

**St Dunstan's College**

**Breakfast Menu**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Hot Items</b>	<b>Sausage Bacon Fried Egg Grilled Tomatoes Hash Browns</b>	<b>Sausage Bacon Scrambled Egg Baked Beans Hash Browns</b>	<b>Sausage Bacon Boiled Egg Grilled Tomatoes Hash Browns</b>	<b>Sausage Bacon Boiled Egg Grilled Tomatoes Hash Browns</b>	<b>Sausage Bacon Scrambled Egg Grilled Tomatoes Hash Browns</b>
<b>Bread Items</b>	<b>Pain au Chocolat Toast</b>	<b>Pain au Chocolat Toast</b>	<b>Pain au Chocolat Toast</b>	<b>Pain au Chocolat Toast</b>	<b>Pain au Chocolat Toast</b>
<b>Fruit Bar</b>	<b>Whole Fruit</b>	<b>Whole Fruit</b>	<b>Whole Fruit</b>	<b>Whole Fruit</b>	<b>Whole Fruit</b>
<b>Theatre Bar</b>	<b>Fruit Smoothies</b>	<b>Fruit Smoothies</b>	<b>Fruit Smoothies</b>	<b>Fruit Smoothies</b>	<b>Fruit Smoothies</b>
<b>Power Bar</b>	<b>Yoghurt Toppings</b>	<b>Yoghurt Toppings</b>	<b>Yoghurt Toppings</b>	<b>Yoghurt Toppings</b>	<b>Yoghurt Toppings</b>
<b>Juice Bar</b>	<b>Apple Juice Orange Juice</b>	<b>Apple Juice Orange Juice</b>	<b>Apple Juice Orange Juice</b>	<b>Apple Juice Orange Juice</b>	<b>Apple Juice Orange Juice</b>
<b>Grab &amp; Go</b>	<b>Tea &amp; Coffee Hot Chocolate</b>	<b>Tea &amp; Coffee Hot Chocolate</b>	<b>Tea &amp; Coffee Hot Chocolate</b>	<b>Tea &amp; Coffee Hot Chocolate</b>	<b>Tea &amp; Coffee Hot Chocolate</b>

