

## WREKIN COLLEGE MENUS WEEK 1

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HOT ITEMS</b>	Grilled bacon baked beans poached egg	Boiled egg Pancakes with maple syrup	Grilled sausage Scrambled egg Grilled tomato	Poached egg Baked beans Grilled bacon	Grilled sausage Fried egg Baked beans	Boiled eggs Croissants Pain au chocolate	In House continental breakfast
<b>CEREALS</b>	Frosties Comflakes Shreddies Weetabix Muesli Coco pops Rice Krispies Porridge	Frosties Comflakes Shreddies Weetabix Muesli Coco Pops Rice Krispies Porridge	Frosties Comflakes Shreddies Weetabix Muesli Coco Pops Rice Krispies Porridge	Frosties Comflakes Shreddies Weetabix Muesli Coco Pops Rice krispies Porridge	Frosties Comflakes Shreddies Weetabix Muesli Coco Pops Rice Krispies Porridge	Frosties Comflakes Shreddies Weetabix Muesli Coco Pops Rice Krispies Porridge	
<b>FRUIT BAR</b>	Apricots Ruby grapefruit Fresh fruit	Individual melon & fresh pineapple selection	Apricots watermelon fresh fruit	Prunes Fresh pineapple Fresh fruit	Apricots Fresh grapefruit Fresh fruit	Individual melon & pineapple selection	
<b>BREADS</b>	Toast croissant	Toast Croissant Pain au chocolaté Mini danish	Toast Croissant	Toast Teacakes	Toast Croissant	Toast Mini danish croissant Pain au chocolate	
<b>YOGHURT BAR</b>	Natural yoghurt	Natural yoghurt	Natural yoghurt	Natural yoghurt	Natural yoghurt	Natural yoghurt	
<b>BEVERAGE BAR</b>	Tea Coffee Hot chocolate Orange juice	Tea Coffee Hot chocolate Apple juice	Tea Coffee Hot chocolate Orange juice	Tea Coffee Hot chocolate Apple juice	Tea Coffee Hot chocolate Orange juice	Tea Coffee Hot chocolate Orange juice	

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LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN COURSE</b>	Beef lasagne served with garlic bread	Chinese pork steaks Hoi sin cous cous	Roast rump of beef with yorkshire pudding & horseradish sauce	Tandoori chicken Tikka and mini Poppadoms & rice	Breaded cod fillet with lemon & tartare sauce	Tacos filled with chilli con carne & sour yogurt	BRUNCH Bacon, grilled tomato, sausage, fried egg, baked beans, hash browns & fried bread
<b>SECOND MAIN COURSE</b>	Lemon lime & mango Chicken with mushroom cous cous		Chicken mushroom and spring onion pie Topped with puff pastry	Sweet and sour pork noodle stir fry	Prawn and haddock coriander and lime fishcakes	Chicken fillets in batter served with sweet chilli sauce	Salad bar Self-fill baguettes
<b>VEGETARIAN DISH</b>	Aubergine beef tom mozzarella basil bake, in bowls	Roasted balsamic peppers and tomato quiche		Veggie sausage toad in the hole And onion gravy, in bowls	Savoury pancakes filled with spicy bean, roast pepper & tomato salsa	Vegetable chow Mein	Fresh fruit
<b>PASTA OF THE DAY</b>		Tri colour pasta smoked bacon chorizo sausage herby tomato sauce	Tomato pesto Penn				Toast
<b>JACKET POTATO FILLING</b>	Baked beans or cheese	Ravioli or beans	Baked beans	Baked beans or tandoori chicken	Fruity chicken curry		Natural yoghurt
<b>POTATO CARBOHYDRATE</b>	Baby new potatoes	New potatoes	Roast & boiled potatoes	Baby new potatoes, rice	Chipped or baby new potatoes	Baby new potatoes	Tea, coffee & orange juice
<b>VEGETABLES</b>	Baton carrots & peas baby corn	White cabbage with cracked black pepper & green beans	Broccoli, carrots, peas	Sliced carrots or peas	Mushy peas or garden peas	Green beans & baby corn	
<b>HOT PUDDING</b>	Apple & Strawberry Oaty crumble	Steamed cherry and almond Sponge custard	Sticky Toffee pudding Custard	Eves Pudding and Custard	Wrekin Tart	Apple & Marmalade Crumble Custard	
<b>COLD SWEET</b>	Chocolate chip muffin Fresh fruit platter Strawberry jelly Strawberry yoghurt	Cream jam puffs Fresh fruit salad Orange jelly Toffee yoghurt	Jam & cream scones Fresh fruit platter Raspberry jelly Hokey pokey yoghurt	Fruit flapjack Fresh fruit salad Strawberry jelly Kiwi yoghurt	Toffee choux bun Fresh fruit platter Orange jelly Mixed fruit yoghurt	Fresh fruit salad Chocolate brownies Raspberry jelly Apricot & vanilla yoghurt	



