

Spring Term Week Three - SATURDAY

WORKSOP COLLEGE

Breakfast

Cereals, Fruit Juice, Breads, Croissants and Yogurts Ready Brek Full English Cooked Breakfast with Sausage, Bacon, Tomatoes, Beans, Hash Browns and Fried, Scrambled or Boiled Egg

Hot Lunch

Jacket Potatoes with fillings Soup of the Day

Hatch One

Beef Lasagne Bacon and Tomato Topped Cod V - Egg Fried Rice with Bok Choy and Chilli Hot Sandwich – Chicken Souvlaki with tzatziki and Flatbread

Hatch Two

Creamed potatoes, Bulgur Wheat Ratatouille and Swede

Salad Bar

Ham, Chicken, Tuna, Prawns, Cottage Cheese Sugar Snap Peas with Baby Corn, Bean and Tomato Salad, Zucchini & Parsley Pesto Salad Mozzarella with Tomato and Basil

Desserts

Cold – Berry Cheesecake and Chocolate Brownie

Evening Meal

Pizza Night Assorted Pizzas Salad

Gateau



Spring Term Week Three - SUNDAY

WORKSOP COLLEGE RANBY HOUSE

Brunch

Cereals, Fruit Juice, Breads, Croissants, Bagel and Cream Cheese and Yogurts Ready Brek Full English Cooked Breakfast with Sausage, Bacon, Tomatoes, Beans, Hash Browns and Fried, Boiled or Scrambled Egg

Sandwiches

Chef's Choice

Evening Meal

Tomato and Basil Soup

Herb and Garlic Steak Stir Fried Oyster Chicken Panko Coated Vegetables with Sweet Chilli Sauce Roast and New Potatoes Rice Roast Vegetables

Full Salad Bar

Pineapple Upside Down Pudding with Custard



Spring Term Week Three - MONDAY

WORKSOP COLLEGE

<u>Breakfast</u>

Cereals, Fruit Juice, Breads, Croissants and Yogurts Ready Brek Full English Cooked Breakfast with Sausage, Bacon, Tomatoes, Beans, Hash Browns and Fried, Boiled or Scrambled Egg

Hot Lunch

Jacket Potatoes with fillings Soup of the Day

Hatch One

Rump Steak with Peppercorn Sauce Prawn Pad Thai Vegan option- Jamaican Vegetable Curry Cheese, Red Pepper and Tuna Melt

Hatch Two

Leek Mash, Rice Roasted Thyme Beetroot and Broccoli

Salad Bar

Ham, Turkey, Salmon, Tuna, Cottage Cheese Black Bean Salad, Chinese Vegetable Salad, Grated Carrot, Cous Cous Salad Tomatoes, Cucumber, Coleslaw, Cheese, Lettuce Chicken with Garlic and Herbs

<u>Desserts</u>

Cold – Coconut Cake & Shortbread

Evening Meal

Soup of the day Peri Peri pork Steak Fish Fingers with Dill Mayonnaise V - Cheese and Tomato Pasta Potato Waffles, Rice Sweetcorn Full Salad Bar Choice of Fresh Fruit or Yogurt Hot – Apple Pie



RANBY HOUSE

Spring Term Week Three - TUESDAY

Breakfast

Cereals, Fruit Juice, Breads, Croissants and Yogurts Ready Brek Full English Cooked Breakfast with Sausage, Bacon, Tomatoes, Beans, Hash Browns and Fried, Boiled or Scrambled Egg

Hot Lunch

Jacket Potatoes with fillings Soup of the Day <u>Hatch One</u> Gnocchi with Roasted Squash and Feta Hot Sandwich – Shredded Pork Tacos Cottage Pie Lemon and Garlic Roasted Chicken Drumsticks

Hot Lunch – Hatch Two

Chive Potatoes, Rice Sautéed Courgettes and Mixed Vegetables

Salad Bar

Beef, Ham, Mackerel, Tuna, Cottage Cheese Rice & Peas Apple, Celery and Cheese Salad Sliced Beetroot Carrot and Courgette Tomatoes, Cucumber, Coleslaw, Cheese, Lettuce

