## Sidcot School Breakfast Menu

## Monday

Cereal selection
Toast, spreads \& preserves
Yoghurt, fruit \& seed bar

## Hot cereal

Porridge
Cooked breakfast
Cheese omelette, sauté mushrooms
\& beef tomato slice
Alternative option
Pan au raisin
Fresh fruit option
Melon slice
Beverages
Orange juice \& apple juice
A selection of hot drinks

## Tuesday

Cereal selection
Toast, spreads \& preserves
Yoghurt, fruit \& seed bar
Hot cereal
Porridge
Cooked breakfast
Back bacon, hash browns \& poached egg
Alternative option
Pan au chocolate
Fresh fruit option
Mixed berries
Beverages
Orange juice \& apple juice A selection of hot drinks

## Wednesday

Cereal selection
Toast, spreads \& preserves
Yoghurt, fruit \& seed bar

## Hot cereal

Porridge
Continental breakfast
Continental meats \& cheeses, smashed avocado \& boiled eggs

## Alternative option

Buttered croissant \& assorted rolls Fresh fruit option

Chopped kiwi \& mango combo

## Beverages

Orange juice \& apple juice
A selection of hot drinks

## Thursday

Cereal selection
Toast, spreads \& preserves
Yoghurt, fruit \& seed bar
Hot cereal
Porridge
Cooked breakfast
Oven baked sausage, scrambled egg \& baked beans
Alternative option
Chocolate twist
Fresh fruit option
Chopped fresh pineapple
Beverages
Orange juice \& apple juice
A selection of hot drinks


## Saturday

Cereal selection, toast, spreads \& preserves
Yoghurt, fruit \& seed bar

## Continental breakfast

Continental meats \& cheeses, boiled eggs \& assorted rolls

## Alternative option

Buttered croissant
Beverages

## Friday

Cereal selection
Toast, spreads \& preserves
Yoghurt, fruit \& seed bar
Hot cereal
Porridge
Cooked breakfas
Crispy bacon, french toast \& caramelised bananas
Alternative option
Portuguese custard tart
Fresh fruit option
Mixed grapes
Beverages
Orange juice \& apple juice
A selection of hot drinks


Live Adventurously

## Sidcot School Lunch Menu Week 1

## Monday

Soup
Chicken
Main choices
Roasted squash \& feta cheese mix Penne carbonara
Lemon \& parsley cod steaks

## Vegetables \& sides

Oregano potatoes, broccoli florets, \& crusted tomato

Alternative options
Salad \& cold meat bar
Assorted breads, vinaigrettes \& oils
Pudding option
Assorted ice-cream \& wafer Fresh fruit bowl

## Tuesday

Soup
Tomato \& red pepper
Main choices
Mozzarella \& tomato chicken breast Greek briam
Butchers sausages in red wine gravy
Vegetables \& sides
New potato, sweetcorn \&
garden peas
Alternative options
Salad \& cold meat bar
Assorted breads, vinaigrettes \& oils Pudding option

Peaches \& cream
Fresh fruit bowl

## Wednesday

Soup
Roasted butternut squash

## Main choices

Roast turkey \& stuffing
Spinach, sweet potato \& lentil dhal Beef in red wine sauce
Vegetables \& sides
Roast potatoes, creamed leeks carrots \& gravy

## Alternative options

Salad \& cold meat bar
Assorted breads, vinaigrettes \& oils Pudding option

Apple crumble \& custard
Fresh fruit bowl

## Thursday

Soup
Roast garlic \& sweet potato
Main choices
Quorn \& pepper stir-fry Hoisin chicken breast, Mild beef chilli con carne

## Vegetables \& sides

Fresh herb rice, green beans \& oriental mixed vegetables

## Alternative options

Salad \& cold meat bar Assorted breads, vinaigrettes \& oils Pudding option

Fruit yoghurt
Fresh fruit bowl
*Vegan option available where required*

## Friday

Soup
Cream of mushroom
Main choices
Catch of the day \& lemon wedge Mushroom \& stilton wellington Liver \& onions
Vegetables \& sides
Chipped potatoes, baked tomatoes \& mushy peas

Alternative options
Salad \& cold meat bar Assorted breads, vinaigrettes \& oils Pudding option

Chocolate chip cake Fresh fruit bowl

## Saturday

## Main choices

Salmon \& sweetcorn pasta bake Cheese \& tomato pizza slice Meatballs in basil sauce

Vegetables \& sides
Sauté potatoes \& baked potatoes
Mixed vegetables

## Pudding option

Jam doughnut

## Sunday <br> Sun

Brunch
11:00-12:00
Refer to breakfast menu
Extras surprises
Halloumi fries
Fresh strawberries \& cream
Sweet waffles \& syrup
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eend!

