

## Menu



## Mayfield Girls School

Week 4	Monday 29/11	Tuesday 30/11	Wednesday 01/12	Thursday 02/12	Friday 03/12	Saturday 04/12	Sunday 05/12
Cooked Breakfast	Fried egg, hash browns, plum tomatoes & baked beans	Bacon, poached eggs & mushrooms	Selection of mini pastries *Fresh smoothies	Sausages, scrambled eggs & baked beans	Mini waffles, fried egg, & grilled tomatoes *Hot chocolate	Bacon, mushrooms, scrambled egg & baked beans	
Lunch Main Meal	Moroccan chicken with pomegranate & a harissa yoghurt dressing	Baked gnocchi beef ragu with mozzarella & fresh basil	Thai red turkey burger	Honey roast gammon with a tarragon mustard cream sauce	Battered cod with tartare sauce	Southern fried style chicken	Herby Dijon roast beef with a red wine gravy
Lunch Vegetarian	Beetroot falafel with red cabbage & mint yoghurt	Tomato, mascarpone & mozzarella arancini with Arrabbiata sauce	Tempura cauliflower, red cabbage, chipotle mayo, soft taco	Courgette, caramelized onion & goats cheese tart	Black bean tofu 'mein'	Veggie hot dog	Ratatouille with garlic bread croutons
Lunch Side Dishes	Flatbreads, bulgur pilaf, lemon courgettes & roasted cauliflower	Rosemary & sea salt focaccia, broccoli & carrots	Sweet potato wedges, mango slaw & corn on the cob	Roasted sea salt new potatoes & green beans	Chips & mushy peas	Curly fries & bbq beans	Rosemary roasted new potatoes, chunky roast carrots, leek gratin & peas
Salad Bar Specials	Crunchy Thai quinoa salad	Cajun grilled halloumi with lime black beans & guacamole	Chinese chicken salad	Greek salad	Smoked trout & potato salad	Salad of the day	
	Coronation chicken salad	Sweet potato chickpea & feta with a tahini dressing	Roasted root vegetable, pumpkin & feta salad	Halloumi tabbouleh	Super green pesto pasta		
Soup	Soup of the day						
Jacket Potato & Topping	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans
		Tuna & sweetcorn		Coronation chicken			
Lunch Dessert	Profiteroles	Banoffee pie	Carrot cake with maple cream cheese icing	Lemon meringue tart	Blackberry & chocolate mousse cake	Dessert of the Day	Dessert of the Day
Supper Main Meal	Brazilian prawn & cod coconut curry	Peri peri chicken thighs	Noodle Bar	Chicken supreme with creamy white wine, tarragon sauce	Quorn vegetable lasagne	Chilli con carne	Pork & apple sausages
Supper Vegetarian	Vegan tofu moqueca	Peri peri halloumi fries	Chow mein, five spiced pork belly, crispy tofu, baby corn, stir fried bok choy & bamboo shoots, sweet & sour sauce & lemon & ginger sauce	Mushroom, shallot and tarragon creamy sauce		Three bean chilli	Vegetarian sausages
Supper Side Dishes	Steamed rice, green beans & broccoli	Paprika roast potatoes & mixed green vegetables		Tagliatelle, mange tout & sugar snaps	Potato wedges and sweetcorn	Jacket potatoes, soured cream & green salad	Mashed potatoes, onion gravy & peas
Salad Bar	A variety of salads available daily, including mixed side salads, pasta salads, grain salads						
Jacket Potatoes/ Pasta	Pasta & tomato, basil sauce	Pasta & Pesto	Jackets & beans	Jackets & beans	Jackets & beans	Jackets & beans	Jackets & beans
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	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.						