

Polam Hall School Menu *(subject to alteration)*

Daily variety of freshly prepared assorted salads/ Freshly made Sandwiches

Assorted cold sweets : cheese & biscuits/Variety of Yoghurts & fresh fruit/Hot Soup of the Day(seasonal)

Boarders Breakfast	Week 1 Monday	Boarders Evening Meal
Assorted Cereals Toast,Jams,Honey Fresh Juice/Hot Drinks Scrambled Egg	Beef in Red Wine Sauce Cajun Chicken Drumstick freshly Baked assorted Quiches Medley of Seasonal Fresh Vegetables Potato Wedges/Jacket Potatoes Syrup Sponge & Custard	Sausage Casserole Vegetable Spring Rolls Cabbage: Carrots Cream Potatoes Fruit-Cheese & Biscuits
	Tuesday	
Assorted Cereals Toast,Jams,Honey Fresh Juice/Hot Drinks Pork Sausage & Beans	Roast Beef & Yorkshire Pudding Jumbo Sausage Rolls Mediterranean Pasta Medley of Seasonal Fresh Vegetables Roast Potatoes Rice Pudding	Chicken Steaks Cauliflower Cheese Sweet corn Croquette Potato Sweet Fruit-Cheese & Biscuits
	Wednesday	
Assorted Cereals Toast,Jams,Honey Fresh Juice/Hot Drinks Grilled Back Bacon & Egg	Chicken Fricassee & Rice B.B.Q Loin Chops Cheesy Pasta Bake Medley of Seasonal Fresh Vegetables Cream Potato Apple Crumble & Custard	Mushroom Omelettes Poached Cod Fillets Peas-Chipped Potato Sweet Fruit-Cheese & Biscuits
	Thursday	
Assorted Cereals Toast,Jams,Honey Fresh Juice/Hot Drinks Buttered Croissants	Spaghetti Bolognaise Fresh Local Pork Sausage Jacket Potatoes with choices of Tuna,Cheese,Beans: Medley of Seasonal Fresh Vegetables Potato Wedges/Jacket Potatoes Chocolate Sponge & Sauce	Roast Chicken & Stuffing Quiche Roast Potato Seasonal Vegetables Yoghurts Fruit-Cheese & Biscuits
	Friday	
Assorted Cereals Toast,Jams,Honey Fresh Juice/Hot Drinks Pork Sausage & Tomato	Poached Cod & Parsley Sauce Chicken ,Leek & Potato Bake Deep Pan Pizza Medley of Seasonal Fresh Vegetables Chipped Potato Prunes & Custard	Barbeque Spare Ribs Vegetable Grill Green Beans Croquette Potato Fruit-Cheese & Biscuits
	Saturday	
In House	Lamb Chops & Sausage Casserole Cream Potato Sweet corn & Mushroom Sweet	Savoury Mince Chipped Potato Peas Fruit-Cheese & Biscuits
	Sunday	
In House	Roast Pork & Apple Sauce New Potatoes Carrots & Button Sprouts Gateau	Picnic Tea

	Week 2	
Boarders		Boarders
Breakfast	Monday	Evening Meal
Assorted Cereals Toast,Jams,Honey Fresh Juice/Hot Drinks Scrambled Egg	Home Made Beef Casserole B-B-Q Chicken Tomato & Herb Pasta Medley of Seasonal Fresh Vegetables Potato Wedges/Jacket Potatoes Fruit Sponge & Custard	Cottage Pie Sausage Rolls Sweetcorn Hash Browns Fruit-Cheese & Biscuits
	Tuesday	
Assorted Cereals Toast,Jams,Honey Fresh Juice/Hot Drinks Pork Sausage & Beans	Roast Turkey & Stuffing Penne Pasta & Carbonara Sauce Home Made Vegetable Lasagne Medley of Seasonal Fresh Vegetables Roast Potatoes Semolina & Jam Sauce	Roast Beef & Yorkshire Pudding Vegetable Spring Rolls Carrots & Cabbage Roast Potatoes Sweet Fruit-Cheese & Biscuits
	Wednesday	
Assorted Cereals Toast,Jams,Honey Fresh Juice/Hot Drinks Grilled Back Bacon & Egg	Chicken & Vegetable Casserole Lamb HotPot freshly Baked assorted Quiches Medley of Seasonal Fresh Vegetables Cream Potato Syrup Sponge & Custard	Tandoori Chicken & Rice Vegetable Burgers Peas Ice Cream Fruit-Cheese & Biscuits
	Thursday	
Assorted Cereals Toast,Jams,Honey Fresh Juice/Hot Drinks Buttered Croissants	Sweet & Sour Pork & Rice Butcher's Lean Beef Burger Macaroni Cheese Medley of Seasonal Fresh Vegetables Roast Potatoes Jam Tart & Custard	Breaded Mini Kiev's Hot Dogs & Onions Hash Browns Baked Beans Peaches & Cream Fruit-Cheese & Biscuits
	Friday	
Assorted Cereals Toast,Jams,Honey Fresh Juice/Hot Drinks Pork Sausage & Tomato	Chicken Curry & Rice Poached Cod & Parsley Sauce Bacon, Mushroom & Tomato Tagliatelle Medley of Seasonal Fresh Vegetables Chipped Potato Home Made Apple & Cinnamon Crumble & Custard	Cajun Chicken Drumsticks Savoury Rice sweet Fruit-Cheese & Biscuits
	Saturday	
In House	Cottage Pie : Cheese Pasty Fresh Veg Cream Potato Fruit Cocktail & Cream	Roast Chicken Salad Chips Fruit-Cheese & Biscuits
	Sunday	
In House	Roast Beef & Yorkshire Puddings New Potatoes Carrots & Button Sprouts Gateau	Picnic Tea

