

Milton Abbey School

BREAKFAST MENU

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cereal Selection	Weetabix, Coco Pops, Shreddies, Alpen, Granola, Frosties, Cheerios, Gluten Free Cereal available.						Continental breakfast in House
Toasts & Spreads	Brown & White Toast with Butter, Marmite, Jam, Honey, Marmalade and Nutella. Gluten Free Toast available on request.						
Main Counter Gluten free items marked GF	Scotch pancakes & maple syrup	Grilled smoked back bacon GF	Scrambled Egg GF	Oven baked local sausages GF	Pain au chocolate	Grilled back bacon GF	
	Mini Danish pastries	Potato waffles GF	Hash browns GF	Potato waffles GF	Scotch pancakes & maple syrup	Spaghetti Hoops	
	Croissants	Baked Beans GF	Sauté mushrooms GF	Spaghetti hoops	Croissants	Potato waffles GF	
	Or simply...	Or simply...	Or simply...	Or simply...	Or simply ...	Or simply...	
	Boiled eggs Gf & toast	Boiled eggs GF & toast	Baked beans GF on toast	Boiled eggs GF & toast	Boiled eggs GF & toast	Boiled eggs GF & toast	
Yoghurts GF & Fruit GF	Selection of low fat fruit yoghurts, natural yoghurt, granola	Selection of low fat fruit yoghurts, natural yoghurt, granola	Selection of low fat fruit yoghurts, natural yoghurt, granola	Selection of low fat fruit yoghurts, natural yoghurt, granola	Selection of low fat fruit yoghurts, natural yoghurt, granola	Selection of low fat fruit yoghurts, natural yoghurt, granola	
	Grapefruit Mandarins Peaches	Sliced platter of fresh fruit	Fresh fruit salad	Grapefruit Mandarins Peaches	Fresh fruit salad	Sliced platter of fresh fruit	
Oriel Drinks Bar	English tea Fresh brew coffee Fruit Juice Water	English tea Fresh brew coffee Fruit Juice Water	English tea Fresh brew coffee Fruit Juice Water	English tea Fresh brew coffee Fruit Juice Water	English tea Fresh brew coffee Fruit Juice Water	English tea Fresh brew coffee Fruit Juice Water	
Morning Break	Sausage roll	Ring Doughnuts	Pain au Chocolat	Pizza	Sausage Roll	Cookie	

Milton Abbey School Lent Term

Week 1 Lunch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Tomato and Basil	Chunky Winter Vegetable	Leek and Potato	Butternut Squash	Carrot and Coriander	Cream of Broccoli	Sunday Brunch. Bacon Sausage Scrambled Eggs Hash Browns Tinned Tomatoes Sauté Mushroom Spaghetti Hoops Baked Beans White and Wholemeal Toast
Bread	Cheese Topped Loaf	Olive and Herb Focaccia	White bloomer	Poppy Seed Loaf	Seed Topped Tin Loaf	Baguette	
Main Course	Chicken & Vegetable Stew	Beef Milanese	Turkey and Ham Pie with Gravy	Chicken Korma served with Poppadoms and Mango Chutney	Breaded or Steamed Fish served with Lemon and Tartar Sauce	Chicken Carbonara with Garlic Bread	
Pasta Offer	Spinach Mushroom & Parmesan	Macaroni Cheese	Roast Tomato Chilli and Paprika sauce	Mushroom Carbonara Sauce	Cheese and Chive Sauce	Tomato and Herb sauce	
Vegetarian Option	Quorn & Vegetable Stew	Courgette and Mushroom Lasagna	Spinach and Feta Filo Pie	Roast Aubergine and Tomato Lentil Dhal	Vegetable Quiche	Pea and Parmesan Risotto	
Vegetables & Carbohydrate	Sauté Potatoes, Cauliflower, Broccoli	Spaghetti Roasted Peppers Onions and Rocket	Buttered New Potatoes, Sliced Carrot and Diced Swede	Rice Green Beans with Cumin and Garlic	Chips Peas Mushy Peas and Curry Sauce	Fussili Pasta Panache of Vegetables	
Jacket Potato	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	
SALAD BAR							
FRESH FRUIT PLATTER AVAILABLE DAILY							

