BREAKFAST

FOR ALLERGEN INFORMATION PLEASE SPEAK TO A MEMBER OF THE TEAM.

The Duke of York's Royal Military School
A co-educational boarding school for students aged 11-18

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAINS	<u>Filled Croissants</u> Sliced Ham Sliced Turkey Sliced Cheese Sliced Tomatoes	Bacon Sausage Scrambled Egg Hash Brown Baked Beans Mushrooms	<u>Breakfast Burritos</u> Eggs 3 ways Cheese Roasted peppers Spinach Guacamole Tomato salsa	Bacon Sausage Fried Eggs Hash Brown Baked Beans Mushrooms	Bacon and onion hash with fried egg	Dukies Sausage & Cheese Muffins Fruit Smoothie	
BAKERY	Petit Pains	Toast	Pain Au Chocolate	Bloomer Bread	Toast	Cinnamon Swirl	
YOGHURT STATION	Greek Natural Yoghurt, Fruit Compote, Granola, Honey, Dried Fruit Selection, Toasted Seeds, Coconut						
PORRIDGE	Fresh Porridge, Honey, Fruit Compote, Dried Fruit Selection, Toasted Seeds						
CEREAL BAR	Selection Of Cereals, Chilled Milk, Dairy Free Options Available						
FRESH FRUIT	Cut Fresh Fruit Selection And Whole Fruits						
TOASTER	Bread, Jam, Marmalade, Honey, Marmite, Spreads						

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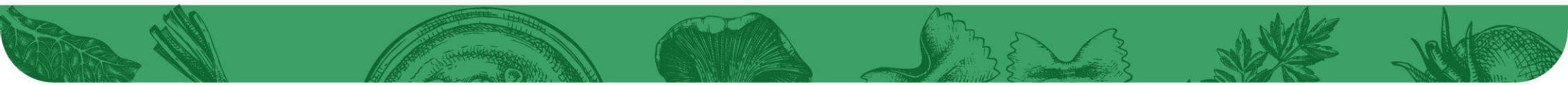
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAINS	Deli Bar Sliced Ham Sliced cheese Selection of bread Boiled eggs	Bacon Sausage Scrambled Egg Hash Brown Baked Beans Mushrooms	Build your own bagel bar Fruit smoothie	Bacon Sausage Fried Eggs Hash Brown Baked Beans Mushrooms	Herby scrambled eggs Potato waffles Roasted tomatoes	Build your own frittata With a selection of toppings Fruit smoothie	
BAKERY	Pancakes	Toast	Pain Au Chocolate	Bloomer Bread	Waffle bar topping selection	Croissant	
YOGHURT STATION	Greek Natural Yoghurt, Fruit Compote, Granola, Honey, Dried Fruit Selection, Toasted Seeds, Coconut						
PORRIDGE	Fresh Porridge, Honey, Fruit Compote, Dried Fruit Selection, Toasted Seeds						
CEREAL BAR	Selection Of Cereals, Chilled Milk, Dairy Free Options Available						
FRESH FRUIT	Cut Fresh Fruit Selection And Whole Fruits						
TOASTER	Bread, Jam, Marmalade, Honey, Marmite, Spreads						



LUNCH Autumn

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WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAINS	Italian slow – braised beef bolognaise with rosemary and garlic	Chicken Bhuna Poppadum's Naan bread Raita	Mac N cheese bar BBQ pulled chicken Bacon bits Crispy onions	Roast pork with apple sauce Yorkshire pudding and gravy	Crispy battered fish Lemon wedge Tartare sauce Or Battered pork sausage	Enchiladas Rojas topped with cheddar and spring onions	Brunch Bar Bacon Sausage Eggs Tomato Mushrooms Baked beans Potato waffles Pastries Weekly special
VEGETARIAN (VEGAN OPTION AVAILABLE)	Roasted vegetable and lentil bolognaise	Chana Masala (Chickpea curry) Poppadum's Naan bread Raita	Mac N cheese bar Crispy paprika chickpeas Crispy onions	Sweet potato, lentil, mushroom and spinach wellington	Crispy battered Plant-based sausage	Mexican refried bean and vegetable enchilada	
ON THE SIDE	Spaghetti or whole meal penne Garlic bread Roasted broccoli florets Steamed carrots	Pilau rice Saag aloo Steamed kale Lentil Dhal	Sweetcorn Fresh green beans Pan Gratto	Herb roasted potatoes Cauliflower cheese Medley of steamed vegetables	Chip shop chips Mushy peas Curry sauce Garden peas Baked beans	Mexican style rice Charred corn on the cob Roasted butternut Guacamole Sour cream Pico de gallo	
SALAD	Freshly prepared salad station with a mix of compound salads, protein option, dressings, seeds and oils						
SOUP	Freshly made soups with daily baked bread, Chilli flakes, toasted seeds, croutons, crispy onions and flavoured oils						
DESSERT	Cranberry flapjack	Tiramisu	Plum and ginger crumble	Blackberry fool	Lemon mousse	Pancake bar with toppings	

