

# SANDROYD SCHOOL MENU – SUMMER TERM 2024

## Week 1:

		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
<b>SUNDAY</b>	CROISSANTS FROSTIES (TREAT) SMOOTHIES PETIT PAIN COOKED BREAKFAST	ROAST PORK LOIN APPLE SAUCE GRAVY HERB STUFFING	ROASTED ROOT VEGETABLE WELLINGTON VEGETARIAN GRAVY	ROAST POTATOES RED CABBAGE, ROASTED CARROTS & PARSNIPS	APPLE & RED CHERRY CRUMBLE VANILLA ICE CREAM OR FRESH FRUIT	TOMATO SOUP PANINIS WITH HAM & CHEESE CUCUMBER STICKS SALAD BAR/PROTEINS
<b>MONDAY 15<sup>TH</sup> APRIL</b>	FRIED EGGS POTATO WAFFLE RICE KRISPIES TOAST CRANBERRY JUICE	CHICKEN & VEGETABLE PIE	COUNTRY VEGETABLE PIE	NEW POTATOES STEAMED CARROTS & SAVOY CABBAGE	FRESH FRUIT SALAD WITH FRESH CREAM	ROASTED VEGETABLE & CHEESE QUICHE BUTTERED POTATOES TENDER STEM BROCCOLI SALAD BAR/PROTEINS
<b>TUESDAY</b>	BOILED EGGS MULTIGRAIN HOOPS MELON & ORANGE SALAD SOURDOUGH TOAST FRESH MILK	CHICKEN CURRY (REQUEST) GARLIC & CORIANDER NAAN BREAD MANGO CHUTNEY RAITA	VEGETABLE CURRY NAAN BREAD	RICE CAULIFLOWER CHICK PEA DAHL	NATURAL YOGHURT & GRANOLA FRUIT COMPOTE OR FRESH FRUIT	COTTAGE PIE PEAS & CARROTS SALAD BAR/PROTEINS
<b>WEDNESDAY</b>	TOAST BACON TOMATO CORNFLAKES APPLE JUICE	MOROCCAN CHICKEN WITH BULGAR WHEAT	ROASTED MOROCCAN ROOT VEGETABLES	ROASTED VEGETABLES FRENCH BEANS	FOREST BERRIES ETON MESS OR FRESH FRUIT	KATSU CHICKEN CURRY NOODLES & NAAN BROCCOLI SALAD BAR/PROTEINS
<b>THURSDAY BBQ</b>	PORRIDGE AVAILABLE MIXED TOPPINGS FRUIT WHEATS TOAST PAIN AU CHOCOLATE	HOT DOG LAMB KOFTA MINTED CRÈME FRAICHE	VEGETARIAN KEBABS	SALAD BOWLS SLICED SOURDOUGH	INDIVIDUAL ICE CREAMS FRESH FRUIT SALAD	SALT & PEPPER CHICKEN SAUTÉ POTATOES CAULIFLOWER CHEESE SALAD BAR/PROTEINS
<b>FRIDAY</b>	GRANOLA NATURAL YOGHURT CEREALS TOAST SMOOTHIE	BATTERED FILLET OF COD & CHIPS TARTARE SAUCE	CHEESE & ONION FRITTATA	CHIPS PEAS TARTARE SAUCE	SPONGE PUDDING CUSTARD OR FRESH FRUIT	SPAGHETTI BOLOGNESE GARLIC BREAD VEGETABLE CRUDITIES SALAD BAR/PROTEINS
<b>SATURDAY</b>	SAUSAGES BEANS SHREDDIES SOURDOUGH TOAST FRESH MILK	CHINESE PORK PRAWN CRACKERS SPRING ROLLS RICE	CHINESE VEGETABLES PRAWN CRACKERS	FRENCH BEANS, PAK CHOI	STRAWBERRY GATEAUX OR FRESH FRUIT	GARLIC CHICKEN KIEV CHOPPED SALAD BABY POTATOES MANGE TOUT SALAD BAR/PROTEINS