Milton Abbey School Lent Term

Week 1 Supper

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main Course	Pork and Apple Sausages with Onion Gravy	Honey and Soy Glazed Fish or Hoisin Pork	Chicken Burger in a Brioche Bun	Roast Pork Loin with Apple Gravy & Stuffing	Chilli Con Carni with Nachos and Sour Cream	Hot Baguette Bar Meatball & Mozzarella Steak & Red Onion Mediterranean Vegetable & Pesto Fries Crisp Iceberg Lettuce Coleslaw	Sunday Buffet
Vegetarian Option	Vegetarian Quorn Sausages	Vegetable Chow Mein	Spicy Bean Burger	Leek Rarebit Tart	Five Bean Chilli		Sliced Roast Beef
Vegetables & Carbohydrate	Mashed Potato Peas Cabbage	Spring Onion and Ginger Noodles Asian Greens Prawn Crackers	Fries Warm Slaw Salsa Pickles Burger Cheese Shredded Iceberg Lettuce Sliced Tomato	Lyonnaise Potato Cauliflower Cheese Sauté Kale	Steamed Rice Peppers and Sweet Corn		Coronation Chicken
Pasta Offer	Spinach Mushroom & Parmesan	Macaroni Cheese	Roast Tomato Chilli and Paprika sauce	Mushroom Carbonara Sauce	Cheese and Chive Sauce	Tomato and Herb sauce	Vegetable Pasta Bake
Jacket Potato	Baked Beans	Baked Beans	Baked Beans	Baked beans	Baked beans	Baked beans	Caesar Salad Tomato Cucumber & Mixed Leaf Salad
Hot Dessert	Chocolate Sponge with Chocolate Sauce	Rice Pudding with Mango Puree	Sticky Toffee Pudding served with Caramel Sauce	Apple Crumble served with Custard	Bread & Butter Pudding served with Custard	Steamed Jam Sponge served with Custard	Hot New Potatoes
Cold Dessert	Fruit Tart	Rocky Road	Fruit Jelly	Cheesecake	Raspberry Mousse		Fresh Bread

FRESH FRUIT PLATTER AVAILABLE DAILY

Milton Abbey School

BREAKFAST MENU

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cereal Selection	Weetabix, Coco Pops, Shreddies, Alpen, Granola, Frosties, Cheerios, Gluten Free Cereal available.						Continental breakfast in House
Toasts & Spreads	Brown & White Toast with Butter, Marmite, Jam, Honey, Marmalade and Nutella. Gluten Free Toast available on request.						
Main Counter Gluten free items marked GF	Scotch pancakes & maple syrup	Grilled smoked back bacon GF	Scrambled Egg GF	Oven baked local sausages GF	Pain au chocolate	Grilled back bacon GF	
	Mini Danish pastries	Potato waffles GF	Hash browns GF	Potato waffles GF	Scotch pancakes & maple syrup	Spaghetti Hoops	
	Croissants	Baked Beans GF	Sauté mushrooms GF	Spaghetti hoops	Croissants	Potato waffles GF	
	Or simply...	Or simply...	Or simply...	Or simply...	Or simply ...	Or simply...	
	Boiled eggs Gf & toast	Boiled eggs GF & toast	Baked beans GF on toast	Boiled eggs GF & toast	Boiled eggs GF & toast	Boiled eggs GF & toast	
Yoghurts GF & Fruit GF	Selection of low fat fruit yoghurts, natural yoghurt, granola	Selection of low fat fruit yoghurts, natural yoghurt, granola	Selection of low fat fruit yoghurts, natural yoghurt, granola	Selection of low fat fruit yoghurts, natural yoghurt, granola	Selection of low fat fruit yoghurts, natural yoghurt, granola	Selection of low fat fruit yoghurts, natural yoghurt, granola	
	Grapefruit Mandarins Peaches	Sliced platter of fresh fruit	Fresh fruit salad	Grapefruit Mandarins Peaches	Fresh fruit salad	Sliced platter of fresh fruit	
Oriel Drinks Bar	English tea Fresh brew coffee Fruit Juice Water	English tea Fresh brew coffee Fruit Juice Water	English tea Fresh brew coffee Fruit Juice Water	English tea Fresh brew coffee Fruit Juice Water	English tea Fresh brew coffee Fruit Juice Water	English tea Fresh brew coffee Fruit Juice Water	
Morning Break	Sausage roll	Ring Doughnuts	Pain au Chocolat	Pizza	Sausage Roll	Cookie	

