BREAKFAST WEEK 2

Michalmas Term - Week 2		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hydration		Selection of fresh fruit juices selection of teas and coffee with dairy milk, coconut, soya and oat milk, mineral and sparkling water						
Shrewsbury School	**Smoothie Sips and Juices**	Apple Juice	Orange Juice	Berry, Kale and Yoghurt Smoothie	Apple Juice	Orange Juice	Strawberry and Lime Smoothie	**Brunch**
	Porridge Bar	Hearty milky oat porridge, selection of dried fruits to include sultanas, dates, banana chips, shaved coconut, cranberries, cinnamon sugar, assorted seeds and chia seeds, flavoured sugars and syrups						Fried Eggs Scrambled Eggs Grilled Bacon Cumberland Sausages Quorn Sausages Plum Tomato Sauteed Mushrooms Hash Browns Baked Beans Black Pudding Pain Au Chocolate Croissants Whole Fruit House Yoghurt Berry Coulis
	Cereal Bar	Selection of standard and gluten free cereals to include granola, cornflakes, coco pops, branflakes, weetabix and rice krispies with dairy milk, dairy free soya milk and oat milk						
	Toast Bar	Selection of sliced and artisan breads, bagel or crumpets, butter and plant spreads, fruit jams, marmalade, honey and marmite						
Breakfast	**Kitchen favourites**	Lincolnshire Sausages, Soft Boiled Eggs Baked Beans Grilled Tomato Roasted Parmentier Potatoes	Shrewsbury 'Mc' Muffin Sausage Patties Fried Eggs Hash Brown Baked Beans Veggie 'Mc' Muffins	French Toast Crispy Bacon Fried Eggs Maple Syrup Honey Berry Compot Cinnamon Sugar	Lincolnshire Sausages, Scrambled Eggs Baked Beans Sauteed Button Mushrooms Warm Petit Pains	Ham & Cheese Croissants Cheese Croissants Fried Eggs Baked Beans Flat Mushrooms	Grilled Bacon Floured Baps Sunnyside Eggs Vegan Bacon Baps Baked Beans Yoghurt and Granola	
	Build your own yoghurt bar	Probiotic natural yoghurt with fresh berries, fruit compotes and a selection of toppings to include granola, dried fruits and honey						
	Fresh cut fruit and whole fruits	Selection of cut fruits to include pineapple, honeydew and watermelon. Hand picked apples, oranges and bananas.						