Week 3		
Boarders Breakfast	<u>Monday</u>	Boarders Evening Meal
Assorted Cereals Toast,Jams,Honey Fresh Juice/Hot Drinks Scrambled Egg	Savoury Steak Mince & Cheese Cobblers Deep Pan Pizza Vegetable chow Mein Medley of Seasonal Fresh Vegetables Potato Wedges/Jacket Potatoes Fruit Sponge & Custard	Tomato & Herb Pasta Bacon Chops Croquette Potatoes,Grn Beans Fruit Daloons Fruit-Cheese & Biscuits
<u>Tuesday</u>		
Assorted Cereals Toast,Jams,Honey Fresh Juice/Hot Drinks Pork Sausage & Beans	Roast Pork Loin & Apple Sauce Beef Curry & Rice Cauliflower & Broccoli Bake Medley of Seasonal Fresh Vegetables Roast Potatoes Rice Pudding	B-B-Q Chicken Vegetable Spring rolls Stirfry Vegetables Hash Browns Fruit-Cheese & Biscuits
<u>Wednesday</u>		
Assorted Cereals Toast,Jams,Honey Fresh Juice/Hot Drinks Grilled Back Bacon & Egg	Chicken ,Leek & Potato Bake Fresh Local Pork Sausage Freshly made Ratatouille Medley of Seasonal Fresh Vegetables Cream Potato Rhubarb Crumble & Custard	Roast Turkey & Stuffing Vegetable Fingers Roast Potatoes/Veg Gateau Fruit-Cheese & Biscuits
<u>Thursday</u>		
Assorted Cereals Toast,Jams,Honey Fresh Juice/Hot Drinks Buttered Croissants	Mince Lasagne Liver & Onion Casserole Vegetable Hot Pot Medley of Seasonal Fresh Vegetables Roast Potatoes Chocolate Sponge & Sauce	Beef in Black Bean Sauce Vegetable Korma Noodles & Rice Fruit Cocktail & Cream Fruit-Cheese & Biscuits
<u>Friday</u>		
Assorted Cereals Toast,Jams,Honey Fresh Juice/Hot Drinks Pork Sausage & Tomato	Battered Cod fillets / Cottage Pie Tomato & Herb Pasta Medley of Seasonal Fresh Vegetables Chipped Potato Lemon Curd Tart & Custard	Bacon,Lettuce & Tomato Rolls Mushroom Omlettes Peas Potato Wedges Fruit-Cheese & Biscuits
<u>Saturday</u>		
In House	Pizza; Chicken Portions Chipped Potato Baked Beans Apple Pie & Cream	Braised Steak Green Beans Cream Potato Fruit-Cheese & Biscuits
<u>Sunday</u>		
In House	Roast Chicken & Stuffing New Potatoes Carrots & Button Sprouts Gateau	Picnic Tea

Junior School Set Table

Week 1

Monday

Tuna & Sweetcorn Pasta : Sponge & Custard : Fruit

Tuesday

Roast Beef: Cream Potato: Carrots: Rice Pudding: Fruit

Wednesday

Chicken Fricassee & Rice : Jelly : Fruit

Thursday

Jacket Potatoes: Cheese: Beans: Choc Sponge+ Sauce

Friday

Breaded Coddies : Chipped Potato : Salad : Fromage Frai : Fruit

Week 2

Monday

Home Made Beef Casserole: Fruit Sponge & Custard

Tuesday

Roast Turkey: Roast Potato: Turnip-Semolina & Jam Sauce

Wednesday

Chicken & Vegetable Casserole: Syrup Sponge & Custard

Thursday

Ham & Cheese Macaroni-Gateau: Fruit

Friday

Mild chicken Curry & Rice-Apple & Cinnamon Crumble & Custard

Week 3

Monday

Savoury Steak Mince & Cobblers: Potato Wedges: Turnip: Fruit Sponge & Custard

Tuesday

Breaded Chicken Fillets: Sweetcorn: Cream Potato: Rice Pudding

Wednesday

Fresh Local Pork Sausage & Cream Potato: Carrots: Vitality Yoghurt Drink

Thursday

Roast Ham: Roast Potatoes: Cauliflower cheese-Chocolate Sponge & Custard

Friday

Tomato & Herb Pasta-Ice Cream