Milton Abbey School Lent Term

Week 2 Lunch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Spiced Parsnip	Cream of Tomato	Celery & Blue Cheese	Carrot and Orange	Chicken and Sweetcorn	Tomato and Basil	Sunday Brunch. Bacon Sausage Scrambled Eggs Hash Browns Tinned Tomatoes Sauté Mushroom Spaghetti Hoops Baked Beans White and Wholemeal Toast
Bread	Cheese Topped Loaf	Caramelized Onion Focaccia	Honey & Sunflower Bloomer	Poppy Seed Loaf	Seed Topped Tin Loaf	Baguette	
Main Course	Pork Goulash	Chicken Cacciatore with tomato peppers and onions	Beef and Potato Pie	Chicken Rogan Josh served with Poppadoms and Mango Chutney	Breaded or Steamed Fish served Lemon and Tartar Sauce	Meatballs in a rich Tomato Sauce	
Pasta Offer	Ratatouille	Macaroni Cheese	Cherry Tomato Olive & Basil	Mushroom Carbonara Sauce	Arribiatta	Tomato and Herb sauce	
Vegetarian Option	Butter Bean Goulash	Butternut Squash Risotto	Homity Pie	Sweet Potato Spinach and Tomato Masala	Vegetable Quiche	Quorn Meatballs in Tomato Sauce	
Vegetables & Carbohydrate	Steamed Parsley Potatoes Carrots and Peas	Spaghetti Garlic Green Beans	Sauté Potato Steamed Broccoli	Rice Lightly Spiced Roast Cauliflower	Chips Peas Mushy Peas Curry Sauce	Penne Pasta Medley of Vegetables	
Jacket Potato	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	

SALAD BAR

FRESH FRUIT PLATTER AVAILABLE DAILY

Milton Abbey School Lent Term

Week 2 Supper

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main Course	Cottage Pie	Fish and Chorizo Paella Chicken & Vegetable Paella	Beef Burger in a floured Bap	Roast Gammon with Peaches and Cider Sauce	Green Thai Chicken Curry with Prawn Crackers	Chilli Chicken Taco Mixed Bean Taco	Sunday Buffet Hot Roast Turkey
Vegetarian Option	Vegetable Cobbler	Spanish Omelette	Grilled Halloumi and Pepper with Humous and Pesto	Vegetable Strudel	Red Thai Vegetable Curry	Dirty Rice Cheese Nachos	Tuna Pasta Bake Egg Salad
Vegetables & Carbohydrate	New Potatoes Steamed Cabbage and Baby Onions	Potatas Bravas Peas Sugar Snaps and Broad Beans	Fries Warm Slaw Corn on the Cob Pickles Iceberg Lettuce Sliced Tomato Burger Cheese	Boulangere Potato Steamed Greens Grilled Tomato	Jasmin Rice Mange Tout Baby Corn Fresh Chilli	Sour Cream Salsa Guacamole Shredded Lettuce Red slaw	Caesar Salad Tomato Cucumber and Mixed Leaf Salad Hot New Potatoes
Pasta Offer	Ratatouille	Macaroni Cheese	Cherry Tomato Olive & Basil	Mushroom Carbonara Sauce	Arribiatta	Tomato and Herb sauce	Fresh Bread French Dressing Cranberry Sauce
Jacket Potato	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	
Hot Dessert	Apple Sponge with Cinnamon Custard	Cherry Pie with Custard	Lemon Drizzle Cake with Cream	Peach & Apricot Crumble with Custard	Bakewell Tart	Vanilla Sponge and Custard	
Cold Dessert	Jam Tarts	Cheesecake	Shortbread Biscuit	Fruit Jelly	Jam and Coconut Sponge		Chocolate Orange Crunch

FRESH FRUIT PLATTER AVAILABLE DAILY

Milton Abbey School

BREAKFAST MENU

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cereal Selection	Weetabix, Coco Pops, Shreddies, Alpen, Granola, Frosties, Cheerios, Gluten Free Cereal available.						Continental breakfast in House
Toasts & Spreads	Brown & White Toast with Butter, Marmite, Jam, Honey, Marmalade and Nutella. Gluten Free Toast available on request.						
Main Counter Gluten free items marked GF	Scotch pancakes & maple syrup	Grilled smoked back bacon GF	Scrambled Egg GF	Oven baked local sausages GF	Pain au chocolate	Grilled back bacon GF	
	Mini Danish pastries	Potato waffles GF	Hash browns GF	Potato waffles GF	Scotch pancakes & maple syrup	Spaghetti Hoops	
	Croissants	Baked Beans GF	Sauté mushrooms GF	Spaghetti hoops	Croissants	Potato waffles GF	
	Or simply...	Or simply...	Or simply...	Or simply...	Or simply ...	Or simply...	
	Boiled eggs Gf & toast	Boiled eggs GF & toast	Baked beans GF on toast	Boiled eggs GF & toast	Boiled eggs GF & toast	Boiled eggs GF & toast	
Yoghurts GF & Fruit GF	Selection of low fat fruit yoghurts, natural yoghurt, granola	Selection of low fat fruit yoghurts, natural yoghurt, granola	Selection of low fat fruit yoghurts, natural yoghurt, granola	Selection of low fat fruit yoghurts, natural yoghurt, granola	Selection of low fat fruit yoghurts, natural yoghurt, granola	Selection of low fat fruit yoghurts, natural yoghurt, granola	
	Grapefruit Mandarins Peaches	Sliced platter of fresh fruit	Fresh fruit salad	Grapefruit Mandarins Peaches	Fresh fruit salad	Sliced platter of fresh fruit	
Oriel Drinks Bar	English tea Fresh brew coffee Fruit Juice Water	English tea Fresh brew coffee Fruit Juice Water	English tea Fresh brew coffee Fruit Juice Water	English tea Fresh brew coffee Fruit Juice Water	English tea Fresh brew coffee Fruit Juice Water	English tea Fresh brew coffee Fruit Juice Water	
Morning Break	Sausage roll	Ring Doughnuts	Pain au Chocolat	Pizza	Sausage Roll	Cookie	