LUNCH WEEK 2

Michalmas Term - Week 2		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Soup Of The Day With Fresh Baked Bread	**Tomato Soup** **Crusty Baguettes & Focaccia Of The Day**	**Mushroom & Tarragon Soup** **Crusty Baguettes & Focaccia Of The Day**	**Curried Cauliflower** **Crusty Baguettes & Focaccia Of The Day**	**Potato & Onion Soup** **Crusty Baguettes & Focaccia Of The Day**	**Broccoli & Stilton Soup** **Crusty Baguettes & Focaccia Of The Day**	**Pea & Mint Soup** **Crusty Baguettes & Focaccia Of The Day**	**Brunch**
	Kitchen Favourites	**Beef & Ale Pie** Creamy Mash, Panache Of Vegetables, Gravy, Roasted Roots	**Shrewsbury Roast Day** Honey Glazed Gammon Lemon & Herb Roast Chicken Leg Roast Potato, Glazed Carrots, Stuffing Balls, Cauliflower Cheese, Mangetout, Gravy, Apple Sauce, Yorkshire Pudding	**Broccoli, Chicken & Bacon Pasta** Fusilli	**Beef Lasagna** Hand Cut Wedges, Sugarsnaps and Pickled Shallots, Roasted Med Veg	**Shrewsbury Fish Bar** Hand Battered Fish, Mushy Peas, Tartar Sauce, Lemon	**Crispy Honey & Garlic Pork** Sweet & Spicy Sauce, Noodles, Asian Courgettes, Asian Panache Vegetable	
	Chef Jord's Favourite	**Chicken Shawarma** Khobez Wrap, Mint Yoghurt, Baked Wedges, Tomato & Red Onion Salad		**Beef Hotpot** Sliced Potato, Roasted Vegetables, Gravy		**Shrewsbury Fish Bar** Jumbo Sausage, Curry Sauce, Triple Cooked Chips, Baked Beans	**Thai Red Curry** Rice, Mangetout, Prawn Crackers	
	Daily Allergen Meal	**Beef Pie & GF Pastry** Jelly Pots & Millionaires Shortbread	**Shrewsbury Roast** Gammon or Chicken, Roasties, Mangetout, Gravy Jelly Pots & GF Flapjack	**Chicken & GF Pasta or Beef Hotpot** Courgettes and Asian Vegetables Jelly Pots & Tiffin	**Beef Bolognaise** GF Pasta, Sugarsnaps, Roasted Med Veg Jelly Pots & Claires Jam Sponge	**GF Battered Fish or GF Sausages** Chips, Peas Jelly Pots & Soya Milk Creamy Rice Pudding	**Crispy Pork Or Thai Red Curry** Asian Courgettes and Mangetout Jelly Pots & Shortbread Biscuit	Fresh pressed Juices Fried Eggs Scrambled Eggs Grilled Bacon Cumberland Sausages Quorn Sausages Plum Tomato Sauteed Mushrooms Hash Browns Baked Beans Black Pudding Pain Au Chocolate Croissants Yoghurt Fresh Cut Fruit Strawberry Coulis
	Garden Inspired Vegeterian Or Vegan	**Eggs Florentine** Wilted Spinach, Hollandaise, Chilli Flakes	**Beetroot & Quinoa Wellington** Roast Potato, Gravy, Mangetout	**Puffed Pastry, Caramilised Red Onion & Stilton Tarts**	**Loaded Cheese and Chive Jackets (V)** Dressed Leaves and Pickles	**Battered Tofu** Chips, Curry Sauce,	**Red Pepper Gnocchi** Parmasen	
	Pasta of The Day	**Daily Changing Pasta To Include, Fusilli, Penne, Wholemeal and Macaroni**						
	Pasta Sauces	**Tomato & Basil** **Sundried Tomato Morney**	**Homemade Herby Pesto** **Spicy Tomato Sauce**	**Bacon Carbonara** **Tomato & Basil**	**Tomato & Basil** **Herby Pesto, Roasted Red Peppers**	**Tomato & Basil** **Pork & Fennel Ragu**	**Tomato & Basil** **Pesto Creamy Morney**	
	Shrewsbury Jacket Bar	**Freshly Baked Shropshire Potatos and Sweet Potatos** **Baked Beans, Crunchy Coleslaw, Cheddar Cheese & Tuna Mayonnaise**						
	Cold Dessert	**Lime Jelly** **Shrewsbury Mess, Meringue Crumb**	**Orange Jelly** **Berry Cheesecake**	**Strawberry Jelly** **Lemon Posset, Shortbread**	**Lime Jelly** **Trifle Pots**	**Orange Jelly** **Layered Chocolate Pots**	**Strawberry Jelly** **Shrewsbury Biscuits**	
	Hot Dessert	**Sticky Syrup Sponge** Vanilla Custard	**Tiramisu**	**Cinnamon Swirl** Vanilla Cream Cheese	**Fruity Portein Flapjack**	**Salted Caramel Banana Cake** Brown Sugar Custard	**Raspberry & Lemon Drizzle** Pouring Cream	
	Fresh Fruit	**Daily Sliced Fruit To Include, Watermelon, Pineapple & Honeydew**	**Daily Sliced Fruit To Include, Watermelon, Pineapple & Honeydew**	**Daily Sliced Fruit To Include, Watermelon, Pineapple & Honeydew**	**Daily Sliced Fruit To Include, Watermelon, Pineapple & Honeydew**	**Daily Sliced Fruit To Include, Watermelon, Pineapple & Honeydew**	**Daily Sliced Fruit To Include, Watermelon, Pineapple & Honeydew**	

