

KHS Michaelmas Tem 2009

Week three



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Grilled British back bacon Oven baked potato waffles Spaghetti hoops Baked beans or Continental choice	British pork sausages Oven baked hash browns Spaghetti hoops Baked beans or Continental choice	Fried Eggs English breakfast muffin Spaghetti hoops Baked beans or Continental choice	British Pork Sausages Oven baked potato smiles Spaghetti hoops Baked beans or Continental choice	Grilled British back bacon Oven baked hash browns Spaghetti hoops Baked beans or Continental choice	Continental Breakfast A selection of sliced meats & cheeses. Sliced tomato Freshly baked croissant Freshly baked bread roll	
	Home produced natural yoghurt, toast & a choice of preserves, fruit juices and a selection of cereals served with fresh semi-skimmed milk are available every day						
Lunch	Sweet & Sour Pork Lancashire hot pot Vegetable sweet & sour Steamed rice Parsley Potatoes Sautéed Savoy cabbage Steamed mixed vegetables Treacle tart served with custard	Slow cooked beef casserole with herbed dumplings Chicken roasted on a bed of root vegetables Cheesy courgette gratin Creamy garlic potatoes Roasted carrots Green beans Jam roly poly served with custard	Chicken & broccoli pasta bake Creamy salmon & parsley pasta Butternut squash with goats cheese stuffing Garlic bread Mixed leaf salad Rhubarb & apple crumble	Locally sourced roast of the day with traditional accompaniments Aubergine melt Chicken & Chorizo Casserole Roast Potatoes Gravy Roasted root vegetables Cauliflower Banana choc chip sponge served with custard	Battered fish of the day Daylesford Organics dish of the day Spinach & feta filo pastry pie Chip shop style chips Minted new potatoes Garden peas Sweetcorn Red cherry cheesecake	<i>Packed lunches or an on site cooked lunch will be served subject to variations in the school calendar</i>	<i>Breakfast or brunch will be served subject to variations in the school calendar</i>
	Supper	Chicken & green peppers in black bean sauce Chinese belly pork Quorn & vegetables in black bean sauce Steamed rice Prawn crackers Stir fried mange tout & baby corn Ice cream sundae	Yorkshire pudding served with Sausage & bean casserole Minced beef & vegetables Vegetarian Boston Beans Mashed potatoes Gravy Carrot & swede Fruit trifle	Beef Madras Honey glazed pork chop Red lentil & vegetable curry Pilau style rice Paprika potatoes Steamed broccoli Millionaires shortbread	Turkey & leek pie British pork sausages with onion gravy Vegetable pie Roasted new potatoes Green beans Chocolate drizzled flapjack	Beef Burger in a sesame seeded bun Bacon & mushroom quiche Veggie burger in a sesame seeded bun Oven baked potato wedges Mixed salads Chelsea buns	Tomato pasta bake Hot dog in a torpedo roll French fries Fried onions Mixed salads Fresh fruit salad

A selection of cold protein items, composite salads, bread and fresh fruit are available throughout the lunch & supper service