

King Edward's School Autumn Term Menu

Week Commencing: 12th October

BREAKFAST

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cereal	Selection Of Cereals Coco Pops, Corn Flakes, Bran Flakes, Special K, Shreddies, Rice Krispies, Weetabix, Malt Crunchies, Frosties, Shredded Wheat, Oat Granola & Muesli Bar with add ons (apricots, mixed seeds, fruit granola, coconut, papaya, pineapple, sultana, cranberries, banana chips, mixed fruit)						
Porridge	Hot Porridge, with a selection of toppings (honey, brown sugar, maple syrup & cinnamon)						
Hot & Hearty	Scrambled Eggs Potato Waffles Grilled Tomato	Bacon <small>(halal & vege option available please ask)</small> Poached Egg Mushrooms Build Your Own Smoothie Bowl	Continental Breakfast (Selection of breads, sliced meat & cheeses & Plain Omelette) Hydration Water	American Pancakes & Toppings	Sausage <small>(halal & vege option available please ask)</small> Baked Beans Fried Eggs		
Toast	Selection of White, Wholemeal, toast served with Jams, Butter & Margarine						
Yoghurt & Fruit Bar	Natural & Fruit Flavoured Yoghurt, served with a selection of toppings. Fresh Chopped Fruit, White & Pink Grapefruit.						

LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Served with a Selection of Freshly Baked Bread & Toppings						
Something Classic	Carrot	Cream of Leek	Sweet Potato	Tomato & Basil	Butternut Squash & Lentil		
Something Different	Ham, Leek & Brie Pie Topped with Hashed Potatoes	Beef Pasta Bolognese	Pork Loin Steak, Apple & Sage Sauce	Roast Chicken Leg & Tomato Sauce	Battered Fish of The Day		
Something Vegetarian	Baked Coriander & Lime Chicken with Guacamole	Fish Pie Topped With Mashed Potatoes	Thai Shredded Turkey & Rice Noodle Stir-fry	Lamb & Chickpea Curry & Naan Bread Croutons	Pesto Chicken		
To Go With	Mexican Potatoes with Sour Cream	Garlic Bread	Creamed Potatoes	Wholemeal Rice	Chunky Chips		
Vegetable	Sweetcorn & Chefs Veg of The Day	Peas & Beans & Chefs Veg of The Day	Honey Roasted Roots & Chefs Veg of The Day	Carrots & Chefs Veg of The Day	Fresh Garden Peas & Mushy Peas		
On The Side	Tomato Salsa & Mustard	Parmesan Cheese Lemon Wedges	Apple Sauce, Soya Sauce, Sesame Seeds	Raita, Pickled Vegetables, Chutneys	Tartare Sauce with Lemons		
Pasta Bar Durum Wheat & Wholemeal	Classic Tomato	Leek & Pepper	Basil	Cheese Sauce	Tomato Balsamic		
Salad Bar	Parmesan, Chilli Flakes & Pesto						
Sweet of The Day	Big Bowl Mixed Salad, Complex Salad, Carbohydrate Salad & Protein Item						
Cold Sweet Counter	Toffee Apple Crumble with Custard	Steamed Marmalade Sponge & Cream	Rice Pudding Bar (selection of toppings, fruit compote, seeds etc)	Caramelised Lemon Tart	Pear & Cinnamon Oaty Crumble with Custard		
	Selection of Fruit Pots, Sliced & Individual Dessert Pots						

Half Term

HIGH TEA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Chefs Soup Of The Day Served With Bread And Butter						
Main	Chicken Curry	BBQ Turkey Cheese Melt Burger	Classic Beef Lasagne	Thursday Night Theme Night (if you have any suggestions for this you can get in contact with the Catering department)			
Vegetarian	Garlic & Sweetcorn Falafel with Hummus & Carrots	Quorn Burger	Vegan Vegetable Moussaka				
To Go With	Rice, Poppadums and Chutneys	Red Cabbage Slaw Chunky Chips Sweetcorn	Garlic Focaccia Salad Bar				
Pasta Sauce	Cheese Sauce	Sweet Chilli Pepper	Tuna & Sweetcorn				
Salad Bar	Big Bowl Mixed Salad, Complex Salad, Carbohydrate Salad & Protein Item						
Sweet of The Day	Rocky Road, Sultana Bread & Butter Pudding with Custard	Mixed Berry Pavlova	Vanilla Shortbread	Black Forest Gateau Pots			
Cold Sweet Counter	Selection of Fruit Pots, Sliced & Individual Dessert Pots						

