

# Menu



Mayfield Girls School

Week 2	Monday 15/11	Tuesday 16/11	Wednesday 17/11	Thursday 18/11	Friday 19/11	Saturday 20/11	Sunday 21/11
<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	Smoked salmon scrambled eggs, smashed avocado & bagels	Hash browns, boiled egg, & grilled tomatoes *Hot chocolate	Bacon, mushrooms, scrambled egg & baked beans	
<b>Lunch Main Meal</b>	Pork & apple sausages with onion gravy	Spaghetti Bolognese	Hoisin salmon with stir-fried broccoli, mange tout, baby corn & noodles	Chicken Makhani garnished with pomegranate & coriander	Calamari with garlic mayonnaise & lemon wedges	Sticky BBQ ribs	Garlic & thyme roasted chicken supreme with stuffing and gravy
<b>Lunch Vegetarian</b>	Quorn cottage pie topped with sweet potato & cheddar	Butternut squash, spinach, pinenut & feta cannelloni	Margarita flatbread pizza	Creamy halloumi curry	Breaded brie with cranberry sauce	Cheese & onion quiche	Vegetarian toad in the hole
<b>Lunch Side Dishes</b>	Buttery mashed potatoes, seasoned greens & roast carrots	Focaccia & garlic green beans	Broccoli, baby corn & sugar snaps	Rice, roasted cauliflower with mustard & roast carrots	Chips & peas	Curly fries & slaw	Roast potatoes, roast carrots & sautéed leek, bacon & peas
<b>Salad Bar Specials</b>	Broccoli & chickpea salad	Harissa chicken & brown rice salad	Grilled sausage & sweet potato salad	Tomato, basil & lemon orzo	Garlicky prawn, courgette & cous cous salad	Salad of the day	
	BLT chopped salad	Fried courgette, edamame & basil pasta salad	Roasted vegetable & quinoa salad with grilled halloumi	Thai ginger salad	Tamarind squash with crispy chickpeas		
<b>Soup</b>	Soup of the day						
<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>	Apple crumble tart with custard	Fresh beignets with berry coulis	Raspberry & white chocolate cheesecake	Steamed chocolate sponge pudding with chocolate sauce	Mango mousse	Dessert of the Day	Dessert of the Day
<b>Supper Main Meal</b>	Chicken schnitzel with garlic butter	Pork loin with onion & tarragon gravy	Burrito Bar: beef chilli, bean chilli, spicy peppers & onion, cheese, guacamole, sour cream & salsa	Prawn & rice noodle laksa with red pepper, beansprouts and sweetcorn	Indian Banquet Saag paneer lentil & tomato curry aloo gobi bombay potatoes  Poppadum, naan, samosas & chutneys	Turkey steak with a mushroom sauce	Spicy baked pork meatballs
<b>Supper Vegetarian</b>	Cauliflower schnitzel with garlic butter	Roast tomato, red pepper and mozzarella tarts		Sweet potato & rice noodle laksa with red pepper, beansprouts & Sweetcorn		Polenta with mushroom ragu	Aubergine parmigiana
<b>Supper Side Dishes</b>	Homemade potato wedges & broccoli	Roast potatoes, creamed cabbage & roast squash		Bok choy & pickled cabbage		Homemade potato wedges, green beans & garlic wilted spinach	Warm crusty bread, roast broccoli & red onions
<b>Salad Bar</b>	A variety of salads available daily, including mixed side salads, pasta salads, grain salads						
<b>Jacket Potatoes/ Pasta</b>	Jackets & beans	Pasta & pesto	Jackets & beans	Jackets & beans	Jackets & beans	Jackets & beans	Jackets & beans
<b>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.                      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.</p>						