

REFECTORY OPENING TIMES: 8am – 2.30pm

Breakfast Menu Available from 8.00am

Bacon & Sausage Baps – Porridge - Cereal

Bagels – Muffins – Toast – Fresh Fruit

Tea – Coffee – Hot Chocolate – Latte - Cappuccino

Served from 11.05am

Rolls – Sandwiches – Panini's

Bacon & Sausage Baguettes – Curries – Chicken

Pasta – Salad Bar – Soup – Fresh Fruit

Hot & Cold Drinks – Teacakes - Bagels

Served from 1.40pm – 2.05pm

Hot Meal & Pudding

Chiller Cabinets open until 2.30pm

For any enquiries please contact: **Laura Davis – Catering Manager**

ldavis@patesgs.org or Telephone: 01242 538207

WEEK 1

MONDAY:

Pork Meatballs in a Spicy
Tomato Sauce with Tagliatelle
Quorn Balls
Crusty Bread

DESSERT:

Fresh Fruit & Yogurt

TUESDAY:

Macaroni Cheese & Pancetta
Macaroni Cheese
Broccoli, Green Beans &
Spinach Medley
Mini Brioche Slider

DESSERT:

Fresh Fruit & Yogurt

WEDNESDAY:

Minced Beef & Onion Pie
Vegetable Lattice
Buttered Parsley Potatoes
Seasonal vegetables

DESSERT:

Fresh Fruit & Yogurt

THURSDAY:

Roast Beef & Yorkshire Pudding
Quorn Sausage
Roasted Potatoes
Seasonal Vegetables

DESSERT:

Baked Apple Pie

FRIDAY:

Battered Chicken Fillets &
Mixed Salad
Vegetable Burgers
Chips
Beans or Curry Sauce

DESSERT:

Waffles

DINNER:

£2.70

DINNER & DESSERT:

£3.20

***Please note that all menus maybe subject to change**

WEEK 2

MONDAY:

Traditional Spaghetti
Bolognese
Quorn Bolognese
Garlic Bread Slices

DESSERT:

Fresh Fruit & Yogurt

TUESDAY:

Selection of Chinese Dishes
Rice or Noodles
Prawn Crackers

DESSERT:

Fresh Fruit & Yogurt

WEDNESDAY:

Skewered Chicken & Herb
Kebab
Skewered Quorn & Vegetable
Kebab
Puffed Potato Bites
Warmed Pitta bread & Tzatziki

DESSERT:

Pancakes

THURSDAY:

Roast Loin of Pork with Apple
Sauce
Quorn Sausage
Roasted Potatoes
Seasonal Vegetables

DESSERT:

Danish Apple Strudel

FRIDAY:

Breaded Plaice
Battered Cod
Fish Finger Roll
Cheese & Onion Slice
Beans or Curry Sauce

DESSERT:

Waffles

DINNER:

£2.70

DINNER & DESSERT:

£3.20

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WEEK 3

MONDAY: Traditional Shepherds Pie
Quorn Vegetable Pie
Seasonal Vegetables

DESSERT: Fresh Fruit & Yogurt

TUESDAY: Chicken Rogan Josh
Tikka, Sweet Potato & Spinach
Curry
Rice
Naan

DESSERT: Fresh Fruit & Yogurt

WEDNESDAY: Chicken New Yorker
Quorn New Yorker
Sweet Potato Fries
Corn on the Cob & Peas

DESSERT: Fresh Fruit & Yogurt

THURSDAY: Roast Leg of Lamb with Mint Sauce
Quorn Sausage
Roasted Potatoes
Seasonal Vegetables

DESSERT: Fresh Cream Profiteroles & Fruit

FRIDAY: Jumbo Hot Dog
Quorn Dog
Chips
Beans or Curry Sauce

DESSERT: Waffles

DINNER: £2.70

DINNER & DESSERT: £3.20

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WEEK 4

MONDAY:

Lasagne al Forno
Vegetable Lasagne
Diced Potatoes
Mixed Garden Salad

DESSERT:

Fresh Fruit & Yogurt

TUESDAY:

Pork Sausages in a Red Onion
Gravy
Quorn Sausage
Roasted Potatoes
Seasonal Vegetables

DESSERT:

Fresh Fruit & Yogurt

WEDNESDAY:

Cod Fillet with a Cheese &
Chive Sauce
Roasted New Potatoes
Broccoli & Green Beans

DESSERT:

Fresh Fruit & Yogurt

THURSDAY:

Roasted Turkey Butterfly
Quorn Sausage
Roasted Potatoes
Seasonal Vegetables

DESSERT:

Egg Custard Tart

FRIDAY:

Chicken & Mushroom Pie
Steak & Kidney Pie
Cheese & Onion Slice
Chips
Beans or Curry Sauce

DESSERT:

Waffles

DINNER:

£2.70

DINNER & DESSERT:

£3.20

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Soup

Served from 11.10am Monday - Thursday

Red Pepper & Tomato

Chicken

Beef Goulash

Leek & Potato

Mushroom

Tomato

Served with a bread roll

£1.50*

* Variety of soup changes daily