**St Dunstan's College, Menu 1 – w/c 30<sup>th</sup> Aug, 20<sup>th</sup> Sept, 11<sup>th</sup> Oct, 15<sup>th</sup> Nov & 6<sup>th</sup> Dec**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Fresh bread</b>	Crusty Farm House, Wholemeal Granary Focaccia	Crusty Farm House, Wholemeal Granary Tomato & Basil	Crusty Farm House, Wholemeal Granary Cheese & Marmite	Crusty Farm House, Wholemeal Granary Fruit & Oats	Crusty Farm House, Wholemeal Granary Garlic & Thyme
<b>Main Course 1</b>	Chicken Tikka Masala served with Naan Bread & Onion Salad	Beef & Vegetable Pie	Sweet & Sour Chicken served with Prawn Crackers & Egg Fried Rice	Classic Lasagne served with Garlic Bread	Chef Battered Fish served with Lemon Wedges & Homemade Tartare Sauce
<b>Vegetarian</b>	Macaroni Cheese topped with Slow Roasted Tomatoes & Spinach	Quorn Meatballs served in a Rich Tomato Sauce with Spaghetti	Roasted Vegetable Tart topped with Pistou & Wilted Rocket	Stuffed Peppers with Herbed Cous Cous topped with Mozzarella and Basil	Thai Green Vegetable Curry served with Coconut Rice
<b>Main Course 2</b>	Lamb Chilli Con Carne served with Basmati Rice	Liver Bacon & Onions	Crispy Belly Pork served with Chorizo & Haricot Beans	Seafood Paella served with Chargrilled Pitta Bread	BBQ Pork Ribs
<b>Pre Prep/ Nursery</b>	<b>Real Chicken Nuggets</b>	<b>Pizza</b>	<b>Sausage &amp; Mash</b>	<b>Spaghetti Bolognese</b>	<b>Cod Goujons</b>
<b>Carbohydrate</b>	Coriander Rice	Creamed Potatoes	Glazed New Potatoes		Chipped Potatoes
<b>Vegetable 1</b>	Garden Peas	Broccoli Florets	Stir Fry Vegetables	Sweetcorn	Garden Peas
<b>Vegetable 2</b>	Sweetcorn	Glazed Carrots	Green Beans	Sauté Courgettes	Baked Beans
<b>Jacket Potato Bar</b>	Baked Beans Grated Cheese Quorn Bolognese	Baked Beans Tuna Mayonnaise Bolognese Sauce	Baked Beans Grated Cheese Quorn Masala	Baked Beans Tuna Mayonnaise Sweet Chilli Chicken	Baked Beans Grated Cheese Quorn Chilli Con Carne
<b>Pasta Bar</b>	Neapolitan Sauce Cheese Sauce Pistou Parmesan Cheese Flavoured Oils Breadsticks	Neapolitan Sauce Cheese Sauce Pistou Parmesan Cheese Flavoured Oils Mozzarella Bites	Neapolitan Sauce Cheese Sauce Pistou Parmesan Cheese Flavoured Oils Garlic & Herb Dough Sticks	Neapolitan Sauce Cheese Sauce Pistou Parmesan Cheese Flavoured Oils Breadsticks	Neapolitan Sauce Cheese Sauce Pistou Parmesan Cheese Flavoured Oils Garlic Bread
<b>Dessert</b>	Oatty Apple Crumble served with Vanilla Custard	Sticky Toffee Pudding served with Custard	Glazed Apple Tart served with Custard	Chocolate Sponge served with Chocolate Sauce	Creamed Rice Pudding served with Berry Compote
<b>Cold Counter</b>	Fresh Fruit Fresh Yoghurt Jellies	Fresh Fruit Fresh Yoghurt Jellies	Fresh Fruit Fresh Yoghurt Jellies	Fresh Fruit Fresh Yoghurt Jellies	Fresh Fruit Fresh Yoghurt Jellies

St Dunstan's College, Menu 2 – w/c 6<sup>th</sup> Sept, 27<sup>th</sup> Sept, 1<sup>st</sup> Nov, 22<sup>nd</sup> Nov & 13<sup>th</sup> Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
Fresh Bread	Crusty Farm House, Wholemeal Granary Foccacia	Crusty Farm House, Wholemeal Granary Tomato & Basil	Crusty Farm House, Wholemeal Granary Cheese & Marmite	Crusty Farm House, Wholemeal Granary Fruit & Oats	Crusty Farm House, Wholemeal Granary Garlic & Thyme
Main Course 1	Pork & Leek Sausages served with Onion Marmalade & Gravy	Cottage Pie	Margarita Pizza Meat Feast Pizza	Beef Bolognaise served with Parmesan Cheese & Spaghetti	Chef Battered Fish served with Lemon Wedges & Tartar Sauce
Vegetarian	Mushroom Ravioli served with Garlic & Chilli Sauce	Quorn Tagine served with Coriander & Chick Pea Cous Cous	Spinach & Ricotta Cannelloni	Quorn Chow Mein served with Stir Fry Vegetables & Black Bean Sauce	Slow Roasted Tomato & Goats Cheese Tart
Main Course 2	Chicken Korma served with Vegetable Rice & Naan Bread	Pork Meatballs served with Sweet & Sour Sauce	Seared Salmon Fillet served with Vegetable Brown Rice & Sweet Chilli Sauce	Pork Dijonnaise	Tandoori Chicken served with Coriander Rice
Pre Prep/ Nursery	Chicken Supremes	Sausage Rolls	Pizza	Beef Burger	Cod Goujons
Carbohydrate	Creamed Potatoes	Stir Fry Noodles	Jacket Wedges	Lemon Rice	Chipped Potatoes
Vegetable 1	Garden Peas	Broccoli Florets	Sauté Courgettes	Glazed Carrots	Garden Peas
Vegetable 2	Cauliflower Cheese	Glazed Carrots	Sweetcorn	Cauliflower Florets	Baked Beans
Jacket Potato Bar	Baked Beans Grated Cheese Quorn Bolognaise	Baked Beans Tuna Mayonnaise Bolognaise Sauce	Baked Beans Grated Cheese Quorn Korma	Baked Beans Tuna Mayonnaise Sweet Chilli Chicken	Baked Beans Grated Cheese Quorn Chilli Con Carne
Pasta Bar	Neapolitan Sauce Cheese Sauce Pistou Parmesan Cheese Flavoured Oils Breadsticks	Neapolitan Sauce Cheese Sauce Pistou Parmesan Cheese Flavoured Oils Mozzarella Bites	Neapolitan Sauce Cheese Sauce Pistou Parmesan Cheese Flavoured Oils Garlic & Herb Dough Sticks	Neapolitan Sauce Cheese Sauce Pistou Parmesan Cheese Flavoured Oils Breadsticks	Neapolitan Sauce Cheese Sauce Pistou Parmesan Cheese Flavoured Oils Garlic Bread
Dessert	Pear & Berry Crumble served with Custard	Lemon Sponge served with Custard	Bakewell Tart served with Custard	Ginger Sponge & Custard	Vanilla Bread & Butter Pudding served with Custard
Cold Counter	Fresh Fruit Fresh Yoghurt Jellies	Fresh Fruit Fresh Yoghurt Jellies	Fresh Fruit Fresh Yoghurt Jellies	Fresh Fruit Fresh Yoghurt Jellies	Fresh Fruit Fresh Yoghurt Jellies

