

MONKTON COMBE SENIOR SCHOOL - MENU WEEK TWO



	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.						
Main & Vegetarian	Beef Lasagne Med Veg Tart Broad Beans Mixed Salad Tomato Bread	Lamb Kofta Spicy Tomato Sauce Filled Portobello Mushrooms Boiled rice Peas & Sweetcorn	Roast Pork with Sage & Onion Stuffing Vegetable Cobbler	Grilled Minute Steak Battered Onion Rings Mushrooms Egg Florentine ½ Roast Jackets Courgettes & Sweetcorn	Catch Of The Day	Pasta Bar Bolognese Sauce BBQ Chicken Roasted Vegetable & Pesto	Sunday Brunch Grilled Bacon Scrambled Egg Grilled Pork Sausage Vegetarian Sausages Grilled Tomato Fried Bread Sauté Mushrooms Hash Browns Mixed Pastries
Potatoes & Vegetables			Roast Potatoes Buttered Cabbage Roast Veg Sage & Onion Stuffing Roast Gravy		Broccoli & Pumpkin Tart	Garlic Bread Mixed Salad	
Alternative Main & Vegetarian	Sweet n Sour chicken Stir Fry Vegetables	Herb Crusted Seared Salmon Ginger & Lime Sauce New Potatoes Tomato & Basil Salad		Caribbean Chicken Mushroom Stroganoff Sweet Potato Mash Tomato Bread Green Salad	Chips Garden Peas Baked Beans Mushy Peas Curry Sauce Tartare Sauce Lemon Wedges		Fresh Bio Yoghurts Selection of Cereals Toast & Preserves Cut Fruit Platter Fruit Basket Fruit Juices Selection of Hot Drinks
Salad Bar Hot Deck	½ Jacket Potato Chef's Special	½ Roast Jacket Vegetable Canneloni Bean Cassoulet	½ Jacket Potatoes Pan Fried Mackerel & Herb Dressing Vegetable Chilli	½ Jacket Potatoes Pork & Orange Stir Fry Roast Pepper Quiche	½ Jacket Potatoes Mushroom Bourginon Liver & Pancetta	½ Jacket Potatoes Roast Veg & Pesto Quiche Lorraine	
	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.						
Main Counters	Bangers & Mash Night	Chicken & Veg Hot Pot Vegetable Kievs	Cheese & Tomato Pizza Ham & Pineapple Pizza Cheese & Tomato Sauté Potatoes Mixed Salad	Chicken Burritos Spicy Roast Veg Wraps Bean & Rice Salad Duchesse Potatoes	CHEFS SPECIAL	Picnic Night Quiche Ploughman's Parmentier Potatoes Continental Meats	Roast Beef Roast Salmon
Salad Bar Hot Deck	Veggie Sausages Sweetcorn Baked Beans Gravy Onion Gravy	Roasted New Potatoes Green Beans Herby Tomatoes					Roast Potatoes Baton Carrots Roasted Vegetables Apple Sauce Gravy
Hot Dessert	½ Jacket Potatoes Filled Wraps	½ Roast Jackets Cheese & Wedges Filled Baguettes	½ Jacket Potatoes Filled Wraps	½ Jacket Potatoes Filled Baguettes	½ Jacket Potatoes Filled Wraps		
Salad Bar	Coconut Sponge Custard	Peach & Raspberry Crumble Vanilla Sauce	Fruit Flapjack Custard	Marble Sponge Chocolate Sauce	Rhubarb Pie Custard	Sticky Toffee Pudding Toffee Sauce	Pear & Chocolate Tart Custard
	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.						