

## 2024 TRINITY TERM MENU WEEK 1

MEAL	ITEM	PORTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST Cereal	40g	Cornflakes/ Branflakes	Choco Pops/Rice Krispies	Cerevita/ Any other	Oats porridge	Muesli	Variety of Cereals	Variety of Cereals
	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 & Mushroom Bread/Toast Margarine Jam/ Marmalade Milk Sugar Hot beverage Veg sausage and beans	Milk Sugar Scrambled egg Fried Liver Bread/Toast Margarine Jam/ Marmalade Milk Sugar Hot beverage Egg and mushroom	Milk Sugar Minute steak Baked beans, Lyonnaise Bread/Toast Margarine Jam/ Marmalade Milk Sugar Hot beverage Egg, cheese and Lyon	Milk Sugar Bacon & Fried egg Tomato Slice Bread/Toast Margarine Jam/ Marmalade Milk Sugar Hot beverage Egg muffin cups	Milk Sugar French toast Cheese and m/ syrup Bread/Toast Margarine Jam/ Marmalade Milk Sugar Hot beverage	Milk Sugar Pork fillet Omelette, beef sausage Baked Beans Bread/Toast Margarine Jam/ Marmalade Milk Sugar Hot beverage Veg sausage and beans
AM TEA	TEA Bread Filling Margarine Milk Sugar Beverage	2 each 25g 10g 30ml 10g 30ml	Tea scones With cream  Cordial	Mixed Sandwiches Cheese & Tomato Margarine  Cordial	Mini pies  Cordial	Sandwiches Ham & Polony Toasted  Cordial	Mini pizza  Cordial	Quiche or cheese croissants  Cordial	Any savoury  Cordial
	LUNCH Protein Starch Veg/Salad Dessert/Starter Cordial	160g 100g 60g	Beef Stew Rice Mixed veg Cake & Custard Chutney Cordial	Roast Sweet Chilli Chicken Spiced Fries Garden Salad Soup with croutons T/Sauce & sweet chilli Cordial	Beef Steaks Savoury Rice Broccoli & Apple Salad Yoghurt Chutney Cordial	Glazed Chicken Thighs Potato Wedges Cucumber & Tomato Chocolate Cake Slice T/Sauce & Sweet Chilli Cordial	Fish Fillet (tartar sauce) Rice Beetroot salad Soup with Croutons Chutney Cordial	Beef Wellington Pasta Salad Carrot & Pineapple Salad Poorman's Pudding Chutney & Sweet chilli Cordial	Arundel Fried Chicken Fries French Salad Fruit Salad & Cream T/Sauce & Sweet Chilli Cordial
PM TEA	TEA Baked Item Cordial	1 30ml Beverage	Iced Muffin Cordial Tea/Coffee	Doughnut Cordial Tea/Coffee	Marmalade Tart Cordial Tea/Coffee	Queen cake 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 Chop Parsley Potato with Mushroom Sauce Coleslaw Salad T/Sauce & Chutney Juice/Hot Beverage Pineapple Cream Cake	Macaroni Cheese Deluxe  Butternut & Peas  T/Sauce & Sweet Chilli Juice/Hot Beverage Malva Pudding & Custard	Chicken Kiev Parsley Potatoes with Pepper Coleslaw  Chutney & Mustard Juice/Hot Beverage Fruit	Beef Stirfry Rice  Sweet chilli & Chutney Juice/Hot Beverage Milk Tart	Pork Rib Fries Different Salads  Sweet Chilli & Chutney Juice/Hot Beverage Cake Slice	Grilled marinated chicken Saute Savoury Potatoes Garden Salad  Chutney & Sweet Chilli Juice/Hot Beverage Mousse	Pork Stirfry Rice Mixed Veg  T/Sauce & Sweet Chilli Juice/Hot Beverage Supervisors choice
	Snack Beverage	Vegetarian lunch Vegetarian dinner	Ratatouille( Spiced mixed Veg)  Veg Steak	Vegan Pop Sticks  Vegan Sausages	Veg Fritters  Vegan Balls	Veg Kebabs  Veg Stirfry	Vegan Seitan strips  Veg Fritters	Veg meatballs  Cheese potato	Vegetarian drumsticks  Spiced Soya Mince

