

Menu



Mayfield Girls School

Week 3	Monday 20/9	Tuesday 21/9	Wednesday 22/9	Thursday 23/9	Friday 24/9	Saturday 25/9	Sunday 26/9
Cooked Breakfast	Fried egg, mini waffles, plum tomatoes & baked beans	Big croissant filled with ham, tomato & cheese	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	
Lunch Main Meal	Lemongrass chicken thighs with a sweet balsamic soy dressing & fresh rainbow salad	Honey roast gammon with watercress sauce	Hoisin salmon with stir-fried broccoli, mange tout, baby corn & noodles	Chicken Kiev	Scampi with lemon mayo	Cottage pie with a leek, potato & cheddar top	Parmesan & rosemary pork cutlets
Lunch Vegetarian	Beans, chipotle, cheddar & spring onion quesadillas with soured cream & limes	Butter bean & pepper shakshuka	Folded naan with tomato chilli jam, cream cheese, fried egg & coriander	Mushroom & tarragon tagliatelle & garlic bread	Mixed tempura vegetables with a sweet chilli dipping sauce	Courgette & parmesan fries with a garlic yoghurt dip	Halloumi & Mediterranean vegetable tray bake
Lunch Side Dishes	Rice & charred corn on the cob	Roasted sea salt new potatoes & green beans	Steamed Chinese leaf, pak choi & sugar snaps	Mashed potatoes, roast carrots & steamed broccoli	Chips & peas	Roast garlic baby potatoes & steamed spring greens	Sauté potatoes, roast carrots & peas
Salad Bar Specials	Freekeh tabbouleh	Tender stem broccoli & edamame with sesame dressing	Mediterranean Buddha Bowl	Sesame chicken avocado salad	Kale & salmon Caesar Salad	Salad of the Day	
	Sweet potato & lentil feta salad	Cajun chicken, farro & bean salad	Chorizo nicoise salad	Vegan BBQ chickpea salad	Fattoush salad		
Jacket Potato & Topping	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans
		Tuna & sweetcorn		Coronation chicken			
Lunch Dessert	Chocolate honeycomb tart	Strawberry & white chocolate cake	Lemon cheesecake mousse	Apple, peach & raspberry cobbler with custard	Profiteroles	Dessert of the Day	Dessert of the Day
Supper Main Meal	Prawn & rice noodle laksa with red pepper, beansprouts & sweetcorn	Beef chilli burrito with spiced aubergine dip, coriander rice, spicy peppers & onions, cheese, salsa, & guacamole	Creamy tomato & chicken pasta bake	Sweet & sour slow cooked pork shoulder with red pepper & pineapple	Roasted red pepper, sun dried tomato & parmesan risotto	Chicken tikka masala	Pizza night
Supper Vegetarian	Sweet potato & rice noodle laksa with red pepper, beansprouts & sweetcorn	Vegan bean chilli with spiced aubergine dip; coriander rice; spicy peppers & onion; cheese; salsa; guacamole	Creamy tomato and & pepper pasta bake	Chinese 5 spice tofu in sweet & sour sauce with red pepper & pineapple		Tempeh & chickpea tikka masala	
Supper Side Dishes	Bok choi & pickled cabbage	Potato wedges & Sweetcorn	Rocket & pine nut salad with garlic bread bruschetta	Egg noodles with beansprouts & Chinese leaf with shitake mushrooms	Mozzarella, cherry tomato & basil salad	Rice, naan, roasted cauliflower & poppadums	Homemade wedges, slaw & corn
Salad Bar	A Variety Of Salads Available Daily, Including Mixed Side Salads, Pasta Salads, Grain Salads & Meat & Cheese Boards See Separate Salad Bar Menu for Daily Offerings						
Jacket Potatoes	Jacket Potatoes or Baked Sweet Potatoes With Beans Served Daily						
Dessert	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
Dietary Requirements	<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>						