## WREKIN COLLEGE MENUS WEEK 2

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HOT ITEMS</b>	Grilled bacon Baked beans Poached egg	Boiled egg Pancakes with maple syrup	Grilled sausage Scrambled egg Grilled tomato	Poached egg Baked beans Grilled bacon	Grilled sausage Fried egg Baked beans	Boiled eggs Croissants Pain au chocolate	In house continental breakfast
<b>CEREALS</b>	Frosties Cornflakes Shreddies Weetabix Muesli Coco Pops Rice Krispies Porridge	Frosties Cornflakes Shreddies Weetabix Muesli Coco Pops Rice Krispies Porridge	Frosties Cornflakes Shreddies Weetabix Muesli Coco Pops Rice Krispies Porridge	Frosties Cornflakes Shreddies Weetabix Muesli Coco Pops Rice Krispies Porridge	Frosties Cornflakes Shreddies Weetabix Muesli Coco Pops Rice Krispies Porridge	Frosties Cornflakes Shreddies Weetabix Muesli Coco Pops Rice Krispies Porridge	
<b>FRUIT BAR</b>	Apricots Ruby grapefruit Fresh fruit	Individual melon & fresh pineapple selection	Apricots watermelon fresh fruit	Prunes Fresh pineapple Fresh fruit	Apricots Fresh grapefruit Fresh fruit	Individual melon & pineapple selection	
<b>BREADS</b>	Toast croissant	Toast Croissant Pain au chocolaté Mini danish	Toast croissant	Toast teacakes	Toast croissant	Toast Mini danish Croissant Pain au chocolate	
<b>YOGHURT BAR</b>	Natural yoghurt	Natural yoghurt	Natural yoghurt	Natural yoghurt	Natural yoghurt	Natural yoghurt	
<b>BEVERAGE BAR</b>	Tea Coffee Hot chocolate Orange juice	Tea Coffee Hot chocolate Apple juice	Tea Coffee Hot chocolate Orange juice	Tea Coffee Hot chocolate Apple juice	Tea Coffee Hot chocolate Orange juice	Tea Coffee Hot chocolate Orange juice	

## WREKIN COLLEGE MENUS WEEK 2

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN COURSE</b>	Beef Bourguignonne	Lincolnshire sausage Lyonnais served with Yorkshire pudding	Spaghetti bolognese	Chicken sweet potato & coconut curry served with rice & nann bread	Cod in batter with lemon & tartar sauce	Lamb Rogan josh Poppadoms	BRUNCH Bacon, grilled tomato, sausage, fried egg, baked beans, hash browns & fried bread
<b>SECOND MAIN COURSE</b>	Sweet & sour chicken & rice	Minced turkey and ham savoury crumble	Chicken Diana with chilli herb spiced cous cous	Creamy pork leek & apple pie topped with puff pastry	Smoked haddock in a rich cheese sauce with wholemeal croutons	Tortellini Verdi with tomato & basil sauce	Salad bar Self – fill baguettes
<b>VEGETARIAN DISH</b>	Vegetable lasagne	Spinach courgette leek & cheddar quiche		Veggie mince Moussaka	Vegetable chilli & Rice & nachos		Fresh fruit
<b>PASTA OF THE DAY</b>			Macaroni & cauliflower bakes	Five a day tomato basil sauce			toast
<b>JACKET POTATO FILLING</b>	Baked beans or sweet & sour chicken	Spaghetti in tomato sauce	Beans or ravioli		Baked beans or vegetable chilli	Baked beans, cheese or coleslaw	Natural yoghurt
<b>POTATO CARBOHYDRATE</b>	New potatoes Rice	Creamed potatoes	Sauté potatoes	New potatoes	Chipped & new potatoes	Croquette potatoes	Tea, coffee & orange juice
<b>VEGETABLES</b>	Carrots & sweet corn	panache	Baton carrots & garden peas	Green beans & baton carrots	Peas or mushy peas	Green beans & sweet corn	Half baguettes with assorted fillings
<b>HOT PUDDING</b>	Stewed cinnamon and nutmeg apple crumble	Steamed triple chocolate & orange sponge	Rice pudding	Mixed fruit & ginger pudding	Banana sponge custard		
<b>COLD SWEET</b>	Flapjack fresh fruit platter Strawberry yoghurt Raspberry jelly	Meringue nest with citrus cream Fresh fruit salad Fudge yoghurt Orange jelly	Cherry & almond tray bake Fresh fruit platter Kiwi yoghurt Raspberry jelly	Strawberry muffins Fresh fruit salad Peach & vanilla yoghurt	Orange drizzle cake Fresh fruit platter Raspberry yoghurt Strawberry jelly	Crème caramels Chocolate profiteroles Fresh fruit salad Hokey pokey yoghurt	