## 2024 TRINITY TERM MENU WEEK 2

MEAL	ITEM	PORTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST Cereal	40g	Cerevita & Any Other	Otees/Rice Krispies	Cornflakes/Branflakes	Granola & Any Other	Oatmeal Porridge	Variety of Cereals	Variety of Cereals
	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 Egg 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 Slice Bread/Toast Margarine Jam/ Marmalade Milk Sugar Hot beverage	Milk Sugar French toast Butter Beans in Sauce Country Style Bread/Toast Margarine Jam/ Marmalade Milk Sugar Hot beverage	Milk Sugar French Toast/Pancake Cheese & M/Syrup  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 & Butter  Juice/Hot Beverage	Tea Scones with Jam or Cream  Juice/Hot Beverage	Mini pizza  Juice/Hot Beverage	Frittata  Juice/Hot Beverage	Savoury Snack  Juice/Hot Beverage	Mini Pie  Juice/Hot Beverage
	LUNCH	Protein Starch Veg/Salad Dessert/Starter Cordial	160g 100g 60g	Macaroni Cheese Deluxe (extra cream cheese) Cucumber & Tomato Salad Fruit Chutney Cordial	Grilled Chicken Thighs Savoury Rice Mixed Veg & Salad Chocolate Cupcake Chutney & Mustard Cordial	Hot Dog Fries Garden Salad Cheese Cake T/Sauce & Mustard Cordial	Arundel Fried Chicken Roast, Spiced Potatoes Three Bean Salad Yoghurt T/Sauce & Sweet Chilli Cordial	Grilled Fish Fries Beetroot Salad Eclair T/Sauce & Sweet Chilli Cordial	Pork Chop Yellow Rice Mixed Veg Malva Pudding Chutney & Mustard Cordial
PM TEA	TEA Baked Item Cordial	1 30ml Beverage	Plain Buns Cordial Tea/Coffee	Doughnut 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 Chutney & Mustard Juice/Hot Beverage Soup with Croutons	Beef & Chicken Kebab Potato Wedges Coleslaw T/Sauce & Sweet Chilli Juice/Hot Beverage Milk Tart	Spaghetti Bolognese Mashed Butternut  Chutney Juice/Hot Beverage Fruit	Grilled Steak Savoury Pasta Mixed Veg Chutney & Mustard Juice/Hot Beverage Chocolate Iced Cake	Beef Stew, Dumplings Rice Garden Salad Chutney Juice/Hot Beverage Fruit Basket	Sweet Chilli Chicken Fries Broccoli Salad T/Sauce & Sweet Chilli Juice/Hot Beverage Youghurt	Roast Rump (Pepper Sauce) Savoury Rice Spinach Chutney Juice/Hot Beverage Trifle
	Snack Beverage	Vegetarian lunch Vegetarian dinner	Macaroni Veg & Cheese  Veg Casserole	Vegan Half Moons  Vegan Kebabs	Mushroom Stroganoff  Vegan Lasagna	Veg Pizza  Schnitzel	Veg Enchilada  Veg Bolognese	Bean Curry  Pop Sticks	Veg Spring Roll

