



The Pilgrims' School - week commencing Monday 7 June



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast		Grilled sausage , fried egg and Heinz baked beans	Bacon, hash brown, poached egg or hot porridge and toppings	Heinz baked beans tomato and French toast	Hot brioche rolls with bacon and sausages or spanish frittata	Pancakes, bacon and maple syrup, hot croissants or porridge	Waffles, Heinz baked beans and chipolatas	Full English Breakfast
	<p>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.</p>							
Lunch	Main	Cheesy topped cottage pie	Hot dog (sausage in a roll with Heinz ketchup) and onions	Pork, butterbean and chorizo casserole	Pizza bar with garlic bread	Baked fish filet	Match tea Saturday (chicken nuggets or sausages)	Roast chicken or pork with Yorkshire pudding and sauces
	Alternative	Chicken, roasted red pepper and prawn jambalaya	Salmon and crème freche linguine	Spicy quorn casserole	Butter chicken with onion bhaji	BBQ chicken breast		
	vegetarian	Spicy bean bake with creamy mash	Vegetarian sausage in a brioche roll with Heinz ketchup	Baked lemon and herb chicken	Margarita pizza	Quorn nuggets	Vegan nuggets	
	Veg/Potato	Fresh summer vegetables	Peas and potato waffles	Cous cous, cauliflower and sliced carrots	Fresh broccoli florets	Sweetcorn	Heinz baked beans or peas and mashed potato	Roasted parsnips, roasted thyme potatoes and carrots
	Dessert	Chococlade brownie and chocolate sauce	Yogurt and fresh mango	Ice cream with peaches and raspberry sauce	Millionaire's shortbread	Frozen smoothie pot	Strawberry muffin	Jam roly poly and custard sauce
<p>Salad from the chilled counter is available daily</p>								
Supper	Main	Pineapple, beef and ginger stir fry with egg rice	Ayam goreng Kuning (chicken in soy sauce) with noodles	Baked fish with a crusty crumb with savoury rice	Brazilian braised beef with sliced potatoes	Minced lamb cobbler with gratin potato	Indian selection	Toasties and pizza selection
	Alternative	Toad in the hole with creamy mash and peas	Baked fish fingers with herbie dice	Chunky chicken and sweetcorn homemade shortcrust pie with creamy mash	Homemade pork meatballs with flat breads and coleslaw	Chicken with coconut milk and tomatoes with noodles		
<p>Chef's Special plus cold meats, fish and cheeses, and a salad bar are available daily, as well as a selection of homemade desserts</p>								