

# Wellington School

Week 1 Sep 21

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cereal Selection Yoghurt & Fresh Fruit Overnight Oats with Chia Seeds Scrambled Egg & smoked haddock Bagels Tomato, Avocado & Spinach Soft Taco	Cereal Selection Yoghurt & Fresh Fruit Porridge with Toppers Croissants Pan au chocolate Pain au Raisin Boiled Eggs	Cereal Selection Yoghurt & Fresh Fruit Porridge with Toppers  Old English Sausages Vegetarian Sausage  Baked Beans Hash Browns Fried Eggs	Cereal Selection Yoghurt & Fresh Fruit Porridge with Toppers  Belgian Waffles  Maple-Soaked Banana  Forest Fruit Compote Chocolate Sauce	Cereal Selection Yoghurt & Fresh Fruit Porridge with Toppers Grilled Bacon Poached Eggs Beans  Sautéed Mushrooms on Sourdough Baps	Cereal Selection Yoghurt & Fresh Fruit Porridge with Toppers Overnight Oats with Raspberries  Quorn Pattie Sausage Pattie & Cheese Muffin Boiled Eggs	BRUNCH
LUNCH	Butternut Squash with Harissa Soup Spiced Pumpkin Seeds Nut Free Tomato Pesto  Texan Style BBQ Chicken with Charred Corn Salsa  Leek & Ham Hock Mac ‘n’ Cheese  North African Style Stuffed Aubergine with Chickpeas & Apricots  Potato Wedges Lime & Smoked Paprika Corn Cobs Sauteed Green Beans  Raspberry & Apple Crumble Rocky Road Eton Mess Pot	Parsnip & Apple Soup Parsnip Crisps Thyme Croutons  Beef Stew & Herby Dumpling  Salmon Provencal with Wild Rice  Honeyed Squash Shards with Tabbouleh & Mint Yoghurt Splash  Creamy Mashed Potatoes Steamed Carrots Autumn Spiced Red Cabbage  Treacle Tart Strawberry Mousse Pots White Chocolate Cheesecake	Cream of Tomato Soup Sea Salt Croutons Basil Oil  Pork Hong Kong Style with Egg Noodles  Chicken & Vegetable Pie  Charred Marinated Tofu Stir-fry with Rice Vermicelli Noodles  Sauteed Greens Roasted New Potatoes  Upside Down Pineapple Sponge  Chocolate Brownie Fruit Trifle Pot	Thai, Chicken & Corn Broth Crispy Vermicelli  Lamb Tagine with Pomegranate Coriander Salsa  Baked Chicken with Creamy Leeks & Mustard Sauce  Chestnut Mushroom & Spinach Risotto with Parmesan Crumb & Tarragon Oil  Steamed Broccoli Herby Couscous Ratatouille  Cherry & Coconut Flapjack Banoffee Pie Lime Jelly	Chorizo & Butter Bean Crispy Chorizo Herb Oil  Jerk Pork Steak with Chilli Jam & Charred Pineapple  Scampi with Lemon & Tartare Sauce  Kale & Coconut Channa Naan & Riata  Chips Minted Peas Braised Rice  Bakewell Tart  Lemon Posset with Poppy Seed Crumb  Fresh Fruit Pots	Leek & Potato Soup Potato Straws Croutons  Pasta Bar Classic Bolognese Vegan Pesto Caponata Parmesan Crumb  Sweetcorn Jackets Salads & Breads  Millionaire’s Slice  Fresh Fruit Pots & Jelly	Cereal Selection Porridge Yoghurt and Fresh Fruit Bacon, Sausage, Scrambled Egg Plum Tomatoes Fried Bread, Mushrooms, Baked Beans & Hash Browns
SUPPER	Toad in the Hole with Red Onion Gravy Quorn & Bean Burrito with Guacamole  Rosemary Roasted Midis Mange Tout Herb Crumbed Cauliflower  Toffee Apple & Pear Filo Parcel	Smoky Creole Chicken Taco Sour Cream Tomato & Chilli Salsa  Roasted Vegetable Lasagne  Sweet Potato Wedges Rainbow Slaw Garlic & Herb Focaccia  Key Lime Pie	Italian Beef Meatballs with Tagliatelle  Sun Blush Tomato & Basil Frittata  Panzanella Salad Roasted Mediterranean Vegetables Tray Bake  Carrot Cake Roulade	Pulled Pork wraps Sriracha Slaw Pulled Jack Fruit & Re Fried Bean Wrap  Roasted Potato & Red Onion Stir-fried Vegetables Green Salad  Rhubarb & Apple Lattice Pie	Beef & Vegetable Cumberland Pie  Halloumi & Roasted Vegetables Kebabs  Pitta Greek Salad Panache of Vegetables Buttered Mash  Sticky Toffee Pudding	Burger Night Brioche Bun Beef Quarter Pounders Charred Chicken Falafel Burger Monterey Jack Cheese Pickles & Slaw, Salad Onion Rings Dusted Fries  Cookies & Milkshake Bar	Herb crusted pork loin & Caramelized apples  Mushroom & tarragon filo tart  Roast potatoes Honey roast parsnips Green bean  Hot dessert of the day

