

## Menu



## Mayfield Girls School

Week 4	Monday 28/11	Tuesday 29/11	Wednesday 30/11	Thursday 01/12	Friday 02/12	Saturday 03/12	Sunday 04/12
Cooked Breakfast	Potato waffles, fried egg & beans	Bacon, poached egg, mushrooms & toast	Smoked salmon scrambled egg, bagels & wilted spinach	Chicken & apricot sausages, parmentier potatoes & grilled tomato	French toast with Greek yoghurt, maple syrup & berries	Bacon, fried egg, mushrooms & baked beans	Breakfast in houses
Lunch Main Meal	Lentil & mushroom moussaka	Baked gnocchi beef ragu with mozzarella & fresh basil	Turkey fajitas (onions, peppers & tortillas)	Honey roast gammon with bearnaise sauce	Battered cod with tartare sauce	Southern fried style chicken	Brunch  Streaky bacon, cumberland sausage, potato rosti, scrambled egg, grilled flat mushroom & plum tomatoes
Lunch Vegetarian	Beetroot falafel with bulgar wheat & mint, cucumber & yoghurt dressing	Tomato & mozzarella arancini with Arrabiatta sauce	Tempura cauliflower, red cabbage, chipotle mayo soft taco	Squash, spinach & ricotta lasagne	Black bean tofu 'mein'	Veggie hot dog	
Lunch Side Dishes	Chilli lemon courgettes & roasted cauliflower	Roast broccoli, sugar snaps & kale	Rice & sweetcorn	Roasted sea salt new potatoes Green beans, broccoli & courgettes	Chips & mushy peas	Curly fries & bbq beans	
Salad Bar Specials	Crunchy Thai quinoa 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	Roasted root vegetable, pumpkin and feta salad	Halloumi tabbouleh	Super green pesto pasta		
Soup	Soup of the day						
Jacket Potato & Topping	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans
		Tuna & sweetcorn		Coronation chicken			
Lunch Dessert	Profiteroles	Key lime pie	Carrot cake with maple cream cheese icing	Beignets with berry compote	Apple & blackberry crumble with custard	Dessert of the Day	Dessert of the Day
Supper Main Meal	Brazilian prawn & cod coconut curry	Tikka chicken burger with pretzel bun	Noodle Bar  Chow mein, five spiced pork belly, crispy tofu, babycorn, stir fried bok choi & bamboo shoots, sweet & sour sauce	Chicken supreme with creamy white wine, tarragon sauce	Vegetable, bean & rice chimmichanga	Chilli con carne	Spaghetti bolognese
Supper Vegetarian	Vegatable moqueca	Peri peri halloumi fries		Mushroom, shallot and tarragon creamy sauce		Three bean chilli	Puttanesca spaghetti
Supper Side Dishes	Steamed rice, roasted cauliflower	Fries & corn on cob		Rice, mange tout & sugar snaps		Soured cream, salsa & guacamole	Jacket potatoes, soured cream & green salad
Salad Bar	A variety of salads available daily, including mixed side salads, pasta salads, grain salads						
Jacket Potatoes/ Pasta	Pasta & tomato, basil sauce	Pasta & Pesto	Jackets & beans	Jackets & beans	Jackets & beans	Jackets & beans	Jackets & beans
Supper 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	Icecream/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.						