

## Menu



## Mayfield Girls School

WEEK 4	Monday 29/01	Tuesday 30/01	Wednesday 31/01	Thursday 01/02	Friday 02/02	Saturday 03/02	Sunday 04/02
Cooked Breakfast	Herby diced potato, fried egg, plum tomatoes	Sausage & fried egg muffin with hash browns & breakfast tomatoes	Pancakes with berry compote & Greek yoghurt	Bacon, scrambled egg, beans & bloomer	Continental croissant with ham, cheese & tomato	Bacon, scrambled egg, mushrooms & baked beans	Pastries in houses
Lunch Main Meal	Live simply day	Mince beef, Pea & potato puff pie	Portuguese prawn & butternut squash curry	Chicken shawarma	White fish fillet with tomato freekeh risotto	Chicken escalope with garlic butter	Roast loin of pork with apple sauce
Lunch Vegetarian		Vegetable chow Mein with vegetable spring roll	Margarita pitta pizza	Tofu shawarma	Tomato, mozzarella & basil pasta bake	Garlic breaded mushroom	Ratatouille with garlic croutons
Lunch Side Dishes		Roast new potatoes, savoy, Roast carrots & parsnips	Rice, Sweetcorn & peas	Bulgar wheat, pitta & pickled red cabbage	Skinny fries & broccoli	Mashed potato & green beans	Roast potatoes, savoy cabbage & carrots
Salad Bar Specials		Broccoli, bacon & cranberry salad	Teriyaki noodle salad	Roast carrot Israeli cous cous	King prawn, courgette & Israeli cous cous	Salad of the day	
		Second daily salad will be a sustainable salad					
Jacket Potato & Topping	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans
		Tuna & sweetcorn		Coronation chicken			
Lunch Dessert	Fruit basket	Tiramisu	Upside down apricot cake	Oreo biscoff cheesecake	Mango mousse	Dessert of the Day	Dessert of the Day
Supper Main Meal	Chicken, spinach, cherry tomato & chick pea traybake	Creamy ham, pea & leek tagliatelle	Ras al hanout chicken with pumpkin seeds & honey	Beef burgers with tomato relish in a bun	Quorn lasagne	Chicken tikka masala	Lasagne al Forno
Supper Vegetarian	Cheese, potato & onion strudel	Tomato, red pepper & rocket tagliatelle	Chick pea tagine	Mixed seed & lentil burger with tomato relish in a bun		Paneer & chickpea tikka masala	Quorn pasta tray bake
Supper Side Dishes	Roasted new potatoes & green beans	Focaccia & broccoli	Bulgar pilaf & roast cumin carrots	Sweet potato fries with corn on the cob	Home made nachos, guacamole, sour cream & salsa	Rice, naan, roasted cauliflower & poppadum's	Garlic bread & sweet corn
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. Please look at the daily allergen information sheet or ask a server if you are unsure and they will be happy to advise you.						