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

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## Week 2:

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
<b>SUNDAY</b>	CROISSANTS FROSTIES (TREAT) SMOOTHIES PETIT PAIN COOKED BREAKFAST	ROAST LAMB ROSEMARY JUS MINT SAUCE	CAULIFLOWER CHEESE & TOMATO BAKE	DAUPHINOISE POTATOES BROCCOLI, CARROTS & RED CABBAGE	CHOCOLATE FUDGE CAKE FRESH CREAM OR FRESH FRUIT	CHEESE BURGER BRIOCHE BUN CRUDITIES CHIPS SALAD BAR/PROTEINS
<b>MONDAY</b> <b>22<sup>ND</sup> APRIL</b>	FRIED EGGS POTATO WAFFLE RICE KRISPIES TOAST CRANBERRY JUICE	PAPRIKA CHICKEN POTATO BAKE	QUORN MINCE, MEDITERRANEAN VEGTABLE POTATO BAKE	PEAS, CARROTS & SAVOY CABBAGE	PROFITEROLES CARAMEL SAUCE OR FRESH FRUIT	PESTO CONCHIGLIE GARLIC BREAD PEAS & SPINACH SALAD BAR/PROTEINS
<b>TUESDAY</b>	BOILED EGGS MULTIGRAIN HOOPS MELON & ORANGE SALAD SOURDOUGH TOAST FRESH MILK	SAUSAGES	VEGETARIAN SAUSAGES	MASHED POTATOES & BEANS	STRAWBERRIES & CREAM OR FRESH FRUIT	CHICKEN & BEAN ENCHILADAS GRATED CHEESE MIXED SALAD LEAVES SALAD BAR/PROTEINS
<b>WEDNESDAY</b>	TOAST BACON TOMATO CORNFLAKES APPLE JUICE	LAMB MOUSSAKA LOCAL SOURDOUGH BREAD TZATZIKI	VEGETABLE MOUSSAKA LOCAL SOURDOUGH BREAD TZATZIKI	SWEET POTATO WEDGES PEPPER STICKS	RASPBERRY MERINGUE ROULADE OR FRESH FRUIT	CHICKEN TIKKA THIGHS STEAMED RICE FINE BEANS MANGO CHUTNEY SALAD BAR/PROTEINS
<b>THURSDAY</b> <b>BBQ</b>	PORRIDGE AVAILABLE MIXED TOPPINGS FRUIT WHEATS TOAST CROISSANT	PORK & CHORIZO BURGER LAMB CHOP ROSEMARY & GARLIC MAYONNAISE	SOURDOUGH ROLL	SALADS	NEW FOREST ICE CREAM OR FRESH FRUIT	CHILLI CON CARNE STEAMED RICE SALSA & GUACAMOLE CRISP TACOS SALAD BAR/PROTEINS
<b>FRIDAY</b>	GRANOLA NATURAL YOGHURT CEREALS TOAST SMOOTHIE	BATTERED COD FILLET GOURMET CHIPS TARTARE SAUCE	VEGETABLE CUTLET TOMATO SAUCE	GOURMET CHIPS PEAS	CHOCOLATE SPONGE & CHOCOLATE CUSTARD OR FRESH FRUIT	FUSILLI PASTA CREAMY GARLIC & HERB PETIT PAINS PEAS & SWEETCORN SALAD BAR/PROTEINS
<b>SATURDAY</b>	SAUSAGES BEANS SHREDDIES SOURDOUGH TOAST FRESH MILK	STEAMED SALMON FILLET WHITE WINE & CHIVE SAUCE	SPINACH, MUSHROOM & BRIE PARCEL	BABY POTATOES SUGAR SNAPS, FRENCH BEANS	LEMON MERINGUE PIE & FRESH CREAM OR FRESH FRUIT	BBQ PULLED PORK FLATBREAD CUCUMBER & GEM LEAVES SALAD BAR/PROTEIN

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

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## Week 3:

