

# Three example menus for St Mary's Hall, Stonyhurst

Week 2	BREAKFAST	LUNCH	SUPPER
Monday 13.09.10	Selection of Cereals Choice of Fruit Juice <b>Full English Breakfast</b> Fresh Fruit Basket Toast & Preserves	Soup of the Day / Salad Bar Sticky Chicken Portions ( Marmalade) Turkey Stroganoff / Basmati Rice Chilli Con Carne Vegetarian Choice / Pasta & Sauce Creamed / Jacket Potatoes Green Beans / Carrot & Swede Syrup Sponge / Custard Cheese & Crackers / Fresh Fruit	Soup of the Day / Salad Bar <b>Chinese Night</b> Spare Ribs,/ Chicken Wings Special Fried Rice / Spring Rolls Stir-fry Mix Vegetables Prawn Crackers Fresh Fruit / Cheese & Crackers Assorted Yogurts
Tuesday 14.09.10	Selection of Cereals Choice of Fruit Juice <b>Full English Breakfast</b> Fresh Fruit Basket Toast & Preserves	Soup of the Day / Salad Bar Lemon Breaded Pork Steaks Orange Crumbed Cod Cheese & Bacon Penne Vegetarian Choice / Pasta & Sauce New / Jacket Potatoes Broccoli / Sweetcorn Jam Roly Poly / Custard Cheese & Crackers/Fresh Fruit	Soup of the Day / Salad Bar Cheese & Bacon Croissants Cornish Pasties / Gravy BBQ Chicken Drumsticks Julienne Fries / Jacket Potatoes Peas / Spaghetti Hoops Fresh Fruit / Cheese & Crackers Assorted Yogurts
Wednesday 15.09.10	Selection of Cereals Choice of Fruit Juice <b>Full English Breakfast</b> Fresh Fruit Basket Toast & Preserves	Soup of the Day / Salad Bar Honey Roasted Sausages & Potatoes Turkey & Noodle Stir Fry Chicken Korma / Basmati Rice Vegetarian Choice / Pasta & Sauce Croquette /Jacket Potatoes Cauliflower Cheese / Baton Carrots Belgian Waffles / Maple Syrup Cheese & Crackers / Fresh Fruit	Soup of the Day / Salad Bar Spaghetti & Beef Meatballs Macaroni Bolognaise Garlic Bread Cheesy / Jacket Potatoes Savoury Cabbage Fresh Fruit / Cheese & Crackers Assorted Yogurts
Thursday 16.09.10	Selection of Cereals Choice of Fruit Juice <b>Continental Breakfast</b> Fresh Fruit Basket Toast & Preserves	Soup of the Day / Salad Bar Pork Steak & Onion Marmalade Chicken & Egg Fried Rice Roast Lamb / Garni Vegetarian Choice / Pasta & Sauce Roast / Jacket Potatoes Mixed Vegetables / Green Beans Traditional Rice Pudding Cheese & Crackers/Fresh Fruit	Soup of the Day / Salad Bar Crispy Chicken Fillets Jumbo Hot Dogs / Onions Vegetarian Choice Spiral Fries / Jacket Potatoes Spaghetti Hoops Fresh Fruit / Cheese & Crackers Assorted Yogurts
Friday 17.09.10	Selection of Cereals Choice of Fruit Juice <b>Full English Breakfast</b> Fresh Fruit Basket Toast & Preserves	Soup of the Day / Salad Bar Toad in the Hole Grilled Gammon & Pineapple Battered Haddock Fillets Vegetarian Choice / Pasta & Sauce Creamed / Jacket Potatoes Assorted Roast Vegetables / Peas Assorted Cold Deserts Cheese & Crackers / Fresh Fruit	Soup of the Day/Salad Bar <b>Pizza Night</b> An Assorted Of Freshly Made Pizzas Fresh Chips Baked Beans Fresh Fruit/Cheese & Crackers Assorted Yogurts