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## Sidcot School Dinner Week 1

## Monday

Soup
Chicken
Main choices
Beef rump steak \& mushrooms Pork meatloaf \& gravy
Chick pea \& bean chilli

## Vegetables \& sides

Lyonnaise potatoes, red cabbage \& buttered nut squash

Pudding option
Baked rice pudding \& jam sauce Fresh fruit

## Beverages

Fresh milk
Iced water

## Tuesday

Soup
Tomato \& red pepper
Main choices
Sweet \& sour pork
Vegetable tikka on naan bread Honey \& soya baked salmon
Vegetables \& sides
Pilaf rice, mixed trees \& ratatouille

Pudding option
Chocolate fudge cake
Fresh fruit
Beverages
Fresh milk
Iced water

## Wednesday

## Soup

Roasted butternut squash

## Main choices

Beef burger in a bun
Farfalle with spinach \& mushrooms
Cod loin wrapped in Parma ham

## Vegetables \& sides

French fries, petit pois \& bbq baked beans

## Pudding option

Fresh fruit salad \& cream
Fresh fruit
Beverages
Fresh milk
Iced water

## Thursday

Soup
Roast garlic \& sweet potato

## Main choices

Hand carved honey baked ham Squash \& pepper gratin Chicken \& leek pasta bake

## Vegetables \& sides

Cheesy half jackets, mini corn kernels, green beans

Pudding option
Golden sponge pudding \& custard Fresh fruit

Beverages
Fresh milk
Iced water

## Friday

Soup
Cream of mushroom

## Main choices

Cajun chicken with lime \& coriander Spanish paella
Macaroni cheese

## $\underline{\text { Vegetables \& sides }}$

Rosemary potatoes, courgette provençale \& honey carrots

## Pudding option

Banoffee pie
Fresh fruit
Beverages
Fresh milk
Iced water

## Sunday <br> Main choices <br> Roast beef \& yorkshire pudding <br> Roast chicken \& stuffing <br> Vegetable crumble <br> Vegetables \& sides <br> Roast potatoes, carrots, cauliflower au gratin \& roast gravy <br> Pudding option <br> Apple pie \& fresh cream

*Vegan option available where required*


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## Sidcot School Lunch Menu Week 2

## Monday

Soup
Tomato
Main choices
Mushroom, tomato/mozzarella stack Parmesan \& basil baked cod
Sausage roll
Vegetables \& sides
Chive potatoes, baked beans \& steamed spinach

Alternative options
Salad \& cold meat bar
Assorted breads, vinaigrettes \& oils Pudding option
Choc ice
Fresh fruit bowl

## Tuesday

Soup
Butternut squash \& sweet potato
Main choices
Tomato \& cheese omelette
Beef bolognaise
Coriander \& lemon chicken breast
Vegetables \& sides
Midi potatoes, sauté courgettes \& mexican sweetcorn

Alternative options
Salad \& cold meat bar
Assorted breads, vinaigrettes \& oils Pudding option

Lemon drizzle cake
Fresh fruit bowl

## Wednesday

Soup
Lentil \& chilli
Main choices
Roast lamb \& mint sauce
Quorn jumbo vegan roll
Garlic \& herb rubbed chicken
Vegetables \& sides
Roast potatoes, red cabbage, mixed trees \& gravy

Alternative options
Salad \& cold meat bar
Assorted breads, vinaigrettes \& oils Pudding option

Cherry crumble \& custard Fresh fruit bowl

## Thursday

Soup
Vegetable
Main choices
Cottage pie
Falafel \& spinach burger
Quiche lorraine
Vegetables \& sides
Oregano potatoes, creamed leeks \& green beans

Alternative options
Salad \& cold meat bar Assorted breads, vinaigrettes \& oils Pudding option