## WREKIN COLLEGE MENUS WEEK 3

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HOT ITEMS</b>	Grilled bacon baked beans poached egg	Boiled egg Pancakes with maple syrup	Grilled sausage Scrambled egg Grilled tomato	Poached egg Baked beans Grilled bacon	Grilled sausage Fried egg Baked beans	Boiled eggs Croissants Pain au chocolate	In house continental breakfast
<b>CEREALS</b>	Frosties Cornflakes Shreddies Weetabix Muesli Coco Pops Rice Krispies Porridge	Frosties Cornflakes Shreddies Weetabix Muesli Coco Pops Rice Krispies Porridge	Frosties Cornflakes Shreddies Weetabix Muesli Coco Pops Rice Krispies Porridge	Frosties Cornflakes Shreddies Weetabix Muesli Coco Pops Rice Krispies Porridge	Frosties Cornflakes Shreddies Weetabix Muesli Coco Pops Rice Krispies Porridge	Frosties Cornflakes Shreddies Weetabix Muesli Coco Pops Rice Krispies Porridge	
<b>FRUIT BAR</b>	Apricots Ruby grapefruit Fresh fruit	Individual melon & fresh pineapple selection	Apricots watermelon fresh fruit	Prunes Fresh pineapple Fresh fruit	Apricots Fresh grapefruit Fresh fruit	Individual melon & pineapple selection	
<b>BREADS</b>	Toast croissant	Toast Croissant Pain au chocolaté Mini danish	Toast Croissant	Toast Teacakes	Toast Croissant	Toast Mini danish Croissant Pain au chocolate	
<b>YOGHURT BAR</b>	Natural yoghurt	Natural yoghurt	Natural yoghurt	Natural yoghurt	Natural yoghurt	Natural yoghurt	
<b>BEVERAGE BAR</b>	Tea Coffee Hot chocolate Orange juice	Tea Coffee Hot chocolate Apple juice	Tea Coffee Hot chocolate Orange juice	Tea Coffee Hot chocolate Apple juice	Tea Coffee Hot chocolate Orange juice	Tea Coffee Hot chocolate Orange juice	

