

2023 TRINITY TERM MENU WEEK 1

MEAL	ITEM	PORTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST Cereal	40g	Cornflakes	Choco Pops	Branflakes	Cerevita	Muesli	Variety of cereal	Variety of cereal
	Milk Sugar Egg Protein Bread Margarine Preserves Milk Sugar Beverage	125ml 10g 1 50g 3 slices 10g 20g 30ml 10g	Milk Sugar Fried Egg Savoury Mince Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Mushroom Omelette	Milk Sugar Pork sausages Baked Beans Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Veg sausage & beans	Milk Sugar Scrambled eggs Fried Liver Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Egg & mushroom	Milk Sugar Minute steak Mushroom, Lyonnaise Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Egg, cheese and lyon	Milk Sugar Fried Egg Bacon Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Egg muffin cups	Milk Sugar French toast Cheese & m/syrup Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage	Milk Sugar Beef sausage Baked beans Bread/toast Margarine Milk Sugar Hot Beverage Veg sausage & beans
AM TEA	TEA Bread Filling Margarine Milk Sugar Beverage	2 each 25g 10g 30ml 10g 30ml	Tea Scones	Mixed sandwiches Cheese & tomato Margarine	Mini Pies	Sandwiches Ham & polony toasted	Mini pizza	Muffins	Cheese on toast
			Cordial	Cordial	Cordial	Cordial	Cordial	Cordial	Cordial
LUNCH	LUNCH Protein Starch Veg/Salad Dessert/Starter Cordial	160g 100g 60g	Beef Stew Rice Mixed Veg Cake & Custard Cordial	Roast Sweet Chilli Chicken Spiced Fries Garden Salad Soup with Croutons Cordial	Beef steaks Fusili with onion and mushroom Broccoli & apple salad Yoghurt Cordial	Glazed Thighs Potato Wedges Cucumber & Tomato Chocolate slice Cordial	Fish Fillet (tartar sauce) Rice Beetroot salad Soup with Croutons Cordial	Beef Wellington Pasta Salad Carrot & pineapple salad Poorman's pudding Cordial	Arundel Fried Chicken Chips French Salad Fruit salad & cream Cordial
PM TEA	TEA Baked Item Cordial	1 30ml Beverage	Iced muffin Cordial Tea/Coffee	Queen cake Cordial Tea/Coffee	Marmalade Tarts Cordial Tea/Coffee	Doughnut Cordial Tea/Coffee	Chelsea bun Cordial Tea/Coffee	Fruit mince pie Cordial	Melting moments Cordial
DINNER	DINNER Protein Starch Vegetable 1 Vegetable 2 Cordial Fruit	160g 100g 30g 30g 30ml	Pork Chops Parsley potato with mushroom sauce topping Coleslaw Salad Juice/Hot Beverage Pineapple cream cake	Beef stirfry Savoury pasta Mixed Veg Juice/Hot Beverage Malva pudding & custard	Chicken Kiev Rice Mixed Veg Juice/hot Beverage Fruit	Macaroni Cheese Deluxe Butternut & Peas Juice/Hot Beverage Cake slice	Pork Ribs Chips Coleslaw Juice/Hot Beverage Milk Tart	Grilled marinated chicken Saute savoury potatoes Garden salad Juice/Hot Beverage Mousse	Pork Stirfry Rice Mixed Veg Juice/Hot Beverage Supervisor's Choice
	Snack Beverage	Vegetarian lunch Vegetarian dinner	Ratatouille Veg steak	Vegan Popsticks Vegan sausages	Veg stir-fry Vegan balls	Veg kebabs Veg pizza	Vegan Seitan strips Veg fritters	Veg meatballs Cheese potatoes	Vegetarian drumsticks Spiced soya mince

