

Sancton Wood Senior School Menus
Week 1 Summer term

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|---|---|---|---|---|
| Mid Morning Snack | FRESH WHOLE FRUIT AND FRESHLY BAKED COOKIES | FRESH WHOLE FRUIT AND FRESHLY BAKED COOKIES | FRESH WHOLE FRUIT AND FRESHLY BAKED COOKIES | FRESH WHOLE FRUIT AND FRESHLY BAKED COOKIES | FRESH WHOLE FRUIT AND FRESHLY BAKED COOKIES |
| Main Course | NOODLES STIR-FRY | CHICKEN BIRYANI | MAC AND CHEESE TOPPED WITH CRISPY BACON BITS AND CHIVES | SHEPHERD'S PIE | BATTERED FISH AND BATTERED SAUSAGES |
| Vegetarian Course | NOODLES STIR-FRY | ROASTED JACKFRUIT, CHICKPEAS AND RAISINS BIRYANI | MAC AND CHEESE TOPPED WITH SAUTED MUSHROOMS AND SPRING ONIONS | FIVE BEANS AND BABY SPINACH PIE | FETA AND HERBS STUFFED COURGETTES |
| On the side | CHINESE LEAVES | CORIANDER AND CUMIN GREEN BEANS | BROCCOLI | HONEY GLAZED CARROTS AND PARSNIPS | CHIPS CURRY SAUCE MUSHY PEAS AND GARDEN PEAS |
| | SOUP OF THE DAY AND HOMEMADE BREAD | SOUP OF THE DAY AND HOMEMADE BREAD | SOUP OF THE DAY AND HOMEMADE BREAD | SOUP OF THE DAY AND HOMEMADE BREAD | SOUP OF THE DAY AND HOMEMADE BREAD |
| | SALADS SELECTION AND JACKET POTATOES WITH BAKED BEANS | SALADS SELECTION AND JACKET POTATOES WITH BAKED BEANS | SALADS SELECTION AND JACKET POTATOES WITH BAKED BEANS | SALADS SELECTION AND JACKET POTATOES WITH BAKED BEANS | SALADS SELECTION AND JACKET POTATOES WITH BAKED BEANS |
| Dessert | RHUBARB AND APPLE CRUMBLE WITH CUSTARD | FRUIT PLATTER AND MIXED FRUIT YOGURTS | CHOCOLATE BROWNIES | FRUIT PLATTER AND MIXED FRUIT YOGURTS | LEMON DRIZZLE |

Sancton Wood Senior School Menus
Week 2 Summer term

Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | | |
|--------------------------|---|---|---|---|---|
| Mid Morning Snack | FRESH WHOLE FRUIT AND FRESHLY BAKED COOKIES | FRESH WHOLE FRUIT AND FRESHLY BAKED COOKIES | FRESH WHOLE FRUIT AND FRESHLY BAKED COOKIES | FRESH WHOLE FRUIT AND FRESHLY BAKED COOKIES | FRESH WHOLE FRUIT AND FRESHLY BAKED COOKIES |
| Main Course | TERIYAKI CHICKEN | PULLED CHINESE PORK | CHICKEN THAI CURRY | BAKED BOLOGNESE PASTA | SOUTHERN FRIED CHICKEN |
| Vegetarian Course | TERIYAKI TOFU | CHILLI AN GARLIC TEMPEH | VEGETABLES THAI CURRY | BAKED AUBERGINE AND RICOTTA PASTA | SOUTHERN FRIED AUBERGINE |
| On the side | BASMATI RICE AND GREEN BEANS | CHINESE SPICES NOODLES AND STEAMED BROCCOLI | COCONUT AND LEMONGRASS STICKY RICE | PARSLEY CAULIFLOWERS | CHIPS AND PEAS |
| | SOUP OF THE DAY AND HOMEMADE BREAD | SOUP OF THE DAY AND HOMEMADE BREAD | SOUP OF THE DAY AND HOMEMADE BREAD | SOUP OF THE DAY AND HOMEMADE BREAD | SOUP OF THE DAY AND HOMEMADE BREAD |
| | SALADS SELECTION AND JACKET POTATOES WITH BAKED BEANS | SALADS SELECTION AND JACKET POTATOES WITH BAKED BEANS | SALADS SELECTION AND JACKET POTATOES WITH BAKED BEANS | SALADS SELECTION AND JACKET POTATOES WITH BAKED BEANS | SALADS SELECTION AND JACKET POTATOES WITH BAKED BEANS |
| Dessert | APPLE PIE SERVED WITH CREAM | FRUIT PLATTER AND MIXED FRUIT YOGURTS | SUMMER TRIFLE | FRUIT PLATTER AND MIXED FRUIT YOGURTS | PINEAPPLE UPSIDE DOWN CAKE |

Sancton Wood Senior School Menus
Week 3 Summer term

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|---|---|---|---|---|
| Mid Morning Snack | Fresh whole fruit Freshly baked butter biscuit | Fresh whole fruit Freshly baked butter biscuit | Fresh whole fruit Freshly baked butter biscuit | Fresh whole fruit Freshly baked butter biscuit | Fresh whole fruit Freshly baked butter biscuit |
| Main Course | BUTTER CHICKEN | SAUSAGE AND MASH | SINGAPORE FRIED RICE WITH TOFU | BBQ CHICKEN | BATTERED FISH AND BATTERED SAUSAGES |
| Vegetarian Course | | CURRIED EGGPLANT | OYSTER MUSHROOM SAUSAGES | SINGAPORE FRIED RICE WITH TOFU | BBQ BUTTERNUT SQUASH |
| On the side | STEAMED BASMATI RICE LEMON AND CORIANDER CAULIFLOWERS | RED ONION GRAVY PEAS | BROCCOLI | CAJUN WEDGES AND SWEET CORN | CHIPS CURRY SAUCE MUSHY PEAS AND GARDEN PEAS |
| | SOUP OF THE DAY AND HOMEMADE BREAD | SOUP OF THE DAY AND HOMEMADE BREAD | SOUP OF THE DAY AND HOMEMADE BREAD | SOUP OF THE DAY AND HOMEMADE BREAD | SOUP OF THE DAY AND HOMEMADE BREAD |
| | SALADS SELECTION AND JACKET POTATOES WITH BAKED BEANS | SALADS SELECTION AND JACKET POTATOES WITH BAKED BEANS | SALADS SELECTION AND JACKET POTATOES WITH BAKED BEANS | SALADS SELECTION AND JACKET POTATOES WITH BAKED BEANS | SALADS SELECTION AND JACKET POTATOES WITH BAKED BEANS |
| Dessert | CHOCOLATE AND APRICOT JAM CAKE | FRUIT PLATTER AND MIXED FRUIT YOGURTS | BANOFFEE CAKE | FRUIT PLATTER AND MIXED FRUIT YOGURTS | CARROT CAKE |