Pear \& apple pie \& whipped cream Fresh fruit bowl

## Friday

Soup
Courgette \& cheddar cheese

## Main choices

Beef burger in a roll
Salsa \& cheese topped cod loin Roast vegetable quiche
$\underline{\text { Vegetables \& sides }}$
Jacket potato wedges, garden peas \& baked beans

Alternative options
Salad \& cold meat bar assorted breads, vinaigrettes \& oils Pudding option

Fruit flavour jelly \& pouring cream Fresh fruit bowl


## Sidcot School Dinner Menu Week 2

## Monday

Soup
Tomato

## Main choices

Beef hot pot
Vegetable risotto
Cajun pork steak \& apple slice

## Vegetables \& sides

Croquette potatoes, green beans \& mixed vegetables

Pudding option
Sticky toffee pudding \& custard
Fresh fruit
Beverages
Fresh milk
Iced water

## Tuesday

Soup
Butternut squash \& sweet potato
Main choices
Gluten free Florentine fishcake Courgette, feta gnocchi
Chicken breast in a cream sauce
Vegetables \& sides
Parsley potatoes, broccoli florets \& honey carrots
Pudding option
Caramel chocolate brownie Fresh fruit

Beverages
Fresh milk
Iced water

## Wednesday

Soup
Lentil \& chilli

## Main choices

Hawaiian bacon steak
Stilton \& apple individual tart
Baked salmon \& vine tomatoes
Vegetables \& sides
Garlic \& herb midi potatoes, corn on the cob \& garden peas

## Pudding option

Fruit salad \& fresh cream Fresh fruit

## Beverages

Fresh milk
Iced water

## Thursday

Soup
Vegetable
Main choices
Minute steak \& béarnaise sauce Sweet \& sour pak choi \& vegetables Hunters chicken breast
Vegetables \& sides
Sauté potatoes, sauté mushrooms \& mixed vegetables

Pudding option
Vanilla cheesecake
Fresh fruit
Beverages
Fresh milk
Iced water

## Friday

Soup
Courgette \& cheddar cheese

## Main choices

Somerset pork steaks Vegetable cous cous Beef cobbler

## Vegetables \& sides

Roast midi potatoes, baby carrots \& savoy cabbage

Pudding option
Cranachan
Fresh fruit
Beverages
Fresh milk
Iced water
Saturday
Pizza Night
*Served in a pizza box \& eaten in the
refectory*

| Pepperoni passion |
| :--- |
| Cheese \& tomato |
| Chargrilled vegetables |
| Pudding option |
| Luxury Chocolate eclair |

Sunday
Main choices
Roast pork \& apple sauce
Chicken kiev
Lentil Roast
Vegetables \& sides
Creamed potatoes, carrots, Brussel sprouts
\& roast gravy
Pudding option
Baked rice pudding
*Vegan option available where required*


## Sidcot School Lunch Menu Week 3

## Monday

Soup
Carrot \& coriander
Main choices
Potato \& spring onion frittata
Crispy chicken fillet
Macaroni cheese
Vegetables \& sides
Herby diced potatoes, courgette nicoise, \& green beans
Alternative options
Salad \& cold meat bar Assorted breads \& oils

Pudding option

Carrot cake
Fresh fruit bowl



## Wednesday

## Soup

Minestrone
Main choices
Ratatouille \& cheese bake
Roast garlic \& herb chicken breast Beef bourguignon
Vegetables \& sides
Garlic \& herb midi potatoes, mixed vegetables, mixed trees

## Alternative options

Salad \& cold meat bar
Assorted breads \& oils
Pudding option
Apple/blackberry crumble \& custard Fresh fruit bowl

## Thursday

Soup
Rustic minted tomato

## Main choices

Lime \& chilli chicken breast Cornish pasty \& gravy Falafel balls in spicey sauce

## Vegetables \& sides

Parsley new potatoes, buttered carrots \& garden peas

Alternative options
Salad \& cold meat bar Assorted breads \& oils Pudding option

Vanilla ice-cream \& chocolate syrup Fresh fruit bowl

## Friday

Soup
Pea \& ham

## Main choices

Goats cheese \& red onion slice Catch of the day \& lemon Butchers sausages \& fried onions

