



	Monday	Tuesday	Wednesday	Thursday	CARIBBEAN Friday
Bread / Cheese	Freshly baked bread, and a selection of cheeses will be available daily				
Soup	Courgette & Cream	Roast Mix Peppers	Cauliflower & Curry	Classic Tomato	Rice & Pea Soup
Salad Bar	A wide selection of homemade salads are available from the salad bar				
Main Meals	Roast Chicken & Onion Jus	Spicy Bacon	Classic Bolognese	Lamb & Curry Sauce	Jerk Chicken
	Catch Of The Day	Sautéed Cumin Beef	Classic Carbonara	Roast Pork Loin	Hawaiin Fish Casserole
Vegetarian	Leek & Cauliflower Gratin	Aubergine & Cheese Feuilleté	Vegetable Frittata	Vegetable Quiche	Quorn Mince Accras
Side dishes	Pilaf Rice Roast Vegetables	Potato Purée Peas, Sweet Corn	Pasta Green Beans	Couscous Provençale Veg	Fried Rice Caribbean Veg Stew
Dessert	Cake Of The Day	Yoghurt and fruit	Cake of the Day	Yoghurt and fruit	Cake of the Day
Yoghurt / Fruit	A selection of homemade yoghurt, dessert pots and fruit pots, plus whole seasonal fresh fruit				

The main courses in red above are those served to the GSM and CP pupils

Catering by Holroyd Howe for CFBL