Saturday 18.09.10	Selection of Cereals Choice of Fruit Juice <b>Full English Breakfast</b> Fresh Fruit Basket Toast & Preserves	Soup of the Day / Salad Bar Hot Turkey Salad Honey & Mustard Baked Chicken Pieces Bubble & Squeak Cakes Vegetarian Choice / Pasta & Sauce New / Jacket Potatoes Green Beans / Broccoli Paris Sandwich / Custard Cheese & Crackers / Fresh Fruit	Soup of the Day / Salad Bar Sausage & Lamb Kebabs Fresh Chicken Kiev's Vegetarian Choice Assorted Potatoes Sweetcorn Fresh Fruit/Cheese & Crackers Assorted Yogurts Desert
Sunday 19.09.10	Selection of Cereals Choice of Fruit Juice <b>Full English Breakfast</b> Fresh Fruit Basket Toast & Preserves	Soup of the Day / Salad Bar Roast Beef Garni Vegetarian Option Roast & New Potatoes Baton Carrots / Cauliflower Cheese Assorted Gateaux / Fruit Salad Cheese & Crackers / Fresh Fruit	Soup of the Day / Salad Bar Kentucky Fried Chicken Beef Bacon & Cheese Muffins Vegetarian Choice Spicy Wedges/Jacket Potatoes Broccoli / Baked Beans Fresh Fruit / Cheese & Crackers Assorted Yogurts

Week 5	BREAKFAST	LUNCH	SUPPER
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<b>Monday</b> 04.10.10	Selection of Cereals Choice of Fruit Juice <b>Full English</b> <b>Breakfast</b> Fresh Fruit Basket Toast & Preserves	Soup of the Day /Salad Bar Shepherds Pie / Gravy Assorted Roast Chicken Pieces Traditional Paella Vegetarian Choice/Pasta & sauce Creamed/Jacket Potatoes Peas / Broccoli Bakewell Tart & Custard Cheese & Crackers/Fresh Fruit	Soup of the Day /Salad Bar Chicken & Ham Sauce Bolognaise Sauce Spaghetti/Garlic Bread Jacket Potatoes Mixed Vegetables Fresh Fruit/Cheese & Crackers Assorted Yogurts
<b>Tuesday</b> 05.10.10	Selection of Cereals Choice of Fruit Juice <b>Full English</b> <b>Breakfast</b> Fresh Fruit Basket Toast & Preserves	Soup of the Day/Salad Bar Pork Steaks & Sage Butter Grilled Gammon & Egg Crunchy Turkey Steak Vegetarian Choice/Pasta & sauce New/Jacket Potatoes Green Beans / Cauliflower Cheese Assorted Cold Desserts Cheese & Crackers/Fresh Fruit	Soup of the Day/Salad Bar Cornish Pasties & Gravy Sticky Chicken Drumsticks Breaded Plaice Spicy Wedges/Jacket Potatoes Peas Fresh Fruit/Cheese & Crackers Assorted Yogurts
<b>Wednesday</b> 06.10.10	Selection of Cereals Choice of Fruit Juice <b>Full English</b> <b>Breakfast</b> Fresh Fruit Basket Toast & Preserves	Soup of the Day/Salad Bar <b>SELECTION OF ROAST MEATS</b> <b>BEEF - HAM - PORK - CHICKEN</b> Vegetarian Choice/Pasta & Sauce Roast/Jacket Potatoes Baton Carrots/Sweetcorn/Savoury Cabbage Apple Crumble & Custard????????? Cheese & Crackers/Fresh Fruit	Soup of the Day/Salad Bar Lamb Koftas Sweet & Sour Spring Rolls Chicken & Egg Fried Rice Ass Potatoes /Jacket Potatoes Stir Fry Vegetables Fresh Fruit/Cheese & Crackers Assorted Yogurts