St Dunstan's College, Menu 3 – w/c 13<sup>th</sup> Sept, 4<sup>th</sup> Oct, 8<sup>th</sup> Nov & 29<sup>th</sup> Nov

	Monday	Tuesday	Wednesday	Thursday	Friday
Fresh Bread	Crusty Farm House, Wholemeal Granary Foccacia	Crusty Farm House, Wholemeal Granary Tomato & Basil	Crusty Farm House, Wholemeal Granary Cheese & Marmite	Crusty Farm House, Wholemeal Granary Fruit & Oats	Crusty Farm House, Wholemeal Granary Garlic & Thyme
Main Course 1	Creamy Chicken, Ham & Pasta Bake topped with Spinach & Slow Roasted Tomatoes	Carbonnade of Beef served with Horseradish Dumplings	Lamb Madras served with Basmati Rice, Poppadoms & Minted Yoghurt	Chicken & Vegetable Pie	Chef Battered Fish served with Tartare Sauce & Lemon Wedges
Vegetarian	Quorn Stir Fry served with Vegetable Rice	Tortellini Fromage served with a Pistou Dressing & Roasted Vegetables	Vegetable Stew served with Herbed Dumplings	Quorn Sausage & Bean Cassulet	Roasted Vegetable Lasagne
Main Course 2 Theatre Bar	Fisherman's Pie	Turkey Escalope served with Gnocchi in a Rich Tomato Sauce	Roast Loin of Pork served with Sage & Onion Stuffing & Gravy	Crispy Lamb strips served in Hoi Sin Sauce & Stir Fry Vegetables	Chargrilled Beef Burgers served in a Floured Bap
Pre Prep/ Nursery	Toad in the Hole	Turkey Escallops	Roast Pork	Chicken Supremes	Cod Goujons
Carbohydrate	Vegetable Rice	New Potatoes	Roast Potatoes	Creamed Potatoes	Chipped Potatoes
Vegetable 1	Garden Peas	Fine Green Beans	Glazed Carrots	Buttered Cabbage	Garden Peas
Vegetable 2	Sweetcorn	Crushed Swede	Broccoli Florets	Sweetcorn	Baked Beans
Jacket Potato Bar	Baked Beans Grated Cheese	Baked Beans Tuna Mayonnaise	Baked Beans Grated Cheese	Baked Beans Tuna Mayonnaise	Baked Beans Grated Cheese
Pasta Bar	Neapolitan Sauce Cheese Sauce Pistou Parmesan Cheese Flavoured Oils Breadsticks	Neapolitan Sauce Cheese Sauce Pistou Parmesan Cheese Flavoured Oils Mozzarella Bites	Neapolitan Sauce Cheese Sauce Pistou Parmesan Cheese Flavoured Oils Garlic & Herb Dough Sticks	Neapolitan Sauce Cheese Sauce Pistou Parmesan Cheese Flavoured Oils Breadsticks	Neapolitan Sauce Cheese Sauce Pistou Parmesan Cheese Flavoured Oils Garlic Bread
Dessert	Apple Cobbler served with Custard	Chocolate Brownie & Ice Cream	Pear Tart served with Custard	Jam & Coconut Sponge served with Custard	Peasants' Pudding
Cold Counter	Fresh Fruit Fresh Yoghurt Jellies	Fresh Fruit Fresh Yoghurt Jellies	Fresh Fruit Fresh Yoghurt Jellies	Fresh Fruit Fresh Yoghurt Jellies	Fresh Fruit Fresh Yoghurt Jellies

