

Clares Court Senior Girls & Sixth Form  
Menu Week

8 Jan, 29 Jan, 19 Feb, 11 Mar, 1 Apr 2024

|                   | Monday   | Tuesday                          | Wednesday              | Thursday                                   | Friday              |
|-------------------|--|----------------------------------|------------------------|--|---------------------|
| Breakfast         | Wide choice available each day including:<br>Fresh fruit, choice of yoghurtsPain au ChocolatPain au Raisin                                       |                                  |                        |  |                     |
| Morning Break     | Hot and cold snacks including:<br>Carrot or cucumber hummus dip potsChicken caesar salad/pasta salad potsSausage in a roll, sandwiches and wraps |                                  |                        |  |                     |
| Dish of the Day   | Thai Green Chicken Curry   | Sausage Toad in the Hole         | Beef Bolognese         | Chicken Gyros Pitta (Chicken Strips/Salad) | Breaded Haddock     |
| Vegetarian Option | Green Thai Vegetable Curry   | Quorn Sausage Toad in the Hole   | Veggie Mince Bolognese | Quorn Fillet Strips Gyros Pitta            | Quorn Dippers       |
| Side Dishes       | Rice<br>Naan Bread<br>Mango Chutney  | New Potatoes<br>Cauliflower/Peas | Spaghetti<br>Ciabatta  | Chips<br>Garlic Mayo                       | Wedges<br>Peas      |
| Dessert           | Pear/Chocolate Sponge<br>Chocolate Sauce   | Cherry Crumble<br>Custard        | Fresh Fruit Salad      | Apple/Sultana Tart<br>Cream                | Vanilla Artric Roll |
| Soup of the day   | Soup of choice   | Soup of choice                   | Soup of choice         | Soup of choice                             | Soup of choice      |

Clares Court Senior Girls & Sixth Form  
Menu Week 2

15 Jan, 5 Feb, 26 Feb, 18 Mar, 8 Apr 2024

|                   | Monday   | Tuesday                      | Wednesday  | Thursday             | Friday                             |
|-------------------|--|------------------------------|--|----------------------|------------------------------------|
| Breakfast         | Wide choice available each day including:<br>Fresh fruit, choice of yoghurtsPain au ChocolatPain au Raisin                                       |                              |  |                      |                                    |
| Morning Break     | Hot and cold snacks including:<br>Carrot or cucumber hummus dip potsChicken caesar salad/pasta salad potsSausage in a roll, sandwiches and wraps |                              |  |                      |                                    |
| Dish of the Day   | Beef Chilli Tacos  | Steak and Mushroom Pie       | Gammon   | Moroccan Lamb Stew   | Chicken Goujons                    |
| Vegetarian Option | Veggie Mince Chilli Tacos  | Mushroom and Vegetable Pie   | Cauliflower Cheese                                 | 3 Bean Halloumi Stew | Spicy Bean Burger In Bun           |
| Side Dishes       | Warm Onion/Sweetcorn/<br>Tomato Relish<br>Sour Cream   | New Potatoes<br>Peas/Carrots | Roast Potatoes<br>Fresh Vegetables<br>gravy        | Rice                 | Southern Wedges<br>Spaghetti Hoops |
| Dessert           | Orange Drizzle Sponge<br>Custard   | Duo of Melon                 | Chocolate Chip Marble<br>Sponge +<br>Vanilla Sauce | Waffles<br>Sauce     | Choc Ice                           |
| Soup of the day   | Soup of choice   | Soup of choice               | Soup of choice                                     | Soup of choice       | Soup of choice                     |

Clares Court Senior Girls & Sixth Form  
Menu Week 3

22 Jan, 12 Feb, 4 Mar, 25h Mar 2024

|                   | Monday   | Tuesday   | Wednesday                                     | Thursday                                    | Friday                       |
|-------------------|--|---|---|---|------------------------------|
| Breakfast         | Wide choice available each day including:<br>Fresh fruit, choice of yoghurtsPain au ChocolatPain au Raisin                                       |   |   |   |                              |
| Morning Break     | Hot and cold snacks including:<br>Carrot or cucumber hummus dip potsChicken caesar salad/pasta salad potsSausage in a roll, sandwiches and wraps |   |   |   |                              |
| Dish of the Day   | Meatballs in Tomato and Basil Sauce  | Beef Stew Suet Dumplings                            | Roast Chicken Supreme                         | Baked Sausages                              | Fish Fingers                 |
| Vegetarian Option | Quorn Balls in Tomato/Basil Sauce  | Fresh Vegetable Stew With Vegetarian Suet Dumplings | Sweet Potato/Spinach/<br>Vegetable Bake       | Baked Quorn Sausages                        | Veg Samosa                   |
| Side Dishes       | Pasta<br>Garlic Bread  | Mashed Potatoes<br>Cabbage                          | Roast Potatoes<br>Country Vegetables<br>Gravy | New Potatoes<br>Peas/Sweetcorn<br>Gravy     | Twister Fries<br>Baked Beans |
| Dessert           | Cinnamon Spiced Plum<br>Crumble + Custard  | Apple/Peach Upside<br>Down Sponge<br>Cream          | Rice Pudding                                  | Ginger Lemon Drizzle<br>Sponge<br>Ice Cream | Chocolate Artic Roll         |
| Soup of the day   | Soup of choice   | Soup of choice                                      | Soup of choice                                | Soup of choice                              | Soup of Choice               |