## Vegetables \& sides

Chipped potatoes, baked beans \& garden peas

## Alternative options

Salad \& cold meat bar Assorted breads \& oils

Pudding option
Miniature belgian bun Fresh fruit bowl

## Main choices

Fish fingers, tartare sauce and lemon Vegetable ravioli pasta bolognaise bake

## Vegetables \& sides

Sauté potatoes \& baked potatoes
Sweetcorn \& sauté courgettes

## Pudding option

Black forest gateau

## Sidcot School Dinner Menu Week 3



## Tuesday

Soup
Asparagus
Main choices
Paprika chicken
Vegetable lasagne
Mediterranean salmon steak

## Vegetables \& sides

Minted potatoes, sauté courgettes, cauliflower cheese

Pudding option
Chocolate sponge cake \& sauce Fresh fruit

Beverages
Fresh milk
Iced water

## Sunday

Main choices
Roast beef \& yorkshire pudding
Roast chicken american
Spinach \& feta filo parcels

## Vegetables \& sides

Roasted new potatoes, carrots, green beans \& roast gravy

Pudding option
Apple \& cinnamon pie \& custard

## Wednesday

Soup
Minestrone
Main choices
Lamb tagine
Vegetable samosa \& curry sauce
Sausage \& smoked bacon casserole

## Vegetables \& sides

Scented herb rice, broccoli florets \& diced butternut squash

## Pudding option

Fruit salad \& cream
Fresh fruit
Beverages
Fresh milk
Iced water

## Thursday

Soup
Rustic minted tomato

## Main choices

Sweet chilli chicken thighs
Courgette feta \& dill tart
Beef lasagne \& garlic bread

## Vegetables \& sides

Croquette potatoes, green beans \& sweetcorn

Pudding option
Fruits of the forest cheesecake Fresh fruit

Beverages
Fresh milk
Iced water

## Friday

Soup
Pea \& ham

## Main choice

Beef \& mushroom pie
Asparagus, lemon \& cream pasta Chicken breast in a rustic bbq sauce

## Vegetables \& sides

Mashed potatoes, baby carrots \& braised savoy cabbage

## Pudding option

Individual lemon tarts \& cream
Fresh fruit
Beverages
Fresh milk
Iced water
*Vegan option available where required*


Meals are subject to change at short notice. Allergen information can be obtained on request at the meal time.

## Sidcot School Lunch Menu week 4

## Monday

Soup
Leek \& potato
Main choices
Spicy bean burger Chicken \& ham pie Fish fingers

## Vegetables \& sides

Seasoned potato wedges, garden peas \& balsamic tomatoes

Alternative options
Salad \& cold meat bar Assorted breads \& oils

Pudding option
Sliced fresh melon
Fresh fruit bowl

## Tuesday

Soup
Carrot \& coriander
Main choices
Roast vegetable \& salsa wrap Cheese \& bacon turnover Chicken tikka breast
Vegetables \& sides
Midi potatoes, sweetcorn \& baked beans
Alternative options
Salad \& cold meat bar Assorted breads \& oils

Pudding option
Shortbread slice
Fresh fruit bowl

## Wednesday

Soup
Chinese noodle
Main choices
Sausage meat plait
Vegetable casserole
Beef filled yorkshire pudding
Vegetables \& sides
Roast potatoes, steamed leeks, mixed vegetables \& gravy

Alternative options
Salad \& cold meat bar
Assorted breads \& oils
Pudding option
Syrup sponge cake \& custard Fresh fruit bowl

## Thursday

Soup
Moroccan chick pea

## Main choices

Sun dried tomato chicken breast Goats cheese \& red onion slice Meat ravioli

## Vegetables \& sides

Parsley potatoes, courgette nicoise \& vichy carrots

Alternative options
Salad \& cold meat bar Assorted breads \& oils

Pudding option
Arctic roll
Fresh fruit bowl
*Vegan option available where required*

Sunday
Brunch
11:00-12:00
Refer to breakfast menu
Extras surprises
Sweet potato fries
Fresh strawberries \& chocolate sauce
American pancakes \& maple syrup

## Friday

Soup
Chicken broth
Main choices
Smoked haddock in Cheese sauce Lime \& chilli aubergine
Cheese burger in a roll