SUPPER Autumn

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WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAINS	BBQ chicken and ribs Cornbread Red slaw Honey and mustard dressing	BBQ pulled pork baps	Smoky beef chilli con carne Sour cream Salsa Guacamole	Loaded subs Meatball marinara Tomato, mozzarella & basil melt	Buffalo style chicken burger	Pizza night Meat feast Pepperoni	Roast chicken, sage and onion stuffing with a rich gravy Autumnal vegetable and lentil wellington with a rich vegetarian gravy
VEGETARIAN (VEGAN OPTION AVAILABLE)	BBQ Jackfruit and tofu Cornbread Red slaw Honey and mustard dressing	BBQ eat curious baps	Mild vegetable and bean chilli sin carne Sour cream Salsa Guacamole	Loaded subs Vegi meatball marinara Tomato, mozzarella & basil melt	Grilled portobello mushroom and halloumi burger	Pizza night Margherita Vegetable supreme	
ON THE SIDE	Potato wedges BBQ beans Jalapenos Creamed corn	Peri Peri roasted new potatoes Spiced baby corn Coleslaw Grated cheese Chopped salad	Steamed white rice Roasted squash and sweet potatoes Nachos	Paprika wedges roasted Mediterranean vegetables Ceaser salad	Roasted sweet potato Sweetcorn Louisiana spiced coleslaw	Garlic bread Garden salad Garlic mayo	Herb roasted new potatoes Honey roasted carrots and parsnips Leek gratin
SALAD	Freshly prepared salad station with a mix of compound salads, protein option, dressings, seeds and oils						
SOUP	Freshly made soups with daily baked bread, Chilli flakes, toasted seeds, croutons, crispy onions and flavoured oils						
DESSERT	Rice Krispy bar	Blackberry cookie bars	Lemon drizzle cake	Baked orange tart	Beetroot brownie	Chocolate and orange bread and butter pudding	Apple and cinnamon pie

LUNCH Autumn

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAINS	New York chicken bake with BBQ sauce and cheese	Beef in black bean and green pepper	Honey glazed gammon with gravy	Penne Carbonara With whole meal pasta	Southern fried chicken	Chicken fajita with all the toppings	Brunch Bar Bacon Sausage Eggs Tomato Mushrooms Baked beans Potato waffles Pastries Weekly special
VEGETARIAN (VEGAN OPTION AVAILABLE)	New York sweet potato wedges and smoky black-eyed peas with BBQ sauce and cheese	Stir fried tofu with peppers and carrots and onions sweet and sour sauce	Red lentil, rosemary and roasted vegetable tart	Spinach, pea and courgetti carbonara	Southern fried buttermilk halloumi	Tempeh and bean fajita with all the toppings	
ON THE SIDE	Parmentier potatoes Boston beans Spinach and butternut squash	Soy glazed noodles Garlic mushrooms and bok choy Sweetcorn	Skin on roast potatoes Honey roasted root veg Steamed savoy cabbage	Garlic bread Steamed carrots Broccoli florets	Dirty fries Jalapenos Smoky paprika mayo Spicy charred sweet corn Garlic beans	Mexican rice Cajun cauliflower Chiili courgettes	
SALAD	Freshly prepared salad station with a mix of compound salads, protein option, dressings, seeds and oils						
SOUP	Freshly made soups with daily baked bread, chili flakes, toasted seeds, croutons, crispy onions and flavoured oils						
DESSERT	Uupside-down pear cake	Beetroot blondie	Apple crumble Custard	Carrot cake	Jamaican ginger cake	Cookie Bar	