## WREKIN COLLEGE MENUS WEEK 3

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN COURSE</b>	Pork apple leek & cider pie topped with puff pastry	Chicken fillets in BBQ sauce	Roast loin of pork with stuffing, apple sauce & roast gravy	Creamy Cajun chicken and mushroom ,citrus cous, cous	Breaded cod with lemon & tartar sauce	Gammon, pineapple & poached egg	BRUNCH Bacon, grilled tomato, sausage, fried egg, baked beans, hash browns & fried bread
<b>SECOND MAIN COURSE</b>	Chicken korma with rice & mini Poppadoms	Minted lamb and vegetable pie	Spicy meatballs In a mushroom & garlic sauce & spaghetti	Cottage pie topped with sweet potato mash	Jamaican jerk chicken & rice or paella	Lamb Moussaka	Salad bar Self – fill baguettes
<b>VEGETARIAN DISH</b>	Creamy brie quorn, asparagus crumble	Shepherdess Dauphinoise	Roasted tomato, basil , parmesan quiche	Penn pesto pasta	Spinach tomato mushroom & butternut squash lasagne		Fresh fruit
<b>PASTA OF THE DAY</b>		Macaroni cheese topped with salami and bacon crust				Cauliflower, broccoli pasta bake	Toast
<b>JACKET POTATO FILLING</b>	Jacket potato with beans or chicken korma		Jacket potato with beans or ravioli	Jacket potato with beans or chicken korma		Filled jacket potatoes with mixed peppers & cheddar cheese	Natural yoghurt
<b>POTATO CARB</b>	Cous cous or new potatoes	Baby new potatoes	Roast potatoes & new potatoes	Parsley potatoes	Chipped or new potatoes	Garlic & herb potatoes	Tea, coffee & orange juice
<b>VEGETABLES</b>	Baton carrots, sauté cabbage	Sweet corn & broccoli	Baton carrots & green beans	Panache vegetables	Mushy peas or garden peas	Panache of vegetables	Half baguettes with assorted fillings
<b>HOT PUDDING</b>	Comflake pie with custard	Chocolate crunch & custard	Banana and peach sponge & custard	Strawberry Bakewell tart & custard	Chocolate & strawberry sponge with chocolate sauce	Summer bread and butter pudding with custard	
<b>COLD SWEET</b>	Fairy cake Fresh fruit platter Peach & vanilla yoghurt Strawberry jelly	Mixed fruit muffin Fresh fruit salad Berry fruits yoghurt Orange jelly	Raspberry jelly Chocolate choux bun Fresh fruit platter Kiwi yoghurt	Strawberry jelly Hockey pokey yoghurt Fresh fruit salad Chocolate brownie	Orange drizzle cake Fresh fruit platter Raspberry yoghurt Strawberry jelly	Assorted yoghurts Strawberry jelly Jam cream scones	

## WREKIN COLLEGE MENUS WEEK 3

TEA	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SOUP</b>	Cream of tomato	French onion	Country vegetable	Minestrone	Mulligatawny	Pea & Ham	Lentil
<b>MAIN COURSE</b>	Spaghetti bolognaise	Piri piri breaded chicken with Cheese garlic mayo wraps	Build your own salad bar Chicken Caesar	Sausage chasseur	Pork apple & sage burger served with onions in a bap	Chicken breasts in a white asparagus and mushroom sauce And rice	Lamb Balti
<b>SECOND MAIN COURSE</b>	Gammon ham rarebit toastie	Home made Cornish pasties	Hot dogs And onions	Cod fish cakes	Hawaiian pizza baguette	Chilli beef with Pitta and nachos	Bacon cheese & tomato pizza
<b>VEGETARIAN</b>	Pepper, red onion, mushroom, cheddar Frittata	Basil tomato & mozzarella puff pastry tart	Grilled haloumi Cheese (with salad red onion bits etc )	Oriental vegetable kebabs peanut dressing	Cauliflower and Leicester bowls	Mushroom spinach tomato & mozzarella cannelloni	Home made cheese and onion pasties
<b>POTATO/CARB OHYDRATE</b>	Herby diced potatoes	Chipped potatoes	Wedges potatoes	Potato spirals	Sauté potatoes	Baby new potatoes	Diced herb potatoes
<b>VEGETABLES</b>	Sweetcorn	Mixed salad, coleslaw Mixed vegetables	Mixed salad Mixed vegetables	Mixed salad sweetcorn	Peas	Mixed salad Coleslaw Baton carrots and peas	Mixed vegetables
<b>DESSERTS</b>	Ice cream roll Fresh fruit	Home made chocolate mousse Fresh fruit	Chocolate brownie Fresh fruit	Strawberry shortbread Fresh fruit	Ice cream Fresh fruit	Cream scones Fresh fruit	Raspberry Fresh cream meringue Fresh fruit platter Cherry & plum yoghurt Orange jelly
<b>SALADS</b>	Assorted salads	Assorted salads	Cos lettuce bacon bits Croutons Caesar dressing parmesan	Assorted salads	Assorted salads	Assorted salads	Assorted salads