



The Pilgrims' School - week commencing Monday 14 June



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast		Grilled bacon, fried egg and hash brown nuggets	Chipolatas, mushroom and scrambled egg or hot porridge with toppings	Make your own roll or Heinz baked beans on wholemeal toast	Kippers, poached egg, Heinz baked beans and waffles	American pancakes, Belgian waffles with fresh fruit and yogurt bar or warm croissants	Bacon, hash browns and fried egg	Full breakfast choices with pastries
	<p><i>A selection of cereals are available to help yourself. Toast with spreads and an assortment of preserves provided. Fresh fruit, yogurts and continental selection available.</i></p>							
Lunch	Main	Tangy chicken with naan bread and mango chutney	Beef lasagne with garlic slice	Pizza bar	Meatballs with rich tomato sauce, wholemeal pasta and parmesan shavings	Baked fish fingers	Cornish pork sausage roll	Roast beef, Yorkshire pudding and mustard choices
	Alternative	Japanese style chicken in a bun with herbie dice	Sweet chilli chicken wraps with seasoned wedges and sour cream	Yakatori chicken skewer with jasmine rice	Jacket potato with tuna mayonnaise and salad bar choices	Chicken goujons	Macaroni cheese with crusty panko topping	
	vegetarian	Spaghetti with rich tomato sauce and parmesan	Red lentil and roasted vegetable lasagne	Margherita pizza	Meat free balls with tomato pasta and vegan cheese	Falafel burger in a bun with tomato relish		
	Veg/Potato	Peas and sliced carrots	Fresh broccoli	Sweetcorn and potato waffles	Cut green beans	Heinz baked beans or salad bar choices	Farmhouse vegetables and jacket potatoes	Fresh vegetables and roasted rosemary potatoes
	Dessert	Lemon drizzle loaf cake	Shortbread round and strawberry yogurt	Organic lollies and fresh fruit bowl	Sticky toffee pudding and hot toffee sauce	Marble shortbread	Chocolate brownie with drizzle icing	Chefs choice
<p><i>Salad from the chilled counter is available daily</i></p>								
Supper	Main	Rigatoni sausage bake	Chilli salmon and teriyaki noodles	Chicken grill with katsu sauce	Homemade tomato soup with cheese on wholemeal toast	Burger bar (halloumi, chicken or beef)	Homemade pizzas with garlic dough balls and salads	Beans or spaghetti hoops on wholemeal toast or filled cold bagels with crisps and tray bakes
	Alternative	Fish fingers with creamy mash and broccoli florets	Shepherds pie with mixed vegetables	Chef curry choice with onion bhajis and mango	Sweet and sour pork with egg fried rice	Chilli con carne with savoury rice and nachos with baked cheddar and salsa	Assorted sandwiches with popcorn and make our own sundae bar	
<p><i>Chef's Special plus cold meats, fish and cheeses, and a salad bar are available daily, as well as a selection of homemade desserts</i></p>								
<p>Menu subject to change due to availability</p>								