

## Menu



## Mayfield Girls School

WEEK 8	Monday 16/10	Tuesday 17/10	Wednesday 18/10	Thursday 19/10	Friday 20/10		
Cooked Breakfast	Fried egg, hash bites, plum tomatoes & baked beans	Bacon, poached egg, mushrooms	Smoked salmon scrambled egg, bagels & wilted spinach	Sausage, herby diced potato & grilled tomatoes	French toast with Greek yoghurt, maple syrup & berries		
Lunch Main Meal	Vegetable lasagne	Pork belly bao buns with sticky hoisin, cucumber & spring onions	Spaghetti bolognaise	Curried mango chicken	Fritto misto with tartare		
Lunch Vegetarian	Butternut squash, feta & sage risotto	Bang bang cauliflower bao buns with hoi sin	Creamy sundried tomato pesto rigattoni with fresh basil	Sweet potato & chickpea masala	Mayfield cheese, Spring onion & spinach quiche		
Lunch Side Dishes	Garlic ciabatta, kale & broccoli	Asian vegetables & noodles	Italian salad or green beans	Coriander rice pineapple salsa	Chips & mushy peas		
Salad Bar Specials	Cucumber & radish soured cream salad	Roast squash, fennel & chickpea salad	Bacon, pea & radish salad	Cauliflower, pomegranate and herb salad	Prawn cocktail		
	Second daily salad will be a sustainable salad						
Jacket Potato & Topping	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans		
		Tuna & sweetcorn		Coronation chicken			
Lunch Dessert	Apple struddle with custard	Chocolate orange mousse with chocolate shards	Lemon meringue pie	Sacher torte with vanilla cream	Dessert of the day		
Supper Main Meal	Chicken margarita	Beef bourguignon	Chilli garlic chicken	Bacon, leek & cheddar loaded potato skin	Quiz night (pizza)		
Supper Vegetarian	Portobello mushroom margarita	Vegetable Cumberland sausages	Crispy chilli tofu	Cheesy leek potato skins			
Supper Side Dishes	Roast new potatoes courgettes & green beans	Mash potato, steamed carrots & gravy	Noodles, pickled cabbage and honey and soy carrots	Grilled corn on the cob & slaw			
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	Fresh fruit & jellies served everyday. Ice cream will be served one evening a week.						
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.						