<b>Thursday</b> 07.10.10	Selection of Cereals Choice of Fruit Juice <b>Continental</b> <b>Breakfast</b> Fresh Fruit Basket Toast & Preserves	Soup of the Day/Salad Bar Braised Lamb & Mint Meatballs HoneyRoasted Belly Pork/Pollock FishCakes Tikka Coated Chicken / Basmati Rice Vegetarian Choice/Pasta & sauce Creamed /Jacket Potatoes Baton Carrots / Sweetcorn Mixed Fruit Sponge /Custard Cheese & Crackers/Fresh Fruit	Soup of the Day /Salad Bar Bacon & Cheese Ciabatta Chicken Kiev Plain & Cheese Omelettes Cheesy/Jacket Potatoes Spag Hoops Fresh Fruit/Cheese & Crackers Assorted Yogurts
<b>Friday</b> 08.10.10	Selection of Cereals Choice of Fruit Juice <b>Full English</b> <b>Breakfast</b> Fresh Fruit Basket Toast & Preserves	Soup of the Day/Salad Bar Caramelised Chicken Thighs Lancashire Hot Pot Cod Mornay/Kedgeriee Vegetarian Choice/Pasta & sauce Herby Diced /Jacket Potatoes Savoy Cabbage/Green beans Traditional Rice Pudding Cheese & Crackers/Fresh Fruit	Soup of the Day/Salad Bar <b>Pizza Night</b> An Assorted Of Freshly Made Pizzas French Fries Baked Beans Fresh Fruit/Cheese & Crackers Assorted Yogurts
<b>Saturday</b> 09.10.10	Selection of Cereals Choice of Fruit Juice <b>Full English</b> <b>Breakfast</b> Fresh Fruit Basket Toast & Preserves	Soup of the Day/Salad Bar Chicken Pie / Gravy Beef & Black Bean Stir Fry Chef's Special Vegetarian Choice/Pasta & sauce Jacket/Duchesse White Cabbage/Roasted Vegetables Paris Sandwich & Custard Cheese & Crackers/Fresh Fruit	Soup of the Day /Salad Bar Self Service Style Assorted Wraps And Fillings & Dressings Curly Fries Assorted Salad Items Fresh Fruit/Cheese & Crackers Assorted Yogurts Dessert
<b>Sunday</b> 10.10.10	Selection of Cereals Choice of Fruit Juice <b>Full English</b> <b>Breakfast</b> Fresh Fruit Basket Toast & Preserves	Soup of the Day/Salad Bar Roast Turkey Garni Cod Basil & Parmesan Crust Roast/New Potatoes Carrots & Swede/Broccoli Fruit Salad/Assorted Gateaux / Cream Cheese & Crackers/Fresh Fruit	Soup of the Day /Salad Bar Breaded Pork Steaks Lasagne Cheesy/ Baked Jacket Wedges Baked Beans / Green Beans Fresh Fruit/Cheese & Crackers Assorted Yogurts Dessert

<b>Week 7</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SUPPER</b>
	Selection of Cereals Choice of Fruit Juice <b>Full English</b>	Soup of the Day / Salad Bar Sticky Chicken Portions ( Marmalade) Lamb Stew & Dumplings	Soup of the Day / Salad Bar <b>Chinese Night</b>

<p><b>Monday</b> 18.10.10</p>	<p><b>Full English</b> <b>Breakfast</b> Fresh Fruit Basket Toast &amp; Preserves</p>	<p>Lemon Breaded Pork Steaks Vegetarian Choice / Pasta &amp; Sauce Peeled New / Jacket Potatoes Green Beans / Carrot &amp; Swede Paris Sandwich / Custard Cheese &amp; Crackers / Fresh Fruit</p>	<p>Spare Ribs,/ Chicken Wings Special Fried Rice / Spring Rolls Stir-fry Mix Vegetables Prawn Crackers Fresh Fruit / Cheese &amp; Crackers Assorted Yogurts</p>
