

## Menu



## Mayfield Girls School

Week 3	Monday 22/11	Tuesday 23/11	Wednesday 24/11	Thursday 25/11	Friday 26/11	Saturday 27/11	Sunday 28/11
Cooked Breakfast	Fried egg, hash browns, plum tomatoes & baked beans	Bacon, poached eggs & mushrooms	Big croissant filled with ham, tomato & cheese *Fresh smoothies	Sausages, scrambled eggs & baked beans	Mini waffles, fried egg, & grilled tomatoes *Hot chocolate	Bacon, mushrooms, scrambled egg & baked beans	
Lunch Main Meal	Fennel, chilli and sausage ragu Tagliatelle	Slow cooked tomato beef curry	Crispy chicken with chorizo beans	Pulled pork bao buns with sticky hoisin, cucumber & spring onions	Battered fish & tartare sauce	Miso salmon burger with cucumber in a brioche bun	Slow roast belly of pork with caramelized apple puree and crackling
Lunch Vegetarian	Butterbean, pepper, egg & feta Shakshuka	Butternut & halloumi koftes with tomato & cucumber relish, yoghurt & flatbread	Beetroot burger in a bun with pickled cucumber & garlic mayo	Breaded aubergine with katsu sauce	Tomato rigatoni with baby mozzarella and pesto	Yasai Yaki Soba	Sundried tomato, olive and ricotta filo parcel
Lunch Side Dishes	Garlic ciabatta, roasted courgette, broccoli & kale	Spiced rice, aloo gobi & naan bread	Roasted sweet potato wedges and roasted broccoli with red onions	Vegetable noodles with sesame, soy, ginger & garlic	Chips & peas	Homemade sweet potato wedges & Asian slaw	Roast potatoes, savoy cabbage and roasted carrots
Salad Bar Specials	Deli pasta salad	Mexican Street Corn Pasta Salad	Chicken Caesar salad	Lentil, barley & sweet potato salad	Mediterranean Tuna Salad	Salad of the day	
	Grain salad	Broccoli & bacon salad	Asian noodle salad	Roasted cauliflower & green tahini salad	Chickpea Shawarma salad		
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	Smores brownie bake	Fresh fruit salad	Lemon cheesecake mousse pots	Bakewell tart	Caramelised banana pudding	Dessert of the day	Dessert of the day
Supper Main Meal	Chicken Margarita	Ham & fried egg on bubble & squeak	Ramen Bar  Duck, crispy tofu, boiled egg, bok choy, beansprouts, pickled carrot, udon noodles & shiracha	Persian pomegranate chicken thigh	Butternut Squash Risotto with Sage	Lasagne	Shepherd's pie
Supper Vegetarian	Portobello Mushroom Margarita	Fried egg on bubble & squeak		Harissa & pomegranate cauliflower steak		Mushroom gnocchi bake	Vegetarian shepherd's pie
Supper Side Dishes	Rosemary and lemon roasted new potatoes & roast carrots & buttered savoy	Peas		Jewelled bulgur wheat, roast courgette, green beans & tahini yoghurt	Rocket, pine nut and parmesan salad, roasted Mediterranean vegetables	Garlic ciabatta & broccoli	Leeks & peas
Salad Bar	A variety of salads available daily, including mixed side salads, pasta salads, grain salads						
Jacket Potatoes/ Pasta	Jackets & beans	Pasta & pesto	Jackets & beans	Tomato & olive pasta	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.						