

# ST EDMUND'S COLLEGE & PREP



1 <sup>st</sup> April 2019	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot & Hearty	Grilled Sausage Grilled Tomatoes Poached Egg Croissant	Grilled Bacon Baked Beans Mushrooms Breakfast Frittata	Frankfurters Plum Tomato Scrambled Egg Brioche French Toast	Sausage Hash Browns Baked Beans Bacon & Egg Bap	Kippers Boiled eggs Grilled Portobello mushrooms Smoked Salmon and Scrambled Egg Bagel	Smoked Streaky Bacon Beans Fried Eggs American Pancakes	Full English Cooked Breakfast
Everyday	<b>Toast and preserves will be available every day</b>						
Breakfast Cereals with Chilled Milk	Corn Flakes Rice Krispies Weetabix Muesli	Corn Flakes Rice Krispies Weetabix Coco Pops	Corn Flakes Rice Krispies Weetabix Cheerios	Corn Flakes Rice Krispies Weetabix Muesli	Corn Flakes Rice Krispies Weetabix Coco Pops	Corn Flakes Rice Krispies Weetabix Cheerio's	Corn Flakes Rice Krispies Weetabix Muesli
Porridge & Toppers	<b>Porridge will be available everyday with a selection of toppings</b>						
Fresh Cut Fruit Platters	Apple Orange Water Melon	Apple Pear Super Sweet Pineapple	Apple Orange Honeydew Melon	Apple Pear Water Melon	Apple Orange Super Sweet Pineapple	Apple Pear Honeydew Melon	Apple Orange Water Melon
Yoghurt & Smoothie	Blackberries Smoothie  Home Cultured Yoghurt with Toppers	Banana, Honey & Yoghurt Smoothie  Home Cultured Yoghurt with Toppers	Carrot & Orange Smoothie  Home Cultured Yoghurt with Toppers	Apple & Melon Smoothie  Home Cultured Yoghurt with Toppers	Fruits of the Forest Smoothie  Home Cultured Yoghurt with Toppers	Banana, Honey & Yoghurt Smoothie  Home Cultured Yoghurt with Toppers	Apple & Melon Smoothie  Home Cultured Yoghurt with Toppers



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<b><u>Hearty</u></b>	Tomato and Crème Fraiche	Parsnip & Apple	Potato & Bacon	Carrot & Ginger	Spinach & Watercress		
<b><u>Family Service</u></b>	Mini Sausage Rolls , Diced Crispy Potatoes & Beans	Savoury Beef Mince Stew with Mash Potato	Roast Chicken Fillets with Roast Potatoes and Gravy	Ham and Cheese and Beans with Half Jacket Potato	Cod Goujons , Skinny Fries and Peas		
<b><u>Wholesome</u></b>	Cumberland Sausage with Crispy Onions & Gravy	Classic Beef Lasagne Finished with Fresh Pesto and Garlic Bread	Lemon , Garlic & Thyme Roast Chicken Thighs	Beef bourguignon A Rich Beef Stew with Bacon Garnished With Baby Onions and Button Mushrooms	Battered Catch of The Day With Lemon Wedges & Homemade Tartare	Fajita Bar	Homemade Pork & Chorizo Sausage Rolls
<b><u>Vegetarian</u></b>	Roasted pepper filled with Cous Cous and Vegetable topped with Melted Brie	Breaded Bean Burger with sweet Potato, roasted Red Peppers Tomato Chutney	Soya Mince Bolognaise Bake with cheddar cheese	Broccoli & Stilton Turnover	Vegetable Samosa with a Chickpea and Lentil	Fajita Bar	Vegetarian Sausage Rolls
<b><u>On the side</u></b>	Mash Potato Garden Peas Wilted Kale	Tomato ,Onion and fresh Basil salad Corn on the Cob	Roast Potatoes Cauliflower Cheese Green Beans	Herb New Potatoes Carrots Broccoli	Skinny Fries Peas Baked Beans Curry Sauce	Guacamole Salsa Sour Cream Cheesy Nachos	Potato Wedges Homemade Ketchup Corn on The Cob
<b><u>Pasta Bar</u></b>	Tomato & Basil or Pesto	Tomato & Basil or Mushroom & Herb	Tomato & Basil or 3 Cheese	Tomato & Basil or Olive and Sun blushed	Tomato & Basil or Garlic and Parmesan	Fajita Bar	
<b><u>Chef Special</u></b>	Tandoori Chicken with Bombay Aloo With Minted Yogurt and cucumber salsa	Ham and Cheddar cheese Toasties	Spiced Beef Enchilada served with sour cream	Chicken & chorizo Jambalaya	Thai Fish Cakes With Stir Fry Noodles	Fajita Bar	
<b><u>Hot Dessert</u></b>	Banana Sponge with Toffee Sauce	Syrup Sponge and Custard	Ginger Cake	Fresh Fruit Thursday	Apple Crumble and Custard	Ice Lollies	Crème Brûlée

Seasonal fresh fruit served ripened & ready to eat. A daily selection of homemade yogurt and dessert pots.



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<b><u>Main stop</u></b>	Chicken Katsu Curry With Shredded Cabbage & Sesame Bean shoots	Southern Fried Chicken	Beef Enchilada with Sour Cream & Jalapenos	Greek Style Lamb Burgers served with Feta Cheese And Soft Bun	Salmon Linguini Served in a Creamy White Sauce With Samphire	<b><u>South American Themed Dinner</u></b>	<b>Chefs Carvery Roast Beef &amp; Yorkshire Pudding Roasted Chicken Leg with Sage &amp; Onion Stuffing</b>
<b><u>Vegetarian</u></b>	Quorn Mince Cottage Pie	Tomato & Mozzarella Ciabatta with Basil Pesto	Broccoli and Stilton Quiche & New Potatoes	Vegetable & Halloumi Kebabs served in a toasted Pitta	Leek & Mushroom Arancini Balls served with Roasted Vegetables & a sun blushed Tomato Sauce		<b>Roasted Mediterranean Vegetable Pasta Bake Topped With Mozzarella</b>
<b><u>On The Side</u></b>	Udon Noodles Chinese Leaf Sautéed Pak Choi	Curly Fries BBQ Beans Curried Coleslaw	Mexican Rice Green Beans & Roasted Vegetables	Seasoned Wedges Chargrilled Broccoli Selection of Sauces & Salads	Garlic Ciabatta Roasted Courgettes Mange tout		<b>Roasted Potatoes Cauliflower Cheese Honey &amp; Mustard Parsnips</b>
<b><u>Jacket potato</u></b>	<b>Jackets will be served daily with a selection of fillings</b>						
<b><u>Salad Bar</u></b>	<b>Fresh selection of salads to be prepared daily</b>						
<b><u>Dessert</u></b>	Caramel Apple Betty	Lemon Meringue Cupcakes	Churro's	Individual Steamed Puddings	Chocolate Fudge Cake	Pineapple Cake	Profiteroles Stack with Hot Chocolate Sauce

**Seasonal Fresh Fruit served ripened & ready to eat daily**

