## Menu

Mayfield School

| Week 2 | Monday 14/06 | Tuesday 15/06 | Wednesday 16/06 | Thursday 17/06 | Friday 18/06 | Saturday 19/06 | Sunday 20/06 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Cooked Breakfast | Fried egg, mini waffles, plum tomatoes \& baked beans | Big croissant filled with ham, tomato \& cheese | Bacon, poached eggs \& mushrooms Fresh smoothies | Sausages, scrambled eggs \& baked beans | Hash browns, boiled egg, \& grilled tomatoes Hot chocolate | Bacon, mushrooms scrambled egg \& baked beans |  |
| Lunch Main Meal | Lemongrass chicken thighs with a sweet balsamic soy dressing and fresh rainbow salad | Honey roast gammon with watercress sauce | Hoisin salmon with stir-fried broccoli, mange tout, baby corn \& noodles | Roast belly of pork, caramelised apple puree \& jus | Scampi | Cottage pie with a leek, potato \& cheddar top | Slow roasted lamb shoulder with lamb gravy \& redcurrant jelly |
| Lunch Vegetarian | Beans, chipotle, cheddar \& spring onion quesadillas with sour cream \& limes | Butter bean \& pepper Shakshuka | Mixed tempura vegetables with a sweet chilli dipping sauce | Mushroom \& tarragon Tagliatelle \& garlic bread | Mini garlic \& coriander naan topped with vegetable pakoras \& a mint and coriander yoghurt | Asparagus \& parmesan fries with a garlic yoghurt dip |  <br> Mediterranean vegetable tray bake |
| Lunch Side Dishes | Rice \& charred corn on the cob | Roasted sea salt new potatoes | Steamed Chinese leaf, pak choi \& sugar snaps | Mashed potatoes, roast carrots \& steamed broccoli | Chips \& peas | Roast garlic baby potatoes, steamed spring greens | Saute potatoes, roast carrots, green beans \& peas |
| Salad Bar Specials | Deli Pasta Salad <br> Sweet Potato \& Lentil Feta Salad | Chorizo nicoise salad <br> Sesame Chicken Avocado Salad | Mediterranean Buddha Bowl <br> Tenderstem Broccoli \& Edamame with Sesame Dressing | Cajun Chicken, Farro \& Beans <br> Vegan BBQ Chickpea Salad | Kale \& Salmon Caesar Salad <br> Fattoush Salad | Salad of | the Day |
| Jacket Potato \& Topping | Baked Beans | Baked Beans or Tuna \& Sweetcorn | Baked Beans | Baked Beans or Coronation Chicken | Baked Beans | Baked Beans | Baked Beans |
| Lunch Dessert | Berry cheesecake | Profiteroles | Vanilla crème Brulee | Cherry Bakewell tarts | Triple chocolate cake with cream | Dessert of the Day | Dessert of the Day |
| Supper Main Meal | Chorizo \& gnocchi bake with mozzarella | Coconut crusted cod soft tacos with lime mayo \& shirracha | Chicken Kiev | Beef Bimimbap bowl |  | Chicken tikka masala |  |
| Supper Vegetarian | Spinach \& paprika gnocchi bake with mozzarella | Coconut crusted halloumi soft tacos with lime mayo \& sriracha | Breaded portabella mushroom \& garlic butter | Aubergine Bimimbap bowl |  | Tempeh tikka masala |  |
| Supper Side Dishes | Garlic bread bruschetta \& green beans | Pickled cabbage, Manchego grilled corn \& Patatas bravas | Parsley \& mustard mashed potatoes and peas | Sticky jasmine rice, kimchi, bok choi, beansprouts | Rocket, pine nut <br> \& parmesan salad, roasted <br> Mediterranean vegetables | Rice, naan, roasted cauliflower \& poppadums | Homemade wedges, slaw \& corn |
| 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 | Ice cream/frozen yoghurt, fresh fruit \& jellies | Fresh fruit, yoghurt and jellies | Fresh fruit, yoghurt and jellies |
| Dietary Requirements | We alw Please look | ays make sure we t the daily allergen | All our food is have gluten free and information sheet or |  | e every day. on both our hot $u$ are unsure and | counters and cold they will be happy | counters. to advise you. |