Pate with French Bread

<u>Desserts</u>

Cold – Fruit Filled Meringues and Fruit Cake with Cheese

Evening Meal

Soup of the Day Tuna Pasta Bake Chicken, Bacon and Leek Hot Pot Vegetable Stew with Herb Dumplings Potato Wedges & Cous Cous Red Cabbage Full Salad Bar

Choice of fresh fruit or yogurt Hot – Rhubarb Pie with Custard



Spring Term Week Three - WEDNESDAY

WORKSOP COLLEGE

<u>Breakfast</u>

Cereals, Fruit Juice, Breads, Croissants and Yogurts Ready Brek Full English Cooked Breakfast with Sausage, Bacon, Tomatoes, Beans, Hash Browns and Fried, Boiled or Scrambled Egg

Hot Lunch

Jacket Potatoes with fillings Soup of the Day

Hatch One

Home Made Pizza – Various Toppings Bacon Chops Vegan option – Japanese Tofu Noodle Bowl

Hot Lunch – Hatch Two

Boulangere Potatoes Peas and Cauliflower Cheese

Salad Bar

Ham, Beef, Tuna, Mackerel, Cottage Cheese Spicy Yogurt Chicken Rice Salad Carrot & Cabbage Pasta Salad Tomatoes, Cucumber, Coleslaw, Cheese, Lettuce

Sausage Rolls

Desserts

Cold – Victoria Sponge and Malt Loaf

Evening Meal Soup of the Day

Savoury Mince with Cheese Cobbler Chargrilled Turkey Steaks Vegetable Tacos Chips & Cous Cous Broccoli Full Salad Bar Choice of Fresh Fruit or Yogurt Hot – Baked Rice Pudding with Jam



Spring Term Week Three - THURSDAY

WORKSOP COLLEGE

<u>Breakfast</u>

Cereals, Fruit Juice, Breads, Croissants and Yogurts Ready Brek Full English Cooked Breakfast with Sausage, Bacon, Tomatoes, Beans, Hash Browns and Fried,

Boiled or Scrambled Egg

Hot Lunch Jacket Potatoes with fillings Soup of the Day

Hatch One

Roast Beef and Yorkshire Pudding Hot Sandwich – Southern Fried Chicken Sub Bombay Prawns and Coconut Noodles Vegan option – BBQ sausage and Bean Hot Pot

Hot Lunch – Hatch Two

Creamed and Roast Potatoes Green Beans and Carrots

Salad Bar

Ham, Turkey, Tuna, Prawns, Cottage cheese Cucumber & Mint Italian Salad Tabbouleh & Herb Salad Sweetcorn & Courgette Salad Tomatoes, Cucumber, Coleslaw, Cheese, Lettuce

Cheese & Biscuits on a Platter

Desserts

Cold – Raspberry and Coconut Slice and Carrot Cake

Evening Meal Soup of the day

Cheese Burgers Tuna Pasta Bake Vegan option - Butternut Squash, Lemon and Parsley Risotto Saute Potatoes Peas Full Salad Bar

> Choice of Fresh Fruit or Yogurt Hot – Ginger Sponge with Custard



Spring Term Week Three - FRIDAY

WORKSOP COLLEGE

<u>Breakfast</u>

Cereals, Fruit Juice, Breads, Croissants and Yogurts Ready Brek

Full English Cooked Breakfast with Sausage, Bacon, Tomatoes, Beans, Hash Browns and Fried, Boiled or Scrambled Egg

Hot Lunch

Jacket Potatoes with fillings

Soup of the Day

<u>Hatch One</u>

Battered or Baked Fish Vegan - Thai Green Vegetable Curry Chicken Fajita with Salsa and Sour Cream Mushroom and Tarragon Mille Feuille

<u>Hot Lunch – Hatch Two</u>

Chips, Sticky Rice Mushy Peas and Sweetcorn

Salad Bar

Ham , Turkey, Beef, Mackerel, Cottage Cheese Red Cabbage Pasta Salad Pineapple Rice Cheese Salad Tomatoes, Cucumber, Coleslaw, Cheese, Lettuce

Seafood Platter

Desserts

Cold – Chocolate Brownie and Apple Pie

Evening Meal Soup of the Day

Toad in the Hole Tomato and Thyme Baked Chicken Spicy Sichuan Noodles Boiled Potatoes Leeks Full Salad Bar Choice of Fresh Fruit or Yogurt Hot – Banana Bread and Butter Pudding with Custard