Half Term

King Edward's Autumn Term School Menu

Week Commencing: 2nd November

BREAKFAST

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cereal	Selection Of Cereals Coco Pops, Corn Flakes, Bran Flakes, Special K, Shreddies, Rice Krispies, Weetabix, Malt Crunchies, Frosties, Shredded Wheat & Oat Granola & Muesli Bar with add ons (apricots, mixed seeds, fruit granola, coconut, papaya, pineapple, sultana, cranberries, banana chips, mixed fruit)						Breakfast In House
Porridge	Hot Porridge, with a selection of toppings (honey, brown sugar, maple syrup & cinnamon)						
Hot & Hearty	Pancakes Sauce Chocolate Mixed Fruit Compote	Smoked Bacon (halal & vege option available please ask) Fried Eggs Plum Tomatoes	Baked Beans Poached Egg Potato Waffles Build Your Own Smoothie Bowl	Omelette Hash Browns Spinach Hydration Water	Sweet Waffles with Selection of Toppings	Sausage (halal & vege option available please ask) Scrambled Egg Baked Beans	
Toast	Selection of White, Wholemeal, toast served with Jams, Butter & Margarine						
Yoghurt & Fruit Bar	Natural & Fruit Flavoured Yoghurt, served with a selection of toppings. Fresh Chopped Fruit, White & Pink Grapefruit.						

LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Soup	Served with a Selection of Freshly Baked Bread & Toppings						Brunch Begins at 11.30am	
	Minestrone	Cauliflower Cheese	Miso Noodle & Vegetable	Roasted Pepper	Parsnip	Tomato & Basil		
Something Classic	Cottage Pie	Maple Roasted Turkey	Roast Beef Yorkshire Pudding & Gravy	Sticky Sweet Chilli & Sesame Chicken	Breaded Pollock	Burrito / Taco Bar Chilli Beef Cajun Chicken Sweet Potato & Black Bean (v) Mexican Rice <u>Toppings</u> Guacamole Salsa Grated Cheese Sour Cream Shredded Lettuce Black Eye Beans Coriander	Pain Au Chocolat or Croissant	
Something Different	Slow Cooked Pork Steak with Paprika Pepper Sauce	Lamb Tagine with Chunky Roast Veg & Cous Cous	Chicken with White Wine Mushroom Sauce	Meatballs In Curry Sauce Naan Bread CROUTONS	Marmalade Baked Gammon		Cereals	
Something Vegetarian	Field Mushroom with Cream Cheese & Spinach	Roasted Vegetable & Chickpea Turnover	Broccoli Cherry Tomato & Stilton Tart	Tuscan Beans with Pan Fried Tofu & Gremolata	BBQ Jack Fruit Stuffed Hiratha Buns with Pickled Cabbage		Grilled Bacon Scrambled Egg Breakfast Sausages (vegetarian & halal) Hash Browns Fried Bread Baked Beans Onion Rings Grilled Tomatoes Mushrooms	
To Go With	Mashed Potatoes	Buttered Potatoes	Roasted New Potatoes	Scented White & Wholegrain Rice	Skinny Fries			
Vegetables	Broccoli & Chefs Veg of The Day	Carrot & Swede Mash & Chefs Veg of The Day	Courgettes & Chefs Veg of The Day	Mixed Beans & Chefs Veg of The Day	Green Peas & Mushy Peas			
On The Side	Sour Cream Horseradish	Dijon Gravy Natural Yogurt	Lemons	Mango Chutney	Tartare Sauce Lemons			
Pasta Bar Durum Wheat & Wholemeal	Roasted Garlic & Thyme	Chorizo Carbonara	Salmon & Dill	Spinach & Tomato	Four Cheese & Chive		Hot Chocolate	
Salad Bar	Parmesan, Chilli Flakes & Pesto							
Salad Bar	Big Bowl Mixed Salad, Complex Salad, Carbohydrate Salad & Protein Item							Fruit Smoothies
Sweet of The Day	Apple & Sultana Crumble with Custard	Ginger & Lime Cake with Honey Cream	Maple Syrup Tart & Crème Fraiche	Baked Mango Cheesecake	Chocolate Marble Sponge & Custard	Mixed Fruit Flapjack	Flavoured Water	
Cold Sweet Counter	Selection of Fruit Pots, Sliced & Individual Dessert Pots							Tea & Coffee