Supper Autumn

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAINS	Parmesan crusted pork with tomato relish	Chicken shawarma with a roasted Chilli sauce and toasted cumin yoghurt dressing	Korean beef bulgogi	Peri Peri chicken thighs and wings	Hunters chicken	Loaded hot dogs with beef chili and cheese sauce	Cajun chicken breast and sweetcorn relish Cauliflower steak and sweetcorn relish Crispy herb potatoes Ratatouille Roasted vegetables Green beans
VEGETARIAN (VEGAN OPTION AVAILABLE)	Aubergine topped with tomato relish and feta cheese crumb	Pea falafel served with red pepper hummus, garlic aioli pickled red cabbage	Oyster mushroom and aubergine bulgogi	Grilled halloumi wrap with red pepper and pineapple salsa	Courgette and mixed bean traybake with garlic bread	Vegetarian plant based hot dog with fried onions	
ON THE SIDE	Mash potato Green beans Roasted courgettes and red peppers	Flat bread warm tabbouleh Red pepper hummus Pickled vegetables, Romaine, red onion & cherry tomato salad	Chinese cabbage Kimchi slaw Pickled cucumber Noodles	Spicy rice Garlic bread Red slaw Fries	Herby potato Roasted root vegetable with honey roasted beets	Paprika wedges Corn on the cob Fried onions Cheese Ketchup and mustard	
SALAD	Freshly prepared salad station with a mix of compound salads, protein option, dressings, seeds and oils						
SOUP	Freshly made soups with daily baked bread, chili flakes, toasted seeds, croutons, crispy onions and flavoured oils						
DESSERT	Granola bar	Lemon cheesecake	Berry mousse	Banoffee pie	Peach and pear cobbler With whipped chantilly	Date sponge with toffee sauce	Doughnuts

LUNCH Autumn

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAINS	Cumberland sausage Mash potato with gravy and fried onions	Traditional Lamb Moussaka	Roasted garlic and herb chicken thigh with gravy	Thai red beef curry	Crispy breaded fish Or Battered sausage	Chicken hot pot	Brunch Bar Bacon Sausage Eggs Tomato Mushrooms Baked beans Potato waffles Pastries Weekly special
VEGETARIAN (VEGAN OPTION AVAILABLE)	Vegetarian Sausage Mash potato with gravy and fried onions	Vegetarian and bean Moussaka	Sweet potato and spinach gallete with a feta crumb	Thai red tofu curry with crisp vegetables & toasted coconut	Tempura battered tofu Or Vegetarian battered sausage	Vegetable and oomph hot pot	
ON THE SIDE	Creamy mash Cabbage and leeks Carrots	Wholegrain garlic bread Sweetcorn Fresh green beans	Steamed new potatoes Broccoli florets Roasted carrots	Lemon grass scented rice Stir fried vegetables with bean shoots Chinese leaf Prawn crackers	Chips Garden peas Baked beans Lemon wedge Tartare sauce	Savoy cabbage Roasted root vegetables	
SALAD	Freshly prepared salad station with a mix of compound salads, protein option, dressings, seeds and oils						
SOUP	Freshly made soups with daily baked bread, chili flakes, toasted seeds, croutons, crispy onions and flavoured oils						
DESSERT	Apple and blackberry crumble	Sticky toffee pudding	Lemon and courgette cake	Raspberry fool	Blueberry cheesecake	Waffle bar with toppings	

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAINS	Beef pastitsio Pasta bake	Malaysian style chicken curry	Turkey parmigiana With Roasted tomato and basil sauce	Sticky Chinese pork Bao bun	Crispy chicken With Katsu sauce	Pulled pork Corn taco Nachos	Garlic and herb chicken leg Garlic and herb tofu steak Parmentier potatoes Green beans Roasted carrots
VEGETARIAN (VEGAN OPTION AVAILABLE)	Vegetarian baked ziti With mixed beans ricotta and mozzarella	Paneer and vegetable curry	Aubergine parmigiana With Roasted tomato, cannellini bean and basil sauce	Sticky Chinese Pulled jackfruit and Eat curious	Indian Paneer and red lentil dahl	Crispy tempura tofu Corn taco Nachos	
ON THE SIDE	Garlic bread Roasted carrots Pesto vegetables Roasted pepper and olive roquet salad	Naan bread Pickled cucumber Raita Pilau rice Onion salad	Fusilli Or whole meal pasta Sauteed courgette Roasted peppers & baby corn	Egg fried rice Ginger and coconut Bok choi Stir-fry vegetables with beansprouts	Pickled vegetables Fragrant rice Wilted greens Spiced carrots	Spicy rice Sour cream Guacamole Salad leaves Green salsa	
SALAD	Freshly prepared salad station with a mix of compound salads, protein option, dressings, seeds and oils						
SOUP	Freshly made soups with daily baked bread, chili flakes, toasted seeds, croutons, crispy onions and flavoured oils						
DESSERT	Rocky road	Cherry Shortbread	Treacle tart	Red velvet cake	Cookie bar	Berry sponge with Crème fraiche	Rice pudding with berry compote