BREAKFAST WEEK 3

Michalmas Term - Week 3		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						
Breakfast	**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 breads and artisan breads, bagel or crumpets, butter and plant spreads, fruit jams, marmalade and honey and marmite						
	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	American Waffles 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 3

Lunch

Michalmas Term - Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	**Salmon Tagliatelle** Broccoli, Petit Pois, Parmasan, Lemon, Crusty Bread, Mangetout	**Turkey Enchiladas** Paprika Spiced Wedges, Greenbeans	**Lamb Tagine** Giant Couscous, Flatbread	**Pork Schnitzel** Buttered New Potato, Buttered Peas, Sweetcorn, Peppercorn Sauce	**Shrewsbury Fish Bar** Hand Battered Fish, Mushy Peas, Tartar Sauce, Lemon	**Swedish Meatballs** Mashed Potato, Braised Red Cabbage & Gravy	
Chef Jord's Favourite	**Butter Chicken Curry** Rice, Poppadoms, Chota Naans, Mango Chutney, Mint Yoghurt, Roast Carrots	**Cumberland Sausage** Pomme Puree, Onion Gravy, Kale	**Chicken, Mushroom & Leek Crumble** Herby Parmentier, Sugarsnaps, Roast Cauliflower		**Shrewsbury Fish Bar** Jumbo Sausage, Curry Sauce, Triple Cooked Chips, Baked Beans	**Creamy Chicken & Chorizo Orzo** Cherry Tomato, Spinach, Roast Carrots	
Daily Allergen Meal	**Chicken Curry** Rice, Poppadoms, Green Beans Jelly Pots & Millionaire Shortbread	**GF Sausage or Halal Chicken Sausage** Mashed Potato, Onion Gravy, Kale Jelly Pot & GF Flapjack	**Lamb Tagine or Chicken Crumble GF** Parmentier, Sugarsnaps, Cauliflower Jelly Pots & Tiffin	**GF Pork Schnitzel or Chicken Schnitzel** New Potato, Green Beans & Gravy Jelly Pots & Claire Jam Sponge	**GF Battered Fish or GF Sausages** Chips, Peas Jelly Pots & Soya Milk Creamy Rice Pudding	**Creamy Chicken & Chorizo GF Pasta** Cherry Tomato, Spinach, Roast Carrots 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	**Bean Cassolet** Ratatouille Top	**Mozzarella, Beef Tomato, Pesto & Rocket Ciabatta**	**Wild Garlic, Spinach & Rocket Risotto** Petit Pois & Cherry Tomato	**Macaroni Cheese** Cauliflower & Herby Top	**Crispy Mushroom Burgers** Onion Rings, Slaw, Dressed Leaves	**Vegan Meatballs** Mashed Potato, Braised Red Cabbage	
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	**Old Skool Cake** Pink Custard	**Bread & Butter Pudding** Vanilla Custard	**Black Forest Cherry Cake** Pouring Cream	**Sticky Toffee Pudding** Chantilly	**Jaffa Cake Sponge** Chocolate Custard	**Jam & Coconut Sponge** 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 3

Michalmas Term - Week 3		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SUPPER	Kitchen Favourites	**Super JORDs House Fried Chicken** Buttermilk Chicken, Baked Beans, Gravy, Coleslaw, French Fries, Cobettes	**Braised Beef Mac & Cheese** Garlic Bread, Provancale Veg, Sweetcorn	**House Gravy Pulled Pork** Soft Baps, Stuffing, Salt & Pepper Wedges, Broccoli	**Korean Chicken Wings** Gochujang Glaze, Asian Slaw, Sesame Courgettes	**Braised Beef Chilli Nachos** Parmentier Potato, Mangetout, Charred Corn	**Chicken Korma** Rice, Naans, Mango Chutney, Mint Yoghurt, Poppadoms	**Shrewsbury Sunday Roast** Lemon & Herb Roast Chicken Leg Roast Potato, Glazed Carrots, Cauliflower Cheese, Mangetout, Gravy, Yorkshire Pudding
	Daily Allergen Meal	**GF House Fried Chicken** Baked Beans, Gravy, Coleslaw, French Fries, Cobettes Jelly Pot & GF Shortbread	**Braised Beef GF Mac & Cheese** Provancale Veg & Sweetcorn Jelly Pot & Millionaire Shortbread	**House Gravy Pulled Pork or Halal Pulled Chicken** GF Bap, Salt & Pepper Wedges, Broccoli Jelly Pot	**Korean Chicken Wings** Sweet Chilli Glaze, Asian Slaw, Courgettes Jelly Pot & Rocky Road	**Braised Beef Chilli Nachos** Parmentier Potato, Mangetout, Charred Corn Jelly Pot & Tiffin	**Chicken Korma** Rice, Mango Chutney, Poppadoms Vegan Icecream	**Shrewsbury Roast** Chicken, Roasties, Mangetout, Gravy Jelly Pots & GF Brownie
	Garden Inspired Vegeterian Or Vegan	**Breaded Quorn Misfits** French Fries, Cobettes	**Three Cheese & Pesto Tortelini** Parmasan	**Pulled BBQ Jackfruit** Soft Bap & Stuffing	**Spiced Korean Cauliflower Bites** Gochujang Glaze	**Braised Quorn Chilli Nachos**	**Chickpea & Aubergine Curry** Rice & Poppadoms	**Filled Portabello Mushroom** Goats Cheese, Peppers & Herby Crumb
	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**	**Yoghurt Bar** Strawberry Coulis, Granola, Cinimon Sugar, Banana Chips, Apple & Peach Compot	**Assorted Jellies**	**Assorted Jellies**	**Assorted Jellies**	**Assorted Jellies**
	Hot Dessert	**Peach Cobbler** Vanilla Custard	**White Chocolate & Strawberry Blondie** Pouring Cream		**Red Velvert Cake** Cream Cheese Frosting	**Mocha Cake** Coffee Icing	**Icecream Pots**	**Brownie** Pouring Cream
	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**