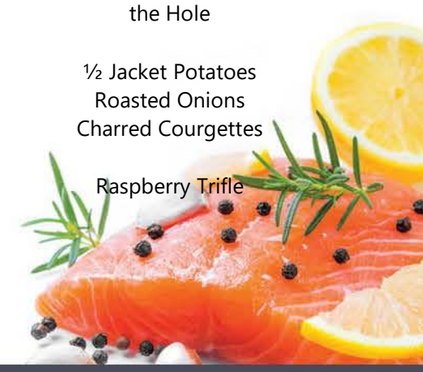
Wellington School Menu Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cereal Selection Yogurt and Fresh Fruit Porridge Continental Breakfast Pain au Raisin Soft Boiled Eggs Fresh Bread Selection	Cereal Selection Yogurt and Fresh Fruit Porridge Sausage Baps Scrambled Eggs Baked Beans Grilled Tomato Waffles	Cereal Selection Yogurt and Fresh Fruit Porridge Continental Selection Cold Meat Selection Cheese Selection Fresh Bread Soft Boiled Eggs	Cereal Selection Yogurt and Fresh Fruit Porridge Kedgeree Smoked Haddock Smoked Salmon and Scrambled Egg Toasted Muffin	Cereal Selection Yogurt and Fresh Fruit Porridge Continental Grilled bacon Baked Beans Cherry Tomatoes Baps	Cereal Selection Yogurt and Fresh Fruit Porridge Full English Feast	
LUNCH	Tomato Soup with Rosemary Croutons French Style Chicken with Peas and Bacon Beef Provencal Sweet Onion and Cauliflower Tart Herb Coated Potatoes Pan fried Courgettes with Mushrooms and Basil Carrots **Italian Pasta Bar** **Filled Jacket Potato Bar** **Homemade Bread** Pears Ice Cream and Hot Chocolate Sauce Tropical Rocky Road	Tuscan Bean Soup Penne Carbonara with Garlic Panko Crumb Slow Braised Lamb Stifado Lentil Cottage Pie New Potatoes **Artisan Salad Bar** **Homemade Bread** **Italian Pasta Bar** **Filled Jacket Potato Bar** Apple Tea loaf and Custard Cherry Topped Pannacotta	Cream of Cauliflower Soup with Pancetta Crisp Italian Meatballs with Tomato and Garlic Sauce Turkey Stroganoff and Rice Sesame Halloumi Parcels Basil Potatoes **Artisan Salad Bar** **Homemade Bread** **Italian Pasta Bar** **Filled Jacket Potato Bar** Apricot Crumble and Vanilla Sauce Chocolate Ganache Torte	Roasted Carrot with Cumin Croute Sausage, Mustard and Apple Hash Chicken Tikka Masala Basmati Rice Naan, Mango Chutney Indian salad and Raita Pearl Barley Risotto with Marinated Feta Bombay Potatoes **Artisan Salad Bar** **Homemade Bread** **Italian Pasta Bar** **Filled Jacket Potato Bar** Coffee Cake with Mocha Sauce Banoffee Cup	Moroccan Chickpea Soup Slow Roasted Pork with Crackling and Spiced Apple in a Bap Battered Cod with Tartar Sauce Cod and Prawn Laska Sri Lankan Egg Curry Bombay Potatoes Grilled Tomato Minted Peas Broccoli **Homemade Bread** **Italian Pasta Bar** **Filled Jacket Potato Bar** Chocolate Brownie Fresh Fruit Pot	Pea and Mint Soup Build your own Baguette. Chicken and Bacon Prawn Chilli and Lime Roasted Pepper and Pesto Mixed Leaves Coleslaw Maple Mustard Potato Salad Beetroot and Red Cabbage Jewelled Quinoa House Dressings Crisps **Milk Shake Bar**	<u>BRUNCH</u> <u>CHICKEN PASTA</u>
SUPPER	Scampi and Lemon Chermoulah Salmon Puttanesca Gnocchi with Fresh Parmesan Shavings **Salad Bar** **Green Herbs and Leaves** **House Dressings** Beetroot and Chocolate Cake with Crème Fraiche	Andong Braised Chicken Leg Wild Mushroom Chow Mein Dan Dan Noodles Mushrooms and Ginger Rice Stir Fried Greens and Fish Sauce Steamed Broccoli Pear and Blackberry Crumble with Cream	Keema Lamb & Flatbread Indian Accompaniments Chunky Vegetable and Red Lentil Dhal Wild Rice Crispy Cauliflower and Chickpeas Sugar Snap Peas Iced Ginger Shortbread	Crispy Chicken Goujons and Grilled bacon with Watercress and Homemade Ketchup Potato and Paprika Tortilla Jacket Wedges Grilled Tomato Southern fried Corn Lemon Meringue Pie and Cream	Exmouth Mussels with White Wine and Chorizo Fennel Bread Macaroni Cheese Tofu Vegetable Curry Garlic White Beans with Wilted Greens Baton Carrots Viennese Biscuits	Coq au Vin with Wild Basmati Rice Garlic and Vine Tomato Bruschetta Lyonnaise Potatoes Pan Fried Cabbage Fine Green Beans Sorbet Bar	Pork Loin with Star Anise and Orange Butternut and Rosemary Toad in the Hole ½ Jacket Potatoes Roasted Onions Charred Courgettes Raspberry Trifle



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Independent School Caterers