

## Menu



# Mayfield Girls School

WEEK 6	Monday 11/12	Tuesday 12/12	Wednesday 13/12	Thursday 14/12	Friday 15/12		
Cooked Breakfast	Potato puffs, scrambled egg & mushrooms	English muffin, ham, spinach poached egg & hollandaise	Pork sausages, fried egg & beans	Bacon, herby diced potatoes & mushroom	A selection of pastries		
Lunch Main Meal	Quorn bolognaise pasta bake	Beef & Guinness puff pastry pie	Chicken tikka masala	30 MILE LUNCH * Roast Turkey * Stuffed Squash * Roast Carrots Braised Red Cabbage Brussel Sprout Roast Potatoes Turkey gravy *	Fritto Misto		
Lunch Vegetarian	Courgette, caramelised onion & goats cheese tart	Mushroom stroganoff	Cauliflower taco with pica de Gallo		Bean chilli with nachos		
Lunch Side Dishes	Roast broccoli & peas	Mashed potato, savoy cabbage & sweetcorn	Rice, naan bread and raita		Chips		
Salad Bar Specials	Rocket salad with parmesan, lemon zest and balsamic dressing	Grilled Courgette, Goats Cheese & Pine Nut Salad	Roasted sweet potato, kale & toasted seeds with a soy sesame dressing		Mixed vegetables		
	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	Vanilla rice pudding with strawberry jam	Sticky ginger & caramel pudding	Black forest gateaux	Apple and Tayberry Crumble with Cream	Dessert of the day		
Supper Main Meal	Korean chilli chicken	Florentine fishcake	Pork loin with mustard & cider sauce	Spaghetti bolognaise			
Supper Vegetarian	Sesame tofu	Halloumi fries	Roast vegetable ravioli	Pesto and roquette spaghetti			
Supper Side Dishes	Chow mien noodles & Asian vegetables	Chips & peas	Crushed new potatoes & broccoli	Crusty bread Mixed vegetables			
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 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. Please look at the daily allergen information sheet or ask a server if you are unsure and they will be happy to advise you.						