## 2024 TRINITY TERM MENU WEEK 3

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	Muesli/Branflakes Yoghurt Milk Sugar Fried Egg Pork Sausage, Tomato Bread/Toast Margarine Jam/ Marmalade Milk Sugar Hot beverage Mushroom Omelette	Cornflakes & any other  Milk Sugar Baked Beans Beef Meatballs Bread/Toast Margarine Jam/ Marmalade Milk Sugar Hot beverage Veg sausage and beans	Cerevita/Otees  Milk Sugar Chicken Strips Mushroom & Lyonnaise Bread/Toast Margarine Jam/ Marmalade Milk Sugar Hot beverage Beans & Egg/ Vegan Balls	Oatmeal Porridge  Milk Sugar Fried Liver, Srambled Egg Baked Beans Bread/Toast Margarine Jam/ Marmalade Milk Sugar Hot beverage Lyonnaise & Egg	Choco Pops/ Rice Krispies  Milk Sugar Fried egg Bacon, Mushroom Bread/Toast Margarine Jam/ Marmalade Milk Sugar Hot beverage Egg Muffin Cups	Variety of Cereals  Milk Sugar Minute Steak Grilled Tomato, Onion Rings Bread/Toast Margarine Jam/ Marmalade Milk Sugar Hot beverage Vegan Burger Pattie	Variety of Cereals  Milk Sugar Omelette Pork Fillet Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot beverage Mushroom & Beans
AM TEA	TEA Bread Filling Margarine Milk Sugar Beverage	2 each 25g 10g 30ml 10g 30ml	Mini Pizza   Juice Tea/Coffee	Sandwiches Ham & Cheese   Juice Tea/Coffee	Tea Scones   Juice Tea/Coffee	Toasted Sandwiches Polony & Tomato   Juice Tea/ Coffee	Mini Pies   Juice Tea/Coffee	Quiche Slice   Juice Tea/ Coffee	Cheese on Toast   Juice Tea/Coffee
LUNCH	LUNCH Protein Starch Veg/Salad Dessert/Starter Cordial	160g 100g 60g	Beef Stirfry Savoury Rice Mixed Veg Cake & Custard Chutney & Mustard Juice	Honey Glazed Chicken Fries Two Bean Salad Eclair T/Sauce & Sweet Chilli Juice	Macaroni Cheese Deluxe  Garden Salad Yoghurt Chutney Juice	Arundel Fried Chicken Roast Potatoes Garden Salad Apple Crumble & Custard T/Sauce & Sweet Chilli Juice	Grilled Hake Saute Potato Broccoli Salad Soup with Croutons T/Sauce Juice	Bacon Burger Fries French Salad Fruit T/Sauce & Sweet Chilli Juice	Beef Steaks, Pepper & Mushroom Sauce Roast Potato, Coleslaw Salad Fruit Instant Pudding T/Sauce & Sweet Chilli Juice
PM TEA	TEA Baked Item Cordial	1 30ml Beverage	Cream Doughnut Cordial Tea/Coffee	Chocolate Cake Slice  Tea/Coffee	Chelsea Bun Cordial Tea/Coffee	Melting Moments Cordial Tea/Coffee	Carrot Cake Cordial Tea/Coffee	Cream Buns Cordial	Fudge Cordial
DINNER	DINNER Protein Starch Vegetable 1 Vegetable 2 Cordial Fruit	160g 100g 30g 30g 30ml	Pork Rib Potato Wedges, Peppers Garden Salad T/Sauce & Sweet Chilli Juice/Hot Beverage Soup with Croutons	Oxtail Rice\Mixed Veg  Chutney & Mustard Juice/Hot Beverage Milk Tart	Sweet & Sour Pork Chop Parsley Potato Butternut & Peas T/Sauce & Sweet Chilli Juice/Hot Beverage Cake Slice	Beef Stirfry Rice Mixed Veg Chutney Juice/Hot Beverage Fruit	Chicken Kiev Fusili Pasta Gem Squash, Peas T/Sauce, Mustard Juice/Hot Beverage Fruity Yoghurt	Spaghetti Bolognese Feta, Cucumber & Tomato Salad Chutney Juice/Hot Beverage Apple Strudel & Cream	Crumbed Chicken Breast Fries Available Salad T/Sauce & Sweet Chilli Juice/Hot Beverage Choc Tart
	Snack Beverage	Vegetarian lunch Vegetarian dinner	Veg Stirfry  Veg Lasagna	Veg Burger  Veg Fritters	Veg Pizza  Veg Curry	Veg Quesadilla  Veg Pizza	Veg Nuggets  Veg Sausage	Veg Meatballs  Cheese Potato	Veg Drumsticks  Bean Stew