2023 TRINITY TERM MENU WEEK 2

MEAL	ITEM	PORTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST Cereal	40g	Branflakes	Cerevita	Cornflakes	Rice Krispies	Oatmeal Porridge	Variety of cereal	Variety of cereal
	Milk Sugar Egg Protein Bread Margarine Preserves Milk Sugar Beverage	125ml 10g 1 50g 3 slices 10g 20g 30ml 10g	Milk Sugar Poached Egg Pork sausage Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage	Milk Sugar Savoury baked beans Mushroom, chicken strips Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage	Milk Sugar Scrambled eggs Beef meatballs Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage	Milk Sugar Minute steak Savoury baked beans Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage	Milk Sugar Fried Egg Bacon, tomato Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage	Milk Sugar Butter beans in sauce Countrystyle Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage	Milk Sugar French toast/ pancake Cheese and m/syrup Bread/toast Margarine Milk Sugar Hot Beverage
AM TEA	TEA Bread Filling Margarine Milk Sugar Beverage	2 each 25g 10g 30ml 10g 30ml	Blueberry muffins Juice/Hot Beverage	Mixed sandwiches jam & peanut butter Juice/Hot Beverage	Tea Scones Juice/Hot Beverage	Mini pizza Juice/Hot Beverage	Toasted sandwiches Juice/Hot Beverage	Muffins Juice/Hot Beverage	Mini pies Juice/Hot Beverages
	LUNCH	Protein Starch Veg/Salad Dessert/Starter Cordial	160g 100g 60g	Macaroni cheese deluxe Cucumber & tomato salad Fruit Cordial	Grilled Chicken Thighs Chips Garden Salad Chocolate cupcake Cordial	Beef stew Savoury Rice Mixed Veg Apple crumble & custard Cordial	Arundel Fried Chicken Roast Spiced Potatoes French Salad Yoghurt Cordial	Fish Stirfry Rice Beetroot salad Eclair Cordial	Pork Chop Potato Wedges 3-bean salad Malva pudding Cordial
PM TEA	TEA Baked Item Cordial	1 30ml Beverage	Plain buns Cordial Tea/Coffee	Doughnuts Cordial Tea/Coffee	Cupcakes Cordial Tea/Coffee	Chelsea buns Cordial Tea/Coffee	Fudge Cordial Tea/Coffee	Fruit mince pie Cordial	Variety of biscuits Cordial
DINNER	DINNER Protein Starch Vegetable 1 Vegetable 2 Cordial Fruit	160g 100g 30g 30g 30ml	Chicken stew Fried Rice Spinach Juice/Hot Beverage Soup with croutons	Beef & Chicken kebab Savoury pasta Mixed Veg Juice/Hot Beverage Milk Tart	Countrystyle or Pork sausage Chips Coleslaw Juice/hot Beverage Fruit	Grilled steak Rice Available veg Juice/Hot Beverage Chocolate iced cake	Spaghetti Bolognese Garden salad Juice/Hot Beverage Fruit basket	Sweet chilli chicken Savoury rice Mixed Veg Juice/Hot Beverage Yoghurt	Beef Steak Chips Broccoli Salad Juice/Hot Beverage Trifle
	Snack Beverage	Vegetarian lunch Vegetarian dinner	Macaroni veg & cheese Veg casserole	Vegan half-moonss Veg kebabs	Mushroom stroganoff Veg lasagna	Veg pizza Veg schnitzel	Veg enchilada Veg bolognese	Bean curry Pop sticks	Veg springroll

2023 TRINITY TERM MENU WEEK 3

MEAL	ITEM	PORTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST Cereal	40g	Muesli	Cornflakes	Cerevita	Instant porridge or Oatmeal	Choco Pops	Variety of cereal	Variety of cereal
	Milk	125ml	Yoghurt		Milk		Milk	Milk	Milk
BREAKFAST	Sugar	10g	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar
	Egg	1	Fried Egg	Baked beans	Chicken Strips	Savoury mince	Fried Egg	Minute steak	Mushroom Omelette
	Protein	50g	Pork sausage, tomato	Beef meatballs	Mushroom & Lyonnaise	Baked beans	Bacon, tomato	Grilled tomato, onion rings	Pork fillet
	Bread	3 slices	Bread/Toast	Bread/Toast	Bread/Toast	Bread/Toast	Bread/Toast	Bread/Toast	Bread/toast
	Margarine	10g	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
	Preserves	20g	Jam/Marmalade	Jam/Marmalade	Jam/Marmalade	Jam/Marmalade	Jam/Marmalade	Jam/Marmalade	Milk
	Milk	30ml	Milk	Milk	Milk	Milk	Milk	Milk	Sugar
	Sugar	10g	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Hot Beverage
	Beverage		Hot Beverage	Hot Beverage	Hot Beverage	Hot Beverage	Hot Beverage	Hot Beverage	Mushroom & beans
				Mushroom omelette	Veg sausage & beans	Beans & egg/ Veg balls	Lyonnaise & egg	Egg muffin cups	Vegan burger patties
AM TEA	TEA								
	Bread	2 each	Mini pizza	Sandwiches	Tea Scones	Toasted sandwiches	Mini pies	Muffins	Cake slice
AM TEA	Filling	25g		Ham & cheese		Polony & tomato			
	Margarine	10g							
AM TEA	Milk	30ml	Juice/Hot Beverage	Juice/Hot Beverage	Juice/Hot Beverage	Juice/Hot Beverage	Juice/Hot Beverage	Juice	Juice
	Sugar	10g							
AM TEA	Beverage	30ml							
LUNCH	LUNCH								
	Protein	160g	Beef stew	Honey glazed Chicken	Macaroni cheese deluxe	Arundel Fried Chicken	Grilled hake	Bacon burger	Beef steak, pepper & mushroom sauce
LUNCH	Starch	100g	Savoury Rice	Chips		Roast Potatoes	Saute potatoes	Chips	Roast potatoes
	Veg/Salad	60g	Mixed Veg	2-bean Salad	Garden salad	Garden Salad	Broccoli salad	French salad	Coleslaw salad
	Dessert/Starter		Cake & custard	Eclair	Yoghurt	Apple crumble & custard	Soup with croutons	Fruit	Fruit instant Pudding
	Cordial		Juice	Juice	Juice	Juice	Juice	Juice	Juice
PM TEA	TEA								
	Baked Item	1	Cream doughnut	Chocolate cake slice	Melting moments	Chelsea buns	Carrot Cake	Cream buns	Fudge
PM TEA	Cordial	30ml	Cordial	Cordial	Cordial	Cordial	Cordial	Cordial	Cordial
	Beverage		Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
DINNER	DINNER								
	Protein	160g	Pork chop	Oxtail	Pork ribs	Beef stirfry	Chicken Kiev	Spaghetti bolognese	Crumbed chicken breast
DINNER	Starch	100g	Wedges	Rice	Parsley potatoes	Rice	Fusili Pasta	Fries	Fries
	Vegetable 1	30g		Mixed Veg	Butternut & Peas	Mixed veg	Gemsquash, peas	Available Salad	Available Salad
	Vegetable 2	30g	Garden salad						
	Cordial	30ml	Juice/Hot Beverage	Juice/Hot Beverage	Juice/Hot Beverage	Juice/Hot Beverage	Juice/Hot Beverage	Juice/Hot Beverage	Juice/Hot Beverage
	Fruit		Soup with croutons	Milk Tart	Cake slice	Fruit	Fruity yoghurt	Apple strudel & cream	Choc tart
DINNER	Snack		Veg burger	Veg pizza	Veg quesadilla	Veg nuggets	Veg meatballs	Veg drumsticks	
	Beverage		Veg fritters	Veg curry	Veg pizza	Veg sausage	Cheese potato	Bean stew	