	BREAKFAST	LUNCH				TEA
		MAIN	VEGETARIAN	VEGETABLES	PUDDING	
<b>SUNDAY</b>	CROISSANTS FROSTIES (TREAT) SMOOTHIES PETIT PAIN COOKED BREAKFAST	ROAST BEEF YORKSHIRE PUDDING GRAVY HORSERADISH SAUCE	CAULIFLOWER & BROCCOLI CRUMBLE	ROAST POTATOES, SAVOY CABBAGE, CARROTS & ROAST PARSNIPS	BLUEBERRY MUFFIN OR FRESH FRUIT	SAUSAGES BAGUETTE FRIED ONIONS POTATO WEDGES SALAD BAR/PROTEINS CUCUMBER BATONS
<b>MONDAY 29<sup>TH</sup> APRIL</b>	FRIED EGGS POTATO WAFFLE RICE KRISPIES TOAST CRANBERRY JUICE	THAI GREEN CHICKEN CURRY	THAI VEGETABLE GREEN CURRY	THAI JASMIN RICE FLAT BREAD CUCUMBER SALAD SPRING ROLLS	BLACK CURRANT JELLY ICE CREAM OR FRESH FRUIT	TOMATO & BASIL CONCHIGLIE WITH BABY SPINACH GARLIC BREAD VEGETABLE CRUDITIES SALAD BAR/PROTEINS
<b>TUESDAY</b>	BOILED EGGS MULTIGRAIN HOOPS MELON & ORANGE SALAD SOURDOUGH TOAST FRESH MILK	SPAGHETTI & MEATBALLS TOMATO & BASIL SAUCE PARMESAN CHEESE	VEGETARIAN MEATBALLS	STEAMED BROCCOLI FLORETS	CHOCOLATE TART OR FRESH FRUIT	BAKED POTATOES CHEESE & BEANS COLESLAW SALAD BAR/PROTEINS
<b>WEDNESDAY</b>	TOAST BACON TOMATO CORNFLAKES APPLE JUICE	CHICKEN, HAM & LEEK PIE	QUORN CHICKEN & LEEK PIE	SAUTÉ POTATOES CAULIFLOWER CARROTS	NATURAL YOGHURT & GRANOLA FRUIT COMPOTE OR FRESH FRUIT	VARIOUS PIZZAS CORN ON THE COB SALAD BAR/PROTEINS
<b>THURSDAY BBQ</b>	PORRIDGE AVAILABLE MIXED TOPPINGS FRUIT WHEATS TOAST CROISSANT	BEEF BURGERS BBQ CHICKEN THIGH	BRIOCHE BUNS	SALADS & CONDIMENTS	PURBECK ICE CREAM OR FRESH FRUIT	TUNA PASTA BAKE PETIT PAINS BROCCOLI SALAD BAR/PROTEINS
<b>FRIDAY 3<sup>RD</sup> MAY EXEA</b>	GRANOLA NATURAL YOGHURT CEREALS TOAST SMOOTHIE	BATTERED FILLET OF COD TARTARE SAUCE	CHEESE & ONION FRITTATA	GOURMET CHIPS PEAS TARTARE SAUCE	PEACH & RASPBERRY CRUMBLE & FRESH CREAM OR FRESH FRUIT	HOME COOKED HONEY ROAST GAMMON HAM CREAMED LEEKS & CHEESE PARMENTIER POTATOES SALAD BAR/PROTEINS
<b>SATURDAY</b>	SAUSAGES BEANS SHREDDIES SOURDOUGH TOAST FRESH MILK	SPAGHETTI CARBONARA CRUSTY SOURDOUGH	MUSHROOM CARBONARA CRUSTY SOURDOUGH	ROASTED VEGETABLES	BANOFFEE PIE OR FRESH FRUIT	CRISPY CHILLI BEEF EGG FRIED RICE PRAWN CRACKERS FRIED PEPPERS & ONIONS SALAD BAR/PROTEINS

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