## 2024 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	Cerevita & Any Other Yoghurt Milk Sugar Fried Egg Liver with Fried Onion Bread/Toast Margarine Jam/ Marmalade Milk Sugar Hot beverage Mushroom Omelette	Otees/Rice Krispies Yoghurt Milk Sugar Pork Sausage Baked Beans Bread/Toast Margarine Jam/ Marmalade Milk Sugar Hot beverage Veg sausage and beans	Cornflakes/Branflakes Milk Sugar Scrambled Eggs Mince & Kidneys Bread/Toast Margarine Jam/ Marmalade Milk Sugar Hot beverage Egg & Mushroom	Granola & Any Other Milk Sugar Minute Steak Mushroom, Lyonnaise Bread/Toast Margarine Jam/ Marmalade Milk Sugar Hot beverage Egg, cheese & Lyon	Oatmeal Porridge Milk Sugar Bacon, Poached Egg Baked Beans Bread/Toast Margarine Jam/ Marmalade Milk Sugar Hot beverage Continental Breakfast	Variety of Cereals Milk Sugar Pancakes, Sausage Cheese & maple syrup Bread/Toast Margarine Jam/ Marmalade Milk Sugar Hot beverage	Variety of Cereals Milk Sugar Chicken Meatballs Fried Egg, Baked Beans Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot beverage Veg Sausage & Beans
AM TEA	TEA Bread Filling Margarine Milk Sugar Beverage	2 each 25g 10g 30ml 10g 30ml	Mixed Sandwiches Cheese, Polony, Tomato  Cordial/Hot Beverage	Scone with Cream  Cordial/Hot Beverage	Mini Pies  Cordial/Hot Beverage	Mini Pizza  Cordial/Hot Beverage	Cheese Croissant  Cordial/Hot Beverage	Toasted Sandwiches  Cordial/Hot Beverage	Any Savoury Snack  Cordial/Hot Beverage
LUNCH	LUNCH Protein Starch Veg/Salad Dessert/Starter Cordial	160g 100g 60g	Chicken Curry Rice Mixed Veg Cake & Custard Chutney & Mustard Cordial	Beef Stew Fusili Pasta Butternut & Peas Yoghurt Chutney & Mustard Cordial	BBQ Roast Chicken Potato Wedge Mixed Veg Fruit T/Sauce & Sweet Chilli Cordial	Beef Burger Fries Lettuce, Tomato Salad Soup with Croutons T/Sauce & Sweet Chilli Cordial	Fish Fillet (tartar sauce) Spiced, dusted Wedges Green Salad Eclair T/Sauce & Sweet Chilli Cordial	Minute Steak Fusili Pasta Mixed Veg Trifle Chutney & Mustard Cordial	Drumstick, Small Steak (mixed grill) Fries 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 Rib Potato Wedges Available Salad T/Sauce & Sweet Chilli Juice/Hot Beverage Fruit	Chicken Kiev Fried Rice Mixed Vegetables Chutney & Mustard Juice/Hot Beverage Malva Pudding & Custard	Macaroni Cheese Deluxe  Broccoli Salad Chutney & Mustard Juice/Hot Beverage Fruit Cake Slice	Chicken Stirfry Rice Mixed Veg Chutney & Mustard Juice/Hot Beverage Apple Crumble & Custard	Oxtail Rice Available Veg Mustard & Chutney Juice/Hot Beverage Milk Tart	Pork Chop Roast Potato Coleslaw Salad T/Sauce & Sweet Chilli Juice/Hot Beverage Mousse	Roast Chicken Savoury Rice Mixed Vegetables Chutney & Mustard Juice/Hot Beverage Supervisor's Choice
	Snack Beverage	Vegetarian lunch Vegetarian dinner	Ratatouille (spiced mixed Veg)  Veg Lasagna	Vegan Pop Sticks  Veg Sausages	Veg Stirfry  Vegan Balls	Veg Kebabs  Veg Pizza	Vegan Seitan Strips  Veg Fritters	Veg Meatballs  Cheese Potato	Veg Drumsticks  Seitan Strips