SUPPER WEEK 2

Michalmas Term - Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SUPPER Kitchen Favourites	**Beef Ragu & Spagetti** Beef Bolognaise, Spagetti, Garlic Focaccia, Corn On The Cob	**Posh Fish Finger 'Dawg'** Battered Fish, Tartar Sauce, Crushed Peas, Salt and Pepper Wedges, Curry Mayonnaise, Pickled Cucumber	**Chinese Pork Loin Steak** Confetti Rice, Roasted Broccoli, Sweet & Sour Sauce, Steamed Pak Choi & Chinese Cabbage, **(Spring Rolls)**	**Pizza** Stonebaked Margherita or Pepperoni French Fries	**Venison Stew & Herby Dumplings** Roasted Cauliflower & Pumpkin Seeds, Boiled Potato, Chives, Savoy Cabbage	**Beef Burgers** Fries, Onion Rings, Dressed Salad, Brioche Baps	**Shrewsbury Sunday Roast** Roast Pork Loin Roast Potato, Glazed Carrots, Cauliflower Cheese, Mangetout, Gravy, Yorkshire Pudding, Apple Sauce
Daily Allergen Meal	**Beef Ragu & Spagetti** GF Spagetti, Corn On The Cob Jelly Pots & GF Shortbread	**Posh Fish Fingers 'GF Dawg'** Crushed Peas, Salt and Pepper Wedges Jelly Pots & Millionaire Shortbread	**Chinese Pork Loin Steak or Halal Chicken Leg** Rice, Broccoli, Sweet & Sour Sauce Jelly Pots & GF Vanilla Cake	**GF Pizza** Vegan Cheese, Pepperoni & Fries Jelly Pots	**Venison Stew & GF Dumplings** Roasted Cauliflower & Pumpkin Seeds, Boiled Potato, Chives, Savoy Cabbage Jelly Pots & GF Chocolate Sponge	**GF Beef Burgers** Fries, Dressed Salad, GF Baps Vegan Icecream	**Shrewsbury Roast** Roast Pork or Halal Chicken, Roasties, Mangetout, Gravy Jelly Pots & GF Tiffin
Garden Inspired Vegeterian Or Vegan	**Vegan Bolognaise** Spagetti, Garlic Focaccia, Corn On The Cob	**Vegan Battered Sausage** Soft Roll & Onion Chutney	**Chinese Glazed Quorn Fillet** Confetti Rice, Broccoli, Sweet & Sour Sauce	**Pizza** Margherita	**Vegan Mince & Herby Dumplings** Roasted Cauliflower, Boiled Potato, Savoy Cabbage	**Bean Burgers** Soft Bun, Slaw, French Fries	**Eggs Florentine** Poached Egg & Hollandaise
Pasta of The Day	**Daily Changing Pasta To Include, Fusilli, Penne, Wholemeal and Macaroni**						
Pasta Sauces	**Tomato & Basil** **Daily Changing Sauce**	**Tomato & Basil** **Daily Changing Sauce**	**Tomato & Basil** **Daily Changing Sauce**	**Tomato & Basil** **Daily Changing Sauce**	**Tomato & Basil** **Daily Changing Sauce**	**Tomato & Basil** **Daily Changing Sauce**	**Tomato & Basil** **Daily Changing Sauce**
Cold Dessert	**Assorted Jellies**	**Assorted Jellies**	**Assorted Jellies**	**Yoghurt Bar** Strawberry Coulis, Granola, Cinnamon Sugar, Banana Chips, Apple & Peach Compot	**Assorted Jellies**	**Assorted Jellies**	**Assorted Jellies**
Hot Dessert	**Cookie Pie Slice** Whipped Cream	**Jam Doughnuts**	**Chocolate Banoffee Cake** Pouring Cream		**Chocolate Sponge** Chocolate Custard	**Icecream Pots**	**Apple Crumble** Custard
Fresh Fruit	**Daily Selection Of Whole Fruit To Include Apples, Oranges & Banana**	**Daily Selection Of Whole Fruit To Include Apples, Oranges & Banana**	**Daily Selection Of Whole Fruit To Include Apples, Oranges & Banana**	**Daily Selection Of Whole Fruit To Include Apples, Oranges & Banana**	**Daily Selection Of Whole Fruit To Include Apples, Oranges & Banana**	**Daily Selection Of Whole Fruit To Include Apples, Oranges & Banana**	**Daily Selection Of Whole Fruit To Include Apples, Oranges & Banana**