

Wellington School

Week 2 Sep 21

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|---|---|---|--|---|--|--|
| BREAKFAST | Cereal Selection Yoghurt & Fresh Fruit Overnight Oats with Raspberries Porridge & Toppers Pain au Chocolate Pain au Raisin Boiled Eggs | Cereal Selection Yoghurt & Fresh Fruit Porridge with Toppers bacon Scrambled Egg Tomato, Avocado & Spinach with scrambled egg baps | Cereal Selection Yoghurt & Fresh Fruit Porridge with Toppers Belgium waffles Maple-soaked bananas Forest fruits | Cereal Selection Yoghurt & Fresh Fruit Porridge with Toppers Croissants Cold Meat & Selection Baked beans Boiled Eggs | Cereal Selection Yoghurt & Fresh Fruit Porridge with Toppers Smoked salmon & cream cheese bagel Poached Eggs Beans Sautéed Mushrooms on Sourdough Baps | Cereal Selection Yoghurt & Fresh Fruit Porridge with Toppers Full English | BRUNCH |
| LUNCH | Cream of Mushroom Soup Tarragon Oil Croutons Classic Lasagne with Garlic Bread Tray Baked Chicken & Chorizo Jerk Cauliflower Taco with Picked Red Cabbage Slaw Buttered Corn Steamed Green Beans Roasted New Potatoes Spice Plum Crumble Crispy Cake Trifle Pots | Tomato, Basil & Orzo Soup Black Olive Tapenade Parmesan Pork Steak with Baby Onions, Peas & Pancetta Seafood tagliatelle with saffron & tomato Smoky Quorn & Bean Cassoulet Sautéed Savoy Cabbage Herb crumbed cauliflower Steamed Midi Potatoes Chocolate Sponge Fruit & Seed Flapjack Fruit Pots | Sweet Potato & Miso Soup Crispy Kale Sweet Potato Crisps Beef Massa man Curry Classic Hunters' Chicken Chickpea & Squash Balti with Indian Accompaniments Turmeric Rice Broccoli Baby corn Potato Wedges Warm Lemon & Poppy Seed Shortbread Raspberry & White Chocolate Mousse | Broccoli & Blue Cheese Soup Blue Cheese Croutons Old English Pork Sausage, with Glazed Apple & Onion Gravy Creamy lemon chicken Risotto Miso tofu with rice vermicelli noodle Mashed Potatoes Honey Roasted Carrots Peas Sticky Ginger Cake Mini Puff Chocolate Rolls Jelly Pots | Seafood Chowder Parsley Croutons Battered Cod, Tartare Sauce & Lemon Prawn, chicken & Chorizo Paella Aubergine, Feta & Olive Filo Parcel Chips Garden Peas Ratatouille Coconut & Raspberry Roly poly Brownie Lemon Mousse with Biscuit Crumb Top | Minted Pea Soup Crispy Salted Peas Croutons Baguette Deli Bar Warm Baguette Chicken & Bacon Smoked Salmon & Prawn Falafel & Red Pepper Nut Free Pesto Salad Bar Spiced Apple Strudel Rocky Road Blueberry Cheesecake Pots | Cereal Selection Porridge Yoghurt and Fresh Fruit Bacon, Sausage, Scrambled Egg Plum Tomatoes Fried Bread, Mushrooms, Baked Beans & Hash Browns |
| SUPPER | Lamb Kofte Kebabs Flatbread Tzatziki Chunky Tomato Salsa Halloumi & Red Pepper Kebabs Sweet Potato Fries Salad Selection Chocolate Torte | Cottage Pie Vegetable Cobbler Sautéed Potatoes Carrot & Swede Mash Banoffee Pie | Chicken Milanese with Spaghetti & Tomato Ragu Pasta Caponata with Nut Free Pesto & Herb Crumb Mange Tout Sugar Snap Peas Garlic & Herb Focaccia Panna Cotta | Tempura Fish Goujons Southern Fried Quorn Soft Taco or Bloomer Ketchup Cheesy Baked Jacket Halves Baked Beans Chocolate Orange Bread & Butter Pudding | Sweet & sour chicken With prawn crackers & dips Sweet & sour vegetable stir fry Noodles Wok fried greens Muffin Selection | Pizza Night Classic Pepperoni BBQ Chicken Margherita Dusted Fries Slaw Mixed Green Salad Doughnut Bar | Thyme & lemon roasted chicken Butternut squash risotto with toasted seed & herb oil Roast potatoes Cauliflower cheese Greens Hot dessert of the day |

