ROYAL HOSPITAL SCHOOL

Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						Brunch
Back bacon Vegetarian sausage Poached egg Grilled tomato Baked beans Sourdough crumpets Peach slices	Pork sausage Vegetarian sausage Scrambled egg Grilled tomato Baked beans Bagels Diced apple	Smoked salmon cream cheese bagel Smoothie bar Fresh fruit platters Natural & strawberry yoghurt	Back bacon Vegetarian sausage Poached egg Sauté mushrooms Baked beans Croissants Mandarin segments	Pork sausage Vegetarian sausage Fried egg Grilled tomato Baked beans Pain au chocolat Diced pear	Grilled back bacon Vegetarian sausage Scrambled egg Grilled tomato Baked beans Bagels	Back bacon Pork sausage Vegetarian sausage Black pudding Fried egg Scrambled egg Hash browns Sauté mushrooms Grilled tomato Baked beans Pastries

DAILY OPTIONS

CONTINENTAL SELECTION

A Selection of Breads for Toasting with Spreads & Preserves

Cereal Bar with Semi Skimmed or Soya Milk

Natural Yoghurt & Porridge Bar with Assorted Toppers

Fresh Fruit Salad & Whole Fruit

The continental options available are unlimited

VE – vegan | **V** – vegetarian | - halal

ROYAL HOSPITAL SCHOOL

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAINS						**SUNDAY BRUNCH**
Shawarma spiced chicken wrap Traditional Beef lasagna, garlic bread Vegetable moussaka Jacket potato or baguette with chicken mayo, cheese, baked beans	Cajun salmon fishcake Teriyaki glazed chicken, rice, coriander, spring onions Curried vegetable cottage pie 50/50 pasta, Bolognese, or tomato & basil sauce	Beef chilli con carne, rice, sour cream, smashed avocado Chicken fajita, floured tortilla wrap, sour cream, salsa, guacamole Mexican spicy Quorn burrito, sour cream, salsa, guacamole Jacket potato or wrap, tuna mayo, cheese, baked beans	Roast British pork loin, cauliflower cheese, gravy Traditional mince pie, puff pastry top Roast halloumi & vegetable wrap, pomegranate, coriander 50/50 pasta beef meatball sauce or tomato & oregano sauce	Ham &cheese panini or tomato, mozzarella & basil Freshly Battered fish, lemon slice tartare sauce, curry sauce Battered halloumi, lemon slice, tartare sauce Jacket or sweet potato, cheese, baked beans, Chef's hot filling	Cajun chicken breast, lemon & herb couscous salad Creamy tomato gnocchi, rocket salad 50/50 Pasta beef Bolognese or spicy tomato sauce	Back bacon Pork sausage Vegetarian sausage Black pudding Fried egg Scrambled egg
SIDES						
Crispy wedges Baton carrots Garden peas	Rice Mediterranean vegetables Garlic green beans	Roast sweet potato Broccoli Green beans	Herb new potatoes Baton carrots Garlic green beans	Skinny fries Sweetcorn Garden peas Baked beans	Garlic diced potatoes Steamed broccoli Green beans	Hash browns Sauté mushrooms Grilled tomato Baked beans
DESSERTS						
Vanilla rice pudding, cherry compote	Chocolate fudge cake	Toffee apple crumble custard	Bakewell tart custard	Cookies	Blondies & brownies	Pain au chocolat

DAILY OPTIONS

DAILY SPECIALS
Selection of freshly made soups, home-baked bread.

CHILLED DESSERTS
Dessert pots, yoghurts, selection of fresh fruit.

SALADS
Selection of freshly made, sustainable composite salads and variety of raw vegetables, grains, and proteins.

VE – vegan | **V** – vegetarian | - halal

HALAL

ROYAL HOSPITAL SCHOOL

Supper Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAINS						
Shepherds pie topped with mash potato Grilled mac & cheese topped with crispy bacon Jacket potato, tuna mayo, cheese, baked beans	Buffalo chicken thighs, spring onions, sour cream Harissa & lemon chicken leg Green bean, pesto gnocchi	Beef kofta wrap, tzatziki, pickled red cabbage Thai beef & coconut curry, fragrant rice Vegetable moussaka	Kitchen takeover	Beef burgers, or cheeseburger, bap, gherkins, BBQ sauce Southern fried Quorn burger 50/50 pasta tomato sauce	Curried chicken flatbread, cumin, coriander yoghurt Vegetable curry, rice , naan bread Jacket potato, chefs hot filling	Roast turkey, Yorkshire pudding, gravy Vegetarian hot pot, topped with sliced potatoes 50/50 pasta chicken arrabiata sauce
SIDES						
Roast sweet potatoes Sweetcorn Garden peas	Roast new potatoes Green beans Steamed broccoli	Fragrant rice Baton carrots Sweetcorn	Kitchen takeover	Potato wedges Garlic broccoli Green beans	Steamed rice Roasted root vegetables	Roast new potatoes, Streamed new potatoes Cauliflower Green beans
DESSERTS						
Jam doughnut	Lemon & poppyseed muffin	Chocolate cake	Raspberry, yoghurt muffins	Jamaican ginger cake	Yum yums	Vanilla, chocolate or strawberry ice cream

DAILY OPTIONS

DAILY SPECIALS
Selection of freshly made soups, home-baked bread.

CHILLED DESSERTS
Dessert pots, yoghurts, selection of fresh fruit.

SALADS
Selection of freshly made, sustainable composite salads and variety of raw vegetables, grains, and proteins.

VE – vegan | **V** – vegetarian | – halal