<p><b>Tuesday</b> 19.10.10</p>	<p><b>Full English</b> <b>Breakfast</b> Fresh Fruit Basket Toast &amp; Preserves</p>	<p>Soup of the Day / Salad Bar Beef Stroganoff / Basmati Rice Orange Crumbed Salmon Fillets Cheese &amp; Bacon Pasta Bake Tikka Coated Chicken / Pasta &amp; Sauce Croquette / Jacket Potatoes Broccoli / Sweetcorn Assorted Cold Deserts Cheese &amp; Crackers/Fresh Fruit</p>	<p>Soup of the Day / Salad Bar Spaghetti &amp; Beef Meatballs Macaroni Bolognaise Garlic Bread Cheesy / Jacket Potatoes Savoury Cabbage Fresh Fruit / Cheese &amp; Crackers Assorted Yogurts</p>
<p><b>Wednesday</b> 20.10.10</p>	<p><b>Full English</b> <b>Breakfast</b> Fresh Fruit Basket Toast &amp; Preserves</p>	<p>Soup of the Day / Salad Bar Honey Roasted Sausages &amp; Potatoes Sweet &amp; Sour Turkey Steaks Chicken Korma / Basmati Rice Vegetarian Choice / Pasta &amp; Sauce Creamed /Jacket Potatoes Cauliflower Cheese / Baton Carrots Syrup Sponge / Custard Cheese &amp; Crackers / Fresh Fruit</p>	<p>Soup of the Day / Salad Bar Chicken Kiev Mixed Sausage Kebabs Chefs Special Assorted Potatoes Mixed Fresh Vegetables Fresh Fruit / Cheese &amp; Crackers Assorted Yogurts</p>
<p><b>Thursday</b> 21.10.10</p>	<p><b>Continental</b> <b>Breakfast</b> Fresh Fruit Basket Toast &amp; Preserves</p>	<p>Soup of the Day / Salad Bar Grilled Pork Steaks / Garlic Butter Honey &amp; Mustard Baked Chicken Roast Lamb / Garni Vegetarian Choice / Pasta &amp; Sauce Roast / Jacket Potatoes Mixed Vegetables / Cabbage Belgian Waffles / Maple Syrup Cheese &amp; Crackers/Fresh Fruit</p>	<p>Soup of the Day / Salad Bar Beef Bacon &amp; Cheese Muffins Jumbo Hot Dogs / Onions Vegetarian Choice Spiral Fries / Jacket Potatoes Spaghetti Hoops Fresh Fruit / Cheese &amp; Crackers Assorted Yogurts</p>
<p><b>Friday</b> 22.10.10</p>	<p><b>Full English</b> <b>Breakfast</b> Fresh Fruit Basket Toast &amp; Preserves</p>	<p>Soup of the Day / Salad Bar Crispy Cheesy Chicken Fillets Grilled Gammon &amp; Pineapple Assorted Fish Cakes / Breaded Plaice Fillets Vegetarian Choice / Pasta &amp; Sauce Creamed / Jacket Potatoes Assorted Roast Vegetables / Peas Traditional Rice Pudding Cheese &amp; Crackers / Fresh Fruit</p>	<p>Soup of the Day/Salad Bar <b>Pizza Night</b> An Assorted Of Freshly Made Pizzas Fresh Chips Baked Beans Fresh Fruit/Cheese &amp; Crackers Assorted Yogurts</p>
<p><b>Saturday</b> 23.10.10</p>	<p><b>Full English</b> <b>Breakfast</b> Fresh Fruit Basket Toast &amp; Preserves</p>	<p><b>Half Term</b></p>	<p><b>Half Term</b></p>
<p><b>Sunday</b> 24.10.10</p>	<p><b>Full English</b> <b>Breakfast</b> Fresh Fruit Basket Toast &amp; Preserves</p>	<p><b>Half Term</b></p>	<p><b>Half Term</b></p>

