

# Menu



Mayfield Girls School

Week 2	Monday 13/9	Tuesday 14/9	Wednesday 15/9	Thursday 16/9	Friday 17/9	Saturday 18/9	Sunday 19/9
<b>Cooked Breakfast</b>	Fried egg, mini waffles, plum tomatoes & baked beans	American pancakes with Greek yoghurt & whipped cream, & berries	Bacon, poached eggs & mushrooms *Fresh smoothies	Sausages, scrambled eggs & baked beans	Hash browns, boiled egg, & grilled tomatoes *Hot chocolate	Bacon, mushrooms, scrambled egg & baked beans	
<b>Lunch Main Meal</b>	Moroccan chicken with pomegranate & a harissa yoghurt dressing	Baked gnocchi beef ragu with mozzarella & fresh basil	Thai red turkey burger	Pork ton katsu	Battered cod with tartare sauce	Chicken, leek & ham puff pastry pie	Herby Dijon roast beef with a red wine gravy
<b>Lunch Vegetarian</b>	Courgette, caramelised onion & goats cheese tart	Tomato, mascarpone & mozzarella arancini with Arrabiatta sauce	Sweetcorn fritter with fried egg & avocado salsa	Sweet potato ton katsu	Black bean tofu 'mein'	Sweet potato & feta parcel	Set polenta with ratatouille
<b>Lunch Side Dishes</b>	Flatbreads, bulgur pilaf & lemon courgettes & roasted cauliflower	Rosemary & sea salt focaccia, broccoli & carrots	Sweet potato wedges, mango slaw & corn on the cob	Rice & steamed Asian greens (pak choi, chinese leaf, baby corn & sugar snaps)	Chips & peas	Sauté potatoes & sweetcorn	Rosemary roasted new potatoes, chunky roast carrots, leek gratin & peas
<b>Salad Bar Specials</b>	Tex Mex sweetcorn salad	Cajun grilled halloumi with lime black beans & guacamole	Chinese chicken salad	Greek salad	Smoked trout & potato salad	Salad of the day	
	Coronation chicken salad	Sweet potato chickpea & feta with a tahini dressing	Falafel Buddha bowl	Epic summer salad	Super green pesto pasta		
<b>Jacket Potato &amp; Topping</b>	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans
		Tuna & sweetcorn		Coronation chicken			
<b>Lunch Dessert</b>	Raspberry crumble cake with custard	Bramley apple pie with custard	Chocolate Swiss roll	Apricot and white chocolate tart	Banoffee pie	Dessert of the Day	Dessert of the Day
<b>Supper Main Meal</b>	Beef Meatballs in Tomato & Basil Sauce	Lemon & thyme roast Chicken thighs	Prawn Pad Thai	Chicken Supreme with creamy cauce & tagliatelle	Black bean empanadas with sour cream & guacamole	Chilli con carne	Toad in the hole
<b>Supper Vegetarian</b>	Oat balls in tomato & basil Sauce	Lentil & cauliflower wellington	Quorn Pad Thai	Mushroom, shallot & tarragon creamy tagliatelle		Three bean chilli	Tomato & garlic sausage toad in the hole
<b>Supper Side Dishes</b>	Spaghetti & roasted broccoli and cauliflower	Rosemary and lemon roasted new potato with kale	Baby corn, bok choi and sugar snap peas with sesame and garlic	Tender stem broccoli	Potato wedges and sweetcorn	Jacket potatoes, soured cream & green salad	Mashed potatoes, onion gravy & peas
<b>Salad Bar</b>	A variety of salads available daily, including mixed side salads, pasta salads, grain salads & meat & cheese boards						
<b>Jacket Potatoes</b>	Jacket potatoes or baked sweet potatoes with beans served daily						
<b>Supper Dessert</b>	Ice cream/frozen yoghurt, fresh fruit & jellies	Fresh fruit, yoghurt and jellies	Ice cream/frozen yoghurt, fresh fruit & jellies	Fresh fruit, yoghurt and jellies	Ice cream/frozen yoghurt, fresh fruit & jellies	Fresh fruit, yoghurt and jellies	Fresh fruit, yoghurt and jellies
<b>Dietary Requirements</b>	<p style="text-align: center;">All our food is made fresh on site every day.</p> <p style="text-align: center;">We always make sure we have gluten free and dairy free options on both our hot counters and cold counters.</p> <p style="text-align: center;">Please look at the daily allergen information sheet or ask a server if you are unsure and they will be happy to advise you.</p>						