HIGH TEA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Chefs Soup Of The Day Served With Bread And Butter						
Main	Chicken Katsu	Selection Of Butchers Sausages (Halal option available)	Beef Chilli	Macaroni Cheese with Bacon	Chicken Jambalaya	Kokoro Bar Main Steamed Rice Sticky Pork Sweet Chilli Popcorn Chicken Spicy Tofu On the side Vegetable Spring Rolls Edamame Bean Spinach Salad Crackers Kimchi Sweet Chilli Sauce Soya Sauce Dried Shallots Wakame Fresh Fruit Yum Yum	Roast Chicken Roast Gravy & Stuffing
Vegetarian	Quorn Katsu	Vegetarian Sausages with Roasted Vegetables & Herbs	Quorn Chilli	Macaroni Cheese with Cherry Tomatoes	Tofu Ramen Noodle Bowl with Poached Egg		with Cauliflower Cheese
To Go With	Prawn Crackers Vegetable Curry Coconut Rice	Mashed Potato BBQ Baked Beans Carrots	Rice Sweetcorn Sour Cream Salsa	Big Bowl Salad & Garlic Bread	Courgettes		Roast Potatoes Savoy Cabbage
Pasta Sauce	Cheese Sauce	Caramelised Red Onion	Classic Tomato	Special Fried Rice	Tomato & Smoked Aubergine		Ratatouille
Salad Bar	Big Bowl Mixed Salad, Complex Salad, Carbohydrate Salad & Protein Item						Simple Salad Bar
Sweet of The Day	Pear & Cranberry Tray Bake	Mixed Seed & Papaya Granola Bar	Mississippi Mud Pie	Jumbo Cookies	Cranberry Shortbread		Baked Lemon Cheesecake
Cold Sweet Counter	Selection of Fruit Pots, Sliced & Individual Dessert Pots						

King Edward's Autumn Term School Menu

Week Commencing: 9th November

BREAKFAST

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Cereal	Selection Of Cereals Coco Pops, Corn Flakes, Bran Flakes, Special K, Shreddies, Rice Krispies, Weetabix, Malt Crunchies, Frosties, Shredded Wheat, Oat Granola & Muesli Bar with add ons (apricots, mixed seeds, fruit granola, coconut, papaya, pineapple, sultana, cranberries, banana chips, mixed fruit)						Breakfast in House	
Porridge	Hot Porridge, with a selection of toppings (honey, brown sugar, maple syrup & cinnamon)							
Hot & Hearty	Fried Egg Beans	Baked Potato Waffles	Bacon (Halal & vege option available please ask) Poached Egg Plum Tomatoes	Sweet Waffles with Selection of Toppings	Sausages (Halal & vege option available please ask) Fried Eggs Mushrooms	Hash Browns Scrambled Eggs Grilled Tomatoes Build Your Own Smoothie Bowl		Pork Pattie & Cheese Muffin (Halal) & Cheese Muffin Egg Watermelon & Mint Water
Toast	Selection of White, Wholemeal, toast served with Jams, Butter & Margarine							
Yoghurt & Fruit	Natural & Fruit Flavoured Yoghurt, served with a selection of toppings. Fresh Chopped Fruit, White & Pink Grapefruit.							

LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Served with a Selection of Freshly Baked Bread & Toppings						Brunch Begins at 11.30am
	Vegetable & Laksa	Sweetcorn Chowder	Leek & Potato	Tomato & Basil	Curried Vegetable	Cream of Watercress	
Something Classic	Shepherd's Pie with Mash	Steak & Kidney Casserole with Pastry Lid	Beef Lasagne	Chicken Tikka with Poppadums	Battered Fish of The Day	Salami & Mozzarella Open Toastie with Rocket	Pain Au Chocolate Or Croissant
Something Different	Caribbean Style Pork with Pineapple & Peppers	Chicken Breast with Roasted Pepper Sauce (Romesco)	Fish Baps with Pea Shoots & Lemon Mayo	Pork & Mushroom Stroganoff with Crème Fraiche	Cumberland Sausages with Fried Onions	Squash & Roast Chicken Risotto with Herb Dressing	Selection of Cereals
Something Vegetarian	Spinach, Feta & Beetroot & Sweet Potato Filo Bake	Ratatouille Topped with Cheese & Herb Scone	Popcorn Tofu Burrito with Korean Sauce & Pickled Veg	Curried Tempeh Kedgeree with Poached Egg & Naan Bread Croutons	Roasted Vegetable & Mixed Bean Wraps with Sour Cream	Mature Cheddar Cheese & Red Onion Marmalade Open Toastie	Grilled Bacon Fried Eggs Breakfast Sausages (Vegetarian & Halal) Potato Waffles Fried Bread Baked Beans Plum Tomatoes Black pudding
Vegetables	Sautéed Courgettes & Chefs Vegetable of The Day	Broccoli & Chefs Vegetable of The Day	Sweetcorn & Chefs Vegetable of The Day	Turmeric Cauliflower & Chefs Vegetable of The Day	Fresh Garden & Mushy Peas	Sweetcorn	
To Go With	Rice & Peas	Mash Potato	Garlic Bread	Coriander Rice	Chunky Chips	Roasted Cubed Potatoes	
On The Side	Chillies	Horseradish Sauce & Gravy	Aioli & Lemon Wedges	Chutneys, Pickles & Raita	Tartare Sauce, Lemon Wedges & Mustard	Tomato & BBQ Sauce	
Pasta Bar Durum Wheat & Wholemeal	Smoked Paprika & Tomato	Tarragon & White Wine	Arabiatta	Roasted Pepper & Tomato	Three Cheese	Mixed Herb & Tomato	
Salad Bar	Parmesan, Chilli Flakes & Pesto						Hot Chocolate
Sweet of The Day	Big Bowl Mixed Salad, Complex Salad, Carbohydrate Salad & Protein Item						Fruit Smoothies
Cold Sweet Counter	Plum Upside Down Cake	Carrot Cake with Frosting	Sticky Toffee & Date Pudding with Crème Fraiche	Clementine & Mixed Spice Drizzle Slice with Custard	Apple & Maple Cake	Chocolate Banoffee Muffin Slice	Flavoured Water
Cold Sweet Counter	Selection of Fruit Pots, Sliced & Individual Dessert Pots						Tea & Coffee

High Tea

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Soup	Chefs Soup Of The Day Served With Bread And Butter							
Main	Pizza Night Pepperoni Thin Based Chicken Tikka Naan Classic Tomato Basil Thin Based	Sweet Chilli Sticky Beef Noodles	Mexican Chicken Enchilada	Cheese Burger	Chicken with Tomato & Basil Sauce	KESW Fried Chicken Take Away (southern fried chicken pieces or quorn with fries, corn cobbettes, coleslaw, tray bake & drink)	Traditional Roast Pork & Gravy Apple Sauce	
Vegetarian		Quorn Miso Noodles	Seitan Pepper & Courgette Nachos	Vegetarian Burger with Cheese	Bubble & Squeak Cake with Spinach, Poached Egg & Tomato Sauce		Spiced Carrot & Parsley Fritter with Baba Ganoush	
To Go With	Skinny Chips Salad Bar	Stir Fried Vegetables Prawn Crackers	Coriander Rice Charred Corn Sour Cream	Baked Potato Wedges Shredded Lettuce Sliced Tomatoes	Crushed New Potatoes Carrots		Yorkshire Pudding Gravy Roast Vegetables of The Day	
Pasta Sauce	Tomato & Balsamic	Carbonara	Tomato & Basil	Creamy Tomato	Olive		Roasted Red Pepper	
Salad Bar	Big Bowl Mixed Salad, Complex Salad, Carbohydrate Salad & Protein Item						Simple Salad Bar	
Sweet of The Day	Courgette Cake with Cream Cheese Frosting	Mixed Berry Muffin Slice	Cinnamon Toffee Apple Pie with Cream	Peach Melba Pavlova Pots	New York Cheesecake		S'mores Brownie Cupcakes	
Cold Sweet Counter	Selection of Fruit Pots, Sliced & Individual Dessert Pots							