## Vegetables \& sides

Sauté potato, broccoli florets \& butternut squash

## Alternative options

Salad \& cold meat bar Assorted breads \& oils

Pudding option
Chocolate mousse \& raspberries Fresh fruit bowl


## Sidcot School Dinner Menu week 4



## Sidcot School Salad Bar \& Morning Break Menu

## Monday

Morning break
Chopped fresh fruit
Hot \& cold beverages
Biscuit of the day

## Salad Bar

Everyday simple salads
Iceberg \& mixed speciality lettuce
Cucumber \& tomatoes
Sweetcorn \& mixed peppers
Shredded carrots
Chopped beetroot
Mixed beans
Pickled onions or gherkins

## Composite salads - Main stavs

Coleslaw, potato salad \& pasta salad

## The protein

Two out of grated cheese, boiled eggs, tuna or cold meat

## Extras

Daily speciality salads

## Tuesday

Morning break
Chopped fresh fruit Hot \& cold beverages Biscuit of the day

## Salad Bar

## Everyday simple salads

Iceberg \& mixed speciality lettuce Cucumber \& tomatoes
Sweetcorn \& mixed peppers
Shredded carrots
Chopped beetroot
Mixed beans
Pickled onions or gherkins
Composite salads - Main stays
Coleslaw, potato salad \& pasta
salad
The protein
Two out of grated cheese, boiled eggs, tuna or cold meat

Extras
Daily speciality salads

Wednesday
Morning break
Chopped fresh fruit
Hot \& cold beverages
Biscuit of the day

## Salad Bar

Everyday simple salads
Iceberg \& mixed speciality lettuce
Cucumber \& tomatoes
Sweetcorn \& mixed peppers
Shredded carrots
Chopped beetroot
Mixed beans
Pickled onions or gherkins

## Composite salads- Main stays

Coleslaw, potato salad \& pasta salad

The protein
Two out of grated cheese, boiled eggs, tuna or cold meat

Extras
Daily speciality salads

## Thursday

Morning break
Chopped fresh fruit
Hot \& cold beverages
Biscuit of the day

## Salad Bar

Everyday simple salads
Iceberg \& mixed speciality lettuce
Cucumber \& tomatoes
Sweetcorn \& mixed peppers
Shredded carrots
Chopped beetroot
Mixed beans
Pickled onions or gherkins
Composite salads - Main stays
Coleslaw, potato salad \& pasta salad

## The protein

Two out of grated cheese, boiled eggs, tuna or cold meat

Extras
Daily speciality salads

## Friday

## Morning break

Chopped fresh fruit Hot \& cold beverages Biscuit of the day

## Salad Bar

Everyday simple salads
Iceberg \& mixed speciality lettuce
Cucumber \& tomatoes
Sweetcorn \& mixed peppers
Shredded carrots
Chopped beetroot
Mixed beans
Pickled onions or gherkins

## Composite salad s- Main stays

Coleslaw, potato salad \& pasta salad

## The protein

Two out of grated cheese, boiled eggs, tuna or cold meat

Extras
Daily speciality salads


Live Adventurously

## Sidcot School Kitchen@Sidcot - Theatre/Street

## Monday - Week

One
Hog Roast
Roasted, shredded pork served in a bread roll with apple sauce \&
Monday - Week
Two
Kitchen@Sidcot
Monday - Week

Three
Kitchen@Sidcot

Monday - Week Four

Kitchen@Sidcot

```
Tuesday - Week One
Nachos
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Tuesday - Week
Two
Kitchen@Sidcot

Tuesday - Week Three

Kitchen@Sidcot


Wednesday Week One Kitchen@Sidcot


| Wednesday - |
| :--- |
| Week Three |
| Kitchen@Sidcot |

Wednesday Week Four<br>Kitchen@Sidcot

Thursday -
Week One
Kitchen@Sidcot


## Thursday -

Week Three
Kitchen@Sidcot

Thursday -
Week Four
Kitchen@Sidcot

Friday - Week

## One

Kitchen@Sidcot

Friday - Week
Two
Kitchen@Sidcot

Friday - Week
Three
Kitchen@Sidcot

Friday - Week



[^0]:    Meals are subject to change at short notice. Allergen information can be obtained on request at the meal time.

