| Menu Mayfield Girls School |  |  |  |  |  |  |  |
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| Week 6 | Monday 13/12 | Tuesday 14/12 | Wednesday 15/12 | Thursday 16/12 | Friday 17/12 | Saturday18/12 | Sunday 19/12 |
| Cooked Breakfast | Fried egg, mini waffles, plum tomatoes and baked beans | American pancakes with Greek yoghurt and whipped cream, and berries | Bacon, poached <br> eggs and mushrooms *Fresh smoothies | Smoked salmon, scrambled eggs, avocado \& bagel | Hash browns, fried egg, and grilled tomatoes *Hot chocolate |  |  |
| Lunch Main Meal | Chicken, mushroom, leek and spinach filo pie | Mexican beef enchiladas | Sweet and sour chicken | Mayfield Christmas Lunch <br> Roast turkey, thyme roast | Fish of the day |  |  |
| Lunch Vegetarian | Macaroni cheese | Mushroom stroganoff | Crusted halloumi, black beans and pico de gallo in a soft taco |  | Aubergine rolls with spinach and ricotta |  |  |
| Lunch Side Dishes | Roasted new potatoes, carrots and peas | Paprika roast potatoes, corn on the cob and Mexican slaw | Steamed rice with stir fried Asian greens | carrots and parsnips, buttered Brussel sprouts, pigs in blankets | Chips and mixed vegetables |  |  |
| Salad Bar Specials | Roasted beet, carrot and lentil salad | Harissa salmon with lemony giant couscous | Salad selection | Brie and cranberry wreath (v) | Salad selection |  |  |
|  | Sweet potato salad with chipotle lime mayo | Grilled courgette, goats cheese and pine nut salad |  |  |  |  |  |
| Soup | Soup of the day |  |  |  |  |  |  |
| Jacket Potato \& Topping | Baked beans | Baked beans | Baked beans |  |  |  |  |
|  |  | Tuna and sweetcorn |  |  |  |  |  |
| Lunch Dessert | Christmas bread and butter pudding | Lemon NY cheesecake with blueberry compote | Sticky toffee pudding and cream | Chocolate and honeycomb tart or Christmas pudding and brandy cream |  |  |  |
| Supper Main Meal | Mediterranean flatbread pizzas | Pork gyros | Korean Beef bibimbap | Sushi night |  |  |  |
| Supper Vegetarian |  | Spinach and feta spanakopita with honey \& fig | Korean aubergine bibimbap | Salmon and avocado rolls, cucumber maki, miso soup, edamame salad and miso roasted aubergines |  |  |  |
| Supper Side Dishes | Homemade potato wedges \& coleslaw | Flatbreads, hummus, tzatziki, French fries and Greek salad | Noodles, pickled carrots, bok choi, red pepper stir fry |  |  |  |  |
| Salad Bar | A variety of salads available daily, including mixed side salads, pasta salads, grain salads |  |  |  |  |  |  |
| Jacket Potatoes/ Pasta | Jackets \& beans | Pasta and tomato sauce | Jackets and beans | Pasta and pesto |  |  |  |
| Dessert | Ice cream/frozen yoghurt, fresh fruit <br> \& jellies | Fresh fruit, yoghurt and jellies | Ice cream/frozen yoghurt, fresh fruit \& jellies | Fresh fruit, yoghurt and jellies |  |  |  |
| Dietary Requirements | All our food is made fresh on site every day. <br> We always make sure we have gluten free and dairy free options on both our hot counters and cold counters. ease look at the daily allergen information sheet or ask a server if you are unsure and they will be happy to advise you. |  |  |  |  |  |  |

