BRAISED RED CABBAGE BROCCOLI	BANOFFEE PIE FRESH DOUBLE CREAM OR FRESH FRUIT	HOMEMADE ROASTED PEPPER & TOMATO SOUP FILLED BAGUETTES SALAD BAR
MONDAY 11 TH MAR	FRIED EGGS POTATO WAFFLE HOOPS TOAST APPLE JUICE	CHICKEN FRICASSEE	VEGETABLE CUTLET	BABY POTATOES HISPI CABBAGE CARROTS	RICE PUDDING & JAM FRESH FRUIT	FISHCAKES & CHIPS WHOLE GREEN BEANS TARTARE SAUCE SALAD BAR
TUESDAY	BOILED EGGS RICE KRISPIES MELON & PINEAPPLE SALAD SOURDOUGH TOAST	CHILLI CON CARNI CORN TACO, SALSA, GUACAMOLE, SOUR CREAM	VEGETARIAN CHILLI CORN TACO, SALSA, GUACAMOLE, SOUR CREAM	STEAMED RICE BROCCOLI SALAD	MANDARIN CHEESECAKE OR FRESH FRUIT	CHICKEN & BACON PASTA STEAMED PAK CHOI SALAD BAR
WEDNESDAY	TOAST BACON TOMATO FRUIT WHEATS SMOOTHIE	BATTERED CHICKEN KATSU CURRY SAUCE	VEGETABLE CURRY	NOODLES SUGAR SNAP, CAULIFLOWER	NATURAL YOGHURT GRANOLA, HONEY & FRUIT COMPOTE OR FRESH FRUIT	SPAGHETTI BOLOGNESE GRATED CHEESE VEGETABLE CRUDITÉS SALAD BAR
THURSDAY	PORRIDGE AVAILABLE MIXED SEEDS CORNFLAKES SOURDOUGH TOAST CRANBERRY JUICE CROISSANTS	SAUSAGES MASHED POTATOES BEANS	VEGETABLE CASSEROLE	MASHED POTATOES BEANS	INDIVIDUAL AWARD WINNING ICE CREAMS OR FRESH FRUIT	HAM & CHEESE PANIER BABY POTATOES ROASTED BUTTERNUT SQUASH SALAD
FRIDAY	SCRAMBLED EGGS HASH BROWNS MALTED WHEATS TOAST APPLE JUICE	FISH & CHIPS	POTATO & LEEK GRATIN	CHIPS PEAS	STEAMED FRUIT PUDDING & CUSTARD	SAUSAGE ROLL CHEESY LEEKS CREAMED POTATOES SALAD BAR
SATURDAY	SAUSAGES BEANS GRANOLA & HONEY YOGHURT SOURDOUGH TOAST	COTTAGE PIE	VEGETARIAN QUORN COTTAGE PIE	STEAMED SAVOY CABBAGE & BATON CARROTS	APPLE CRUMBLE & CREAM OR FRESH FRUIT	PORK LOIN STEAKS, APPLE SAUCE, BABY ROASTED POTATOES CAULIFLOWER CHEESE SALAD BAR

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