



St Edmunds School Menu

Week One

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Selection of Cereals, Toast & Spreads Orange & Apple Juice Yoghurt & Fruit Tea & Coffee	Selection of Cereals, Toast & Spreads Orange & Apple Juice Yoghurt & Fruit Tea & Coffee	Selection of Cereals, Toast & Spreads Orange & Apple Juice Yoghurt & Fruit Tea & Coffee Pain au Chocolate & Scrambled Eggs	Selection of Cereals, Toast & Spreads Orange & Apple Juice Yoghurt & Fruit Tea & Coffee Bacon & Eggs	Selection of Cereals, Toast & Spreads Orange & Apple Juice Yoghurt & Fruit Tea & Coffee
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Cheddar Topped Cottage Pie ***** Pasta with Arrabiata sauce ***** Quorn Sausage, Leek & Stilton Hot Pot(V) ***** Mixed Vegetables ***** Apple & Blackcurrant Crumble & Custard ***** Selection of Salads Selection of Cold Desserts Fruit Basket French Stick	Roast pork with Apple Sauce ***** Jacket Potato with Quorn Chilli ***** Vegetable Roast(V) ***** Roasted Baby Potatoes Baton Carrots Cauliflower Cheese ***** Chocolate Chip Cookie ***** Selection of Salads Selection of Cold Desserts Fruit Basket French Stick	Chicken Curry ***** Pasta with Carbonarra Sauce ***** Cauliflower Korma (V) ***** Turmeric Rice Naan Bread Green Beans ***** Fruits of the Forest Bread & Butter Pudding & Custard ***** Selection of Salads Selection of Cold Desserts Fruit Basket French Stick	Beef Lasagne ***** Jacket Potato with Baked Beans & Sausages ***** Butternut Squash & watercress Cannelloni(V) ***** Home Baked paprika & Sea Salt Potato Wedges Sweetcorn ***** Cherry & Coconut Flapjack ***** Selection of Salads Selection of Cold Desserts Fruit Basket	Jumbo Battered Fish Fingers or Fisherman's Pie ***** Pasta with Chilli ***** Cheese & Tomato Omelette(V) ***** Chips Minted Peas ***** Beetroot & Chocolate Brownie ***** Selection of Salads Selection of Cold Desserts Yoghurt & Fruit Basket French Stick
<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>
	Braised Steak ***** Stuffed Pepper (V) ***** Horseradish Mash Broccoli ***** Chocolate Fudge Cake ***** Selection of Salads Selection of Cold Desserts Yoghurt & Fruit Basket	Build your own Burger ***** Vegetable Burger (V) ***** French Fries ***** Apple Pie & Vanilla Ice-Cream ***** Selection of Salads Selection of Cold Desserts Yoghurt & Fruit Basket	Chicken Pasty ***** Cheese & Onion Pasty ***** Roast Potatoes Braised Cabbage ***** Profiteroles with Chocolate Sauce ***** Selection of Salads Selection of Cold Desserts Yoghurt & Fruit Basket	

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<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
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<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Chicken, Chorizo & Chilli Risotto ***** Pasta with Cheese & Chive Sauce ***** Flageolet Bean & Lentil Lasagne (V) ***** Garlic Bread Green Beans ***** Chocolate Sponge & Chocolate Sauce ***** Selection of Salads Selection of Cold Desserts Yoghurt & Fruit Basket French Stick	Bacon & Cheddar Turnover ***** Jacket Potato with Chilli Con Carne ***** Vegetarian Pig in Blanket(V) ***** Rissolle Potatoes Baked Beans ***** Banoffee Pie ***** Selection of Salads Selection of Cold Desserts Yoghurt & Fruit Basket French Stick	Roast Beef with Yorkshire Pudding & Horseradish Sauce ***** Pasta with Chicken Italiano ***** Courgette & Dill Tart (V) ***** Roast Potatoes Honey Roast Parsnips & Carrots ***** Iced Ring Doughnuts ***** Selection of Salads Selection of Cold Desserts Yoghurt & Fruit Basket French Stick	Cheeseburger Pasta Bake ***** Jacket Potato with Tuna & Sweetcorn ***** Pea & Mint Risotto(V) ***** Ciabatta Broccoli ***** Vanilla Crunch & Custard ***** Selection of Salads Selection of Cold Desserts Yoghurt & Fruit Basket French Stick	Breaded Salmon Goujons or Smoked Haddock Florentine ***** Pasta with Tomato & Basil Sauce ***** Ratatouille & Goats Cheese Tart(V) ***** Chips Peas or Pea Fritter ***** Raspberry Pavlova ***** Selection of Salads Selection of Cold Desserts Yoghurt & Fruit Basket French Stick
<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>
	Steak Pie ***** Vegetable Pie (V) ***** Chunky Chips Peas ***** Mixed Berry Fool ***** Selection of Salads Selection of Cold Desserts Yoghurt & Fruit Basket	Bacon Roly Poly with Cheesy Leeks ***** Vegetable Roly Poly (V) ***** Creamed Potatoes Savoy Cabbage ***** Cherry Pie & Cream ***** Selection of Salads Selection of Cold Desserts Yoghurt & Fruit Basket	Sweet & Sour Chicken Balls ***** Battered Vegetables (V) ***** Stir Fry Vegetables Prawn Crackers ***** Apple Pancakes ***** Selection of Salads Selection of Cold Desserts Yoghurt & Fruit Basket	