2023 TRINITY TERM MENU WEEK 4

MEAL	ITEM	PORTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST Cereal Milk Sugar Egg Protein Bread Margarine Preserves Milk Sugar Beverage	40g 125ml 10g 1 50g 3 slices 10g 20g 30ml 10g	Cornflakes Milk Sugar Fried Egg Liver with fried onion Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Mushroom omelette	Muesli Yoghurt Milk Sugar Baked beans Pork sausage Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Veg sausage & beans	Cerevita Milk Sugar Scrambled Egg Mince Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Egg & mushroom	Branflakes Milk Sugar Minute steak Mushroom & Lyonnaise Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Egg, cheese & Lyon	Assorted Cereals Milk Sugar Continental Breakfast Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Continental Breakfast	Variety of cereal Milk Sugar French Toast Cheese & m/syrup Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage	Variety of cereal Milk Sugar Chicken meatballs Poached egg, baked beans Bread/toast Margarine Milk Sugar Hot Beverage Veg sausage & beans
AM TEA	TEA Bread Filling Margarine Milk Sugar Beverage	2 each 25g 10g 30ml 10g 30ml	Tea scones Cordial/Hot Beverage	Mixed Sandwiches Cheese, polony, tomato Cordial/Hot Beverage	Mini pies Cordial/Hot Beverage	Fruit muffins Cordial/Hot Beverage	Mini pizza Cordial/Hot Beverage	Toasted sandwiches Cordial/Hot Beverage	Pastry snacks Cordial/Hot Beverage
LUNCH	LUNCH Protein Starch Veg/Salad Dessert/Starter Cordial	160g 100g 60g	Chicken casserole Rice Mixed Veg Apple crumble & custard Cordial	Beef stew Fusili Pasta Butternut & peas Yoghurt Cordial	BBQ Roast Chicken Potato Wedge Mixed Veg Fruit Cordial	Beef burger Chips Lettuce, tomato Soup with croutons Cordial	Fish Fillet Wedges Green Salad Eclair Cordial	Minute Steak Fusili Pasta Mixed Veg Trifle Cordial	Mixed grill (drumsticks, steak) Chips French salad Instant Pudding Cordial
PM TEA	TEA Baked Item Cordial	1 30ml Beverage	Chelsea without Fruit Cordial Tea/Coffee	Fudge Cordial Tea/Coffee	Chocolate muffin Cordial Tea/Coffee	Doughnut Cordial Tea/Coffee	Biscuits Cordial Tea/Coffee	Cream buns Cordial	Cake slice Cordial
DINNER	DINNER Protein Starch Vegetable 1 Vegetable 2 Cordial Fruit	160g 100g 30g 30g 30ml	Pork ribs Wedges Available salad Juice/Hot Beverage Fruit	Chicken Kiev Fried Rice Mixed Veg Juice/Hot Beverage Malva pudding & custard	Macaroni cheese deluxe Broccoli salad Juice/Hot Beverage Fruit Cake slice	Chicken stirfry Rice Mixed veg Juice/Hot Beverage Fruit Jelly	Oxtail Rice Available veg Juice/Hot Beverage Milk tart	Pork chop Roast potato Coleslaw Juice/Hot Beverage Mousse	Roast chicken Savoury Rice Mixed veg Juice/Hot Beverage Supervisor's Choice
	Snack Beverage	Vegetarian lunch Vegetarian dinner	Ratatouille Veg lasagna	Veg pop sticks Vegan sausage	Veg stirfry Vegan balls	Veg kebabs Veg Pizza	Veg seitan strips Veg fritters	Veg meatballs Cheese potato	Vegetarian drumsticks Seitan strips