

Menu



Mayfield Girls School

Week 5	Monday 06/12	Tuesday 07/12	Wednesday 08/12	Thursday 09/12	Friday 10/12	Saturday 11/12	Sunday 12/12
Cooked Breakfast	Fried egg, mini waffles, plum tomatoes & baked beans	Bacon, poached eggs & mushrooms	Belgian waffles, Greek yoghurt & berries *Fruit smoothie	Sausages, scrambled eggs & baked beans	Hash browns, boiled egg & grilled tomatoes *Hot chocolate	Bacon, mushrooms, scrambled egg & baked beans	
Lunch Main Meal	Spaghetti 'carbonara'	Roasted chicken thighs with homemade bbq sauce	Turkey, leek & ham pie with rosti topping	Pulled pork chilli with sour cream and guacamole	Whole baked Spanish style salmon with roasted vegetables	Crispy chorizo loaded potatoes with aioli	Herby dijon roast sirloin of beef with a red wine gravy
Lunch Vegetarian	Quorn lasagne	Spicy bean burger in a pretzel bun with smoked cheddar & tomato	Mushroom, spinach & cream cheese crepe	Lentil curry with vegetable samosa	Formaggio tortellini bake with mozzarella	Crispy halloumi loaded potatoes with aioli	Butternut squash, leek and basil risotto
Lunch Side Dishes	Garlic bread, kale, broccoli & mange tout	Homemade potato wedges, sliced courgettes with chilli & lemon oil	Roasted carrots & peas	Rice & grilled corn on the cob	Skinny fries, steamed greens with lemon dressing	Warm green bean & cherry tomato salad	Roast potatoes, roasted root vegetables & hispi cabbage
Salad Bar Specials	Green bean, roast red pepper and lemon salad	Turkish bulgur pilaf with chickpea and tomato salad	Kale Caesar salad with sweet potatoes and crispy chickpeas	Cauliflower rice tabbouleh	Smoked mackerel pilau salad	Salad of the day	
	Tuscan tuna and white bean salad	Sweet and sticky halloumi and chorizo salad	Roast beetroot, roast veg & goats cheese	Greek chicken chopped salad with lemon tahini vinaigrette	Apple feta and spinach salad		
Soup	Soup of the day						
Jacket Potatoes & Toppings	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans
		Tuna & sweetcorn		Coronation chicken			
Lunch Dessert	Steamed chocolate orange pudding with orange cream	Crème Brulee	Doughnuts	Gingerbread with custard	Chocolate and raspberry mousse	Dessert of the Day	Dessert of the Day
Supper Main Meal	Turkey quesadillas	Prawn bao buns	Italian braised steak	Korean chilli chicken	Pesto and Mozzarella Risotto	Beef stroganoff	Pork Tonkatsu
Supper Vegetarian	Black bean and sweet potato quesadillas	Spicy cauliflower bao buns	Stuffed aubergine with mozzarella	Korean chilli tofu		Spiced pea & potato rolls	Sweet potato Tonkatsu
Supper Side Dishes	Grilled corn and patatas bravas	Egg fried rice & stir-fried Asian greens	Olive oil mashed potatoes & roasted Mediterranean vegetables	Egg noodles with beansprouts and sesame and garlic bok choy	Green bean, basil, balsamic & parmesan salad	Sauteed potatoes, courgette & cauliflower	Rice & shredded cabbage slaw
Salad Bar	A variety of salads available daily, including mixed side salads, pasta salads, grain salads						
Jacket Potatoes/ Pasta	Jackets & beans	Jackets & beans	Pasta & pesto	Jackets & beans	Jackets & beans	Jackets & beans	Jackets & beans
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. 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>						