

# Slindon College Menu

**Monday 7th January 2019**

Lunch

Homemade carrot and coriander Soup

Chicken or Vegetable Tortilla Wrap

With potato wedges or rice and bbq sauce

Or

Spaghetti with tomato sauce

Salad Bar

(Lettuce, tomato, cucumber, potato salad, coleslaw, pasta salad etc.)

Jacket Potato

Baked beans

Selection of sandwiches,

(Chicken, tuna, cheese, ham, egg mayo) order at break

Steamed Choc Chip sponge and custard

Fresh Fruit

Dinner

Beef Goulash with mashed potatoes

And mixed vegetables and French bread

Salad Bar

Sweet

Yoghurt and fruit puree

Fresh Fruit

**Tuesday 8th January 2019**

Lunch

Homemade Tomato Soup

Spaghetti Bolognese and garlic bread

Or

Vegetable Chilli and rice

Or

Pasta and tomato sauce

Salad Bar

(Lettuce, tomato, cucumber, potato salad, coleslaw, pasta salad etc.)

Grated Cheese and Sliced Ham

Jacket Potato, Baked beans

Selection of sandwiches,

(Chicken, tuna, cheese, ham, egg mayo) order at break

Bakewell tart and custard

Fresh Fruit

Dinner

Chicken wrapped in bacon, parmentiar potatoes

and vegetables

Salad Bar

Sweet

Yoghurt and fruit puree

Fresh Fruit

**Wednesday 9th January 2019**

Lunch

Homemade leek and potato Soup

Pork Steak with pepper sauce or gravy,

Sauté potatoes, carrots and broccoli

Or

Pasta and tomato sauce

Salad Bar

(Lettuce, tomato, cucumber, potato salad, coleslaw, pasta salad etc.)

Grated Cheese and Sliced Ham

Jacket Potato, Baked beans

Selection of sandwiches,

(Chicken, tuna, cheese, ham, egg mayo) order at break

Profiteroles

Fresh Fruit

Dinner

Homemade Pizzas

Salad Bar

Sweet

Yoghurt and fruit puree

Fresh Fruit

**Thursday 10th January 2019**

Lunch

Homemade Minestrone Soup

Homemade Meatballs & spaghetti & garlic bread

Or

Homemade spicy meatballs and spaghetti

Or

Pasta and tomato sauce

Salad Bar

(Lettuce, tomato, cucumber, potato salad, coleslaw, pasta salad etc.)

Grated Cheese and Sliced Ham

Jacket Potato, Baked beans

Selection of sandwiches,

(Chicken, tuna, cheese, ham, egg mayo) order at break

Sticky Toffee Pudding

Fresh Fruit

Dinner

Toad in the hole

with mashed potatoes, vegetables and gravy

Salad Bar

Sweet

Yoghurt and fruit puree

Fresh Fruit

**Friday 11th January 2019**

Lunch

Homemade Vegetable Soup

Homemade Chicken Burger

Or

Veggie Burger

With chips

Salad Bar

(Lettuce, tomato, cucumber, potato salad, coleslaw, pasta salad etc.)

Grated Cheese and Sliced Ham

Jacket Potato, Baked beans

Selection of sandwiches,

(Chicken, tuna, cheese, ham, egg mayo) order at break

Jelly and cream

Fresh Fruit

Dinner

Sweet and sour Pork

with egg fried rice, noodles and prawn crackers

Salad Bar

Sweet

Yoghurt and fruit puree / Fresh Fruit

**Saturday 12th January 2019**

Breakfast

Selection of cereals

Sausage, bacon, fried eggs, mushrooms, baked beans,

hash browns and fried bread

Toast and spreads

Lunch

Selection of sandwiches

Crisps and fruit

Dinner

Chicken Kebabs with pitta breads,

Garlic mayo, chilli sauce and chips

Salad Bar

Sweet

Yoghurt and fruit puree

Fresh Fruit

**Sunday 13th January 2019**

Breakfast

Selection of cereals

Croissant/ ham and cheese croissant

Toast and spreads

Lunch

Roast Loin of Pork,

Yorkshire pudding, stuffing,

Roast potatoes and vegetables

Sweet

Supper

Pasta dish

Build your own baguette

Chicken mayo, egg mayo, ham, cheese

Lettuce, tomatoes, cucumber and onion

Crisps

Cake

Fruit