**St Dunstan's College      BIG BOWL SALAD BAR MENU**

<b>Salads</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Core Item 1</b>	Garden Leaf	Garden Leaf	Garden Leaf	Garden Leaf	Garden Leaf
<b>Core Item 2</b>	Tomato Wedges	Tomato Wedges	Tomato Wedges	Tomato Wedges	Tomato Wedges
<b>Core Item 3</b>	Peeled Diced Cucumber	Peeled Diced Cucumber	Peeled Diced Cucumber	Peeled Diced Cucumber	Peeled Diced Cucumber
<b>Core Item 4</b>	Beetroot	Beetroot	Beetroot	Beetroot	Beetroot
<b>Core Item 5</b>	Coleslaw	Coleslaw	Coleslaw	Coleslaw	Coleslaw
<b>Composite 1</b>	Caesar Salad	Potato, Cress & Red Onion	Watermelon, Feta & Pumpkin Seed	Greek Salad	Rocket, Pear & Parmesan
<b>Composite 2</b>	Oriental Noodle salad	Tuna Nicoise	Cous Cous & Roasted Vegetable salad	Sun Dried Tomato & Basil Pasta Salad	Roasted Field Mushroom Salad
<b>Crudités</b>	Carrot Celery Cherry Tomatoes Peppers	Carrot Celery Cherry Tomatoes Peppers	Carrot Celery Cherry Tomatoes Peppers	Carrot Celery Cherry Tomatoes Peppers	Carrot Celery Cherry Tomatoes Peppers
<b>Toppings/Seeds</b>	Croutons Pumpkin Seeds Sunflower Seeds	Croutons Pumpkin Seeds Sunflower Seeds	Croutons Pumpkin Seeds Sunflower Seeds	Croutons Pumpkin Seeds Sunflower Seeds	Croutons Pumpkin Seeds Sunflower Seeds
<b>Dressings</b>	Olive oil Vinegar Mayonnaise Tazikiti	Olive oil Vinegar Mayonnaise Houmous	Olive oil Vinegar Mayonnaise Tomato Salsa	Olive oil Vinegar Mayonnaise Sweet Chilli Sauce	Olive oil Vinegar Mayonnaise Cocktail Sauce
<b>Pasta Bar</b>	Garden Leaf Tomatoes Coleslaw Olive oil, Pistou Parmesan cheese	Garden Leaf Tomatoes Coleslaw Olive oil, Pistou Parmesan cheese	Garden Leaf Tomatoes Coleslaw Olive oil, Pistou Parmesan cheese	Garden Leaf Tomatoes Coleslaw Olive oil, Pistou Parmesan cheese	Garden Leaf Tomatoes Coleslaw Olive oil, Pistou Parmesan cheese

**PLEASE NOTE THIS MENU IS SUBJECT TO CHANGE**