

# MONKTON COMBE SENIOR SCHOOL - MENU WEEK ONE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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LUNCH	Available every day will be fresh bread and butter or margarine, a chilled dessert, bio-yoghurts with toppings, fresh cut fruit, fruit salad and a fresh fruit basket.						
<b>Main &amp; Vegetarian</b>	Gammon Steaks Pumpkin Pie	Pot Roast Chicken Vegetable Kievs	Roast Beef Veg Wellington	Cumberland Sausage Gravy & Onion Gravy Cajun Vegetable Wraps	Catch of the Day Butterbean Kieff	Pepperoni Pizza Ham & Pineapple Pizza Cheese & Tomato Pizza	<b>Sunday Brunch</b> Grilled Bacon Scrambled Egg Grilled Pork Sausage Vegetarian Sausages Grilled Tomato Fried Bread Sautéed Mushrooms Hash Browns Mixed Pastries
<b>Potatoes &amp; Vegetables</b>	Dauphinoise Potatoes Broccoli Saute Leeks Pineapple Rings	New Potatoes Vichy Carrots Cauliflower Polonaise	Roast Potatoes Butternut Squash Buttered Cabbage Yorkshire Pudding Roast Gravy	Crushed Potatoes Sweetcorn Green Beans	Chipped Potatoes Mushy Peas Garden Peas Baked Beans Curry Sauce Tartare Sauce Lemon Wedges	Jacket Wedges Mixed Salad Coleslaw	Fresh Bio Yoghurts Selection of Cereals Toast & Preserves Cut Fruit Platter Fruit Basket Fruit Juices Selection of Hot Drinks
<b>Alternative Main &amp; Vegetarian</b>	Chilli Con Carne Boiled Rice Corn on the Cob Shredded Lettuce Tomato Salad Guacamole	Pasta Bar Seafood Sauce Vegetable Goulash Onion Bread Tomato Salad		Noodle Bar Thai Beef Veg Chow Mein Prawn Crackers Spring Rolls Mixed Leaves			
<b>Salad Bar Hot Deck</b>	½ Jacket Potatoes Chefs Special Of the Day	½ Jacket Potatoes Quorn Casserole Baked Beans	½ Jacket Potatoes Roast Med Veg Fajita Chicken Wraps	½ Jacket Potatoes Macaroni Cheese Vegetable Stroganoff	½ Jacket Potatoes Teriyaki Chicken Veg Lasagne Fries	½ Jacket Potatoes Tuna Napoli Tuscan Beans	
	A daily selection of fresh, healthy, tasty, raw salads: On offer will be four protein items and a range of seasonal salad items and condiments to create your own salad.						

SUPPER	Available every day will be fresh Soup with bread and butter or margarine, bio-yoghurts with toppings, fresh cut fruit, fruit salad and a fresh fruit basket.							
<b>Main Counters</b>	Meatballs & Cous Cous Cauliflower Cheese Carrots Courgettes	Panini Bar Cheese & Tomato Tuna & Sweetcorn Ham & Cheese Roast Wedges Mixed Salad	Chicken Balti Red Thai Vegetables Rice Naan Bread Fingers Onion, Tomatoes, Cucumber, Raita Poppadoms Mango Chutney	Pasta Bar Beef Bolognese Roast Veg & Pesto Carbonara Sauce Mixed Salad Garlic Bread Grated Cheese	<b>Caribbean Night</b>		Gammon Ham Fried Eggs Veggie Cottage Pie Green Veg Chips Beans	Roast Lamb Roast Chicken Polenta & Cheese Loaf Roast Potatoes Carrots Broccoli Gravy Stuffing Mint Sauce
<b>Salad Bar Hot Deck</b>	½ Jacket Potatoes Baguettes	½ Jacket Potatoes Filled Wraps	Cheesy Wedges Baguettes	½ Jacket Potatoes Filled Wraps	½ Jacket Potatoes Baguettes	½ Jacket Potatoes Filled Wraps		
<b>Hot Dessert</b>	Kibruzi Cake Yoghurt Sauce	Apple Pie Custard	Baked Alaska	Fruit Crumble Custard		Rice Pudding Fruit Sauce	Orange Sponge Chocolate Sauce	
<b>Salad Bar</b>	A daily selection of fresh, healthy, tasty, raw salads. On offer will be two protein items and a range of seasonal salad items and condiments to create your own salad.							