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Week Three

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<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Selection of Cereals, Toast & Spreads Orange & Apple Juice Yoghurt & Fruit Tea & Coffee	Selection of Cereals, Toast & Spreads Orange & Apple Juice Yoghurt & Fruit Tea & Coffee	Selection of Cereals, Toast & Spreads Orange & Apple Juice Yoghurt & Fruit Tea & Coffee Egg & Bacon	Selection of Cereals, Toast & Spreads Orange & Apple Juice Yoghurt & Fruit Tea & Coffee All Butter Croissants Scrambled Eggs	Selection of Cereals, Toast & Spreads Orange & Apple Juice Yoghurt & Fruit Tea & Coffee
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Cumberland Sausage Rings Onion Gravy ***** Pasta with Cheese & Chive Sauce ***** Glamorgan Sausages(V) ***** Creamy Mustard Mash Green Beans ***** Jam Sponge with Custard ***** Selection of Salads Selection of Cold Desserts Yoghurt & Fruit Basket French Stick	Chilli Con Carne ***** Jacket Potato with Prawn Mary Rose ***** Quorn, Chickpea & Spinach Madras (V) ***** Rice Sweetcorn Nachos ***** Carrot Cake with Cream Cheese Topping ***** Selection of Salads Selection of Cold Desserts Yoghurt & Fruit Basket French Stick	Chicken Pie ***** Pasta with Cheese & Bacon Sauce ***** Beetroot Casserole(V) ***** Baby Potatoes Broccoli ***** Millionaires Shortbread ***** Selection of Salads Selection of Cold Desserts Yoghurt & Fruit Basket French Stick	Beef Stew & Dumplings ***** Jacket Potato with Baked Beans & Cheddar ***** Spicy Vegetable Casserole with Dumplings (V) ***** Roasted Garlic & Rosemary Potatoes Savoy Cabbage ***** Eve's Pudding with Custard ***** Selection of Salads Selection of Cold Desserts Yoghurt & Fruit Basket French Stick	Battered Haddock or Cod Mornay ***** Pasta with Bolognese ***** Vegetarian Sausage Wellington(V) ***** Chips Peas ***** Raspberry & White Chocolate Tray Bake ***** Selection of Salads Selection of Cold Desserts Yoghurt & Fruit Basket French Stick
<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>
	Chicken Korma ***** Vegetable Korma (V) ***** Rice Poppadum's & Sambals ***** Banoffee Crumble & Cream ***** Selection of Salads Selection of Cold Desserts Yoghurt & Fruit Basket	Mini Mixed Grill ***** Mushroom Omelette ***** Chips Grilled Tomato & Mushrooms ***** Chocolate & Orange Cheesecake ***** Selection of Salads Selection of Cold Desserts Yoghurt & Fruit Basket	Southern Fried Chicken Pieces ***** Southern Fried Quorn Escalopes ***** Cheese & Chive Wedges Corn on the Cob ***** Giant Empire Biscuit ***** Selection of Salads Selection of Cold Desserts Yoghurt & Fruit Basket	

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