Milton Abbey School Lent Term

Week 3 Lunch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Chunky Winter Vegetable	Leek and Potato	Butternut Squash	Carrot and Coriander	Cream of Broccoli	Spicy Parsnip	Sunday Brunch. Bacon Sausage Scrambled Eggs Hash Browns Tinned Tomatoes Sauté Mushroom Spaghetti Hoops Baked Beans White and Wholemeal Toast
Bread	Cheese Topped Loaf	Sun Dried Tomato Focaccia	White Bloomer	Poppy Seed Loaf	Seed Topped Tin Loaf	Baguette	
Main Course	Lamb Hotpot	Beef Bourginon	Chicken and Leek Pie with Gravy	Pork Dansak served with Poppadoms and Mango Chutney	Breaded or Steamed Fish served with Lemon and Tartar Sauce	Beef Bolognaise with Garlic bread	
Pasta Offer	Ratatouille	Macaroni Cheese	Crème Fraiche Lemon Dill and Peas	Carbonara Sauce	Cheese and Chive Sauce	Tomato and Herb sauce	
Vegetarian Option	Vegetable and Lentil Hotpot	Mushroom Stroganoff	Roast Vegetable Tomato and Quorn Crumble	Vegetable Biryani	Vegetable Quiche	Quorn Bolognaise	
Vegetables & Carbohydrate	Buttered New Potatoes, Cauliflower, Sprouts	Steamed Potatoes Sliced Carrot and Diced Swede	Sauté Potatoes, Broccoli	Rice Green Beans with Cumin and Garlic	Chips, Peas Mushy Peas and Curry Sauce	Spaghetti Panache of Vegetables	
Jacket Potato	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	

SALAD BAR

FRESH FRUIT PLATTER AVAILABLE DAILY

Milton Abbey School Lent Term

Week 3 Supper

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main Course	Lemon and Thyme Roast Chicken Leg with Gravy	Baked Fish Chowder Pork & Sweetcorn Chowder	Chicken Burger in a Brioche Bun	Roast Beef and Yorkshire Pudding with Gravy	Katsu Chicken Curry	Lamb Kofta Vegetable Kebab Pitta Bread	Sunday Buffet Hot Roast Lamb Chinese Chicken
Vegetarian Option	Root Vegetable filled Yorkshire Pudding with Gravy	Stuffed Courgette	Spicy Bean Burger in a Brioche Bun	Brie and Cranberry Tart	Roasted Curried Quorn with Curry sauce	Chips Shredded Iceberg Lettuce Sliced Tomato	Vegetable Pasta Bake Caesar Salad
Vegetables & Carbohydrate	Baked Baby Potatoes Roast Carrots Sautéed Kale	Roast Jacket Wedges Peas Sugar Snaps and Broad Beans	Fries Coleslaw Charred Corn Pickles Iceberg lettuce Sliced Tomato	Roast Potatoes Sauté Cabbage Cauliflower	Soy Noodles Stir Fried Vegetables Pickled Cucumber and Radish	Garlic Sauce Chilli Sauce	Tomato Cucumber Mixed Leaf Salad Hot New Potatoes
Pasta Offer	Ratatouille	Macaroni Cheese	Crème Fraiche Lemon Dill & Peas	Mushroom Carbonara Sauce	Cheese and Chive Sauce	Tomato and Herb sauce	Fresh Bread
Jacket Potato	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	French Dressing Mint Sauce
Hot Dessert	Coffee Sponge with Cream	Apple Pie with Custard	Orange Drizzle Cake with Cream	Pear and Oat Crumble with Custard	Bread & Butter Pudding with Custard	Rhubarb Crumble with Custard	
Cold Dessert	Vanilla Panacotta	Cheesecake	Fruit Flapjack	Fruit Jelly	Chocolate Mousse		Victoria Sponge

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