

ROCKPORT SCHOOL

Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice Porridge with Honey	Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice Porridge with Honey	Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice Porridge with Honey	Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice Porridge with Honey	Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice Porridge with Honey
Boiled Eggs	Muffin Bacon Scrambled Egg tower	Pain Au Chocolate	Sweet French Toast with Maple Syrup	Rich Cinnamon Swirl
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Salad Bar & Sandwich Bar	Salad Bar & Sandwich Bar	Salad Bar & Sandwich Bar	Salad Bar & Sandwich Bar	Salad Bar & Sandwich Bar
<b>Main Course 1</b> Pasta in a Cheesy Cream Sauce	<b>Main Course 1</b> Chicken Supreme with Ratatouille Vegetables	<b>Main Course 1</b> Mild Chilli Con Carne with Sweetcorn & Pepper Rice	<b>Main Course 1</b> Fish Fingers	<b>Main Course 1</b> Roast Chicken Breast With Roast Gravy
<b>Main Course 2</b> Sausage Casserole	<b>Main Course 2</b> Steak bake	<b>Main Course 2</b> Pork 'n' Pepper a la King	<b>Main Course 2</b> Chicken & Chorizo Paella	<b>Main Course 2</b> Penne Pasta with Smoked Salmon & Chives
<b>Vegetarian</b> Baked Sweet Potatoes with Chilli Cottage Cheese	<b>Vegetarian</b> Veggie Burger	<b>Vegetarian</b> Spinach & Ricotta Ravioli with Fresh Tomato & Sauce	<b>Vegetarian</b> Sweet Potato Cheese Gratin	<b>Vegetarian</b> Quorn fillet with Fire Red Pepper, Tomato Sauce
Baby Herb Potatoes Broccoli	Herby Dice Potatoes Sweetcorn	Sweetcorn & Pepper Rice Roast Baby Potatoes	Creamed Potatoes Peas	New Baby Potatoes with Herbs Spring Vegetables
<b>Sweet</b> Wrapped Blueberry Mini Muffin	<b>Sweet</b> Fresh Cut Fruit	<b>Sweet</b> Gingerbread Person	<b>Sweet</b> Toffee Clandeboye Yoghurts	<b>Sweet</b> Ice Cream Tub s
<b>Evening Meal</b>	<b>Evening Meal</b>	<b>Evening Meal</b>	<b>Evening Meal</b>	
<b>Main Course 1</b> Baked Chicken Maryland with Garlic Cream Sauce	<b>Main Course 1</b> Ham & Cheese Panini	<b>Main Course 1</b> Beef & Mushroom Stroganoff	<b>Main Course 1</b> Tomato Soup	<b>Main Course 1</b> Chilli Beef Taco shells Grated Cheese
<b>Main Course 2</b> Home Made Margherita Pizza (Tomato & Mozzarella Cheese)	<b>Main Course 2</b> Pepperoni Penne Arrabatia	<b>Main Course 2</b> Chicken & Noodles in Sweet Soy Sauce	<b>Main Course 2</b> Baguette Bar Big Foot Deli Subs	<b>Main Course 2</b> Vegetarian Pasta
Sauté Potatoes Sweetcorn	Green Salad Tomato & Basil Oil Salad	Braised Rice Sweetcorn	Mixed Leaf Salad Salsa Dressing Ranch dressing	Mixed Leaf Salad Taco Sauce
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

This is the current menu and may be subject to change if needs arise.

ROCKPORT SCHOOL

Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice Porridge with Honey	Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice Porridge with Honey	Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice Porridge with Honey	Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice Porridge with Honey	Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice Porridge with Honey
Boiled Eggs	Grilled Sausages Baked Beans	Croissants & Hot Chocolate	Scrambled Eggs Grilled Bacon	Pain Au Chocolate
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Salad Bar & Sandwich Bar	Salad Bar & Sandwich Bar	Salad Bar & Sandwich Bar	Salad Bar & Sandwich Bar	Salad Bar & Sandwich Bar
<b>Main Course 1</b> Macaroni Pasta with Tomato Sauce	<b>Main Course 1</b> Chicken Pie	<b>Main Course 1</b> Braised Beef Sausages in Red Onion Gravy	<b>Main Course 1</b> Beef Meatballs with Spaghetti in Tomato Sauce	<b>Main Course 1</b> Breaded Cod Fillets
<b>Main Course 2</b> Piri Piri Chicken	<b>Main Course 2</b> Pork chop with Sweet Soy and Honey Glaze	<b>Main Course 2</b> Smoked Paprika Chicken in Tomato Sauce with Butterbeans	<b>Main Course 2</b> Roast Pork Loin	<b>Main Course 2</b> Chicken Burgers
<b>Vegetarian</b> Falafel Burger with Cheese & Tomato Sauce	<b>Vegetarian</b> Thai Green Bean Curry	<b>Vegetarian</b> Butterbean & Sweet Potato Ragout	<b>Vegetarian</b> Chickpea & Spinach Curry & Rice	<b>Vegetarian</b> Aubergine & Red Pepper Goulash
Dauphinoise Potatoes Broccoli	Roast Potatoes Leeks & Peppers	Champ Buttered Carrots	Savoury Potatoes Farmhouse Vegetables	Chipped Potatoes Garden Peas
<b>Sweet</b> Mini Jamball Doughnuts	<b>Sweet</b> Fresh Cut Fruit	<b>Sweet</b> Ice lolly	<b>Sweet</b> Toffee Clandeboye Yoghurt	<b>Sweet</b> Ice Cream Tub
<b>Evening Meal</b>	<b>Evening Meal</b>	<b>Evening Meal</b>	<b>Evening Meal</b>	
<b>Main Course 1</b> Shepherd's Pie	<b>Main Course 1</b> Chicken Curry & Chips	<b>Main Course 1</b> Hot Pastrami & Cheese Panini	<b>Main Course 1</b> Spiced Chicken Wraps with BBQ Sauce	<b>Main Course 1</b> Chicken Goujons
<b>Main Course 2</b> Vegetarian Ravioli in Tomato Sauce Garlic Bread	<b>Main Course 2</b> Beef Burgers in a Brioche Bun	<b>Main Course 2</b> Battered Chicken Bites	<b>Main Course 2</b> Fresh Salmon Fillet Asparagus & Pink Peppercorn and Chive Butter	<b>Main Course 2</b> Jumbo Pork Sausages
Boiled Baby Potatoes Baby Carrots	Chipped Potatoes Green Salad	Sauté Potatoes Coleslaw	Roast Baby Potatoes Garden Peas	Vegetarian Goujons Oven Wedges BBQ Sauce Salad Bar
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh fruit

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ROCKPORT SCHOOL

Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice Porridge with Honey	Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice Porridge with Honey	Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice Porridge with Honey	Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice Porridge with Honey	Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice Porridge with Honey
Boiled Eggs	Scrambled Egg & Grilled Bacon	French Croissant with Jam	Poached Eggs on English Muffins	Chocolate