

Menu



Mayfield Girls School

Week 5	Monday 4/10	Tuesday 5/10	Wednesday 6/10	Thursday 7/10	Friday 8/10	Saturday 9/10	Sunday 11/10
Cooked Breakfast	Fried egg, mini waffles, plum tomatoes & baked beans	American pancakes with Greek yoghurt, whipped cream & berries	Bacon, poached eggs & mushrooms *Fresh smoothies	Smoked salmon, scrambled eggs, avocado & bagel	Hash browns, boiled egg, & grilled tomatoes *Hot chocolate	Bacon, mushrooms, scrambled egg & baked beans	
Lunch Main Meal	Chicken, mushroom, leek & spinach filo pie	Mexican beef enchiladas	Sweet & sour chicken	Classic moussaka	Panko crusted cod in a brioche bun with caper mayonnaise	Honey ham with fried egg	Beef Stroganoff
Lunch Vegetarian	Broccoli macaroni cheese with smoked cheddar	Crusted halloumi, black beans & pico de Gallo in a soft taco	Green lentil spinach dhal with fried egg & crispy onions	Aubergine rolls with spinach & ricotta	Spaghetti Puttanesca	Roasted red pepper, olive & feta frittata	Mushroom Bourguignon
Lunch Side Dishes	Roasted new potatoes, carrots & peas	Paprika roast potatoes, corn on the cob & Mexican slaw	Rice with stir fried Asian greens	Minted new potatoes, garlic & thyme carrots & green beans	French fries & garden peas	Chips & peas	Mash potato, steamed leeks & kale
Salad Bar Specials	Roasted beet, carrot & lentil salad	Harissa salmon with lemony giant couscous	Pomegranate glazed chicken with red quinoa	Greek orzo salad	Poached salmon salad with French beans & barley	Salad of the day	
	Sweet potato salad with chipotle Lime mayo	Grilled courgette, goats cheese & pine nut salad	Butternut squash & barley salad	Rocket salad with parmesan, lemon zest & balsamic dressing	Cauliflower, courgette & basil pesto salad		
Jacket Potato & Topping	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans
		Tuna & Sweetcorn		Coronation chicken			
Lunch Dessert	Spiced apple crumble with custard	Chocolate mousse	Banoffee doughnuts	Lemon meringue pie	Pear & dark chocolate cake with chocolate sauce	Dessert of the Day	Dessert of the Day
Supper Main Meal	Prawn Pad Thai	Pork Schnitzel with garlic butter	Korean beef bibimbap	Persian pomegranate roast chicken	Flatbread loaded veggie pizzas with homemade paprika wedges	Turkey meatballs in a rich tomato sauce	Chorizo & potato soft tacos
Supper Vegetarian	Quorn Pad Thai	Panko Portobello Mushroom with Garlic Butter	Korean Aubergine Bibimbap	Persian Pomegranate Roast Cauliflower		Halloumi & courgette in a rich tomato sauce	Cauliflower soft tacos
Supper Side Dishes	Baby corn, bok choy & sugar snap peas with sesame & garlic	Champ potatoes and savoy cabbage	Sticky rice, pickled carrots, bok choy, red pepper stir fry	Quinoa & lentils with roasted cherry tomato & chilli		Penne pasta, crusty bread & carrots	Avocado salsa verde & cheesy nachos
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	All our food is made fresh on site every day. We always make sure we have gluten free and dairy free options on both our hot counters and cold counters. Please look at the daily allergen information sheet or ask a server if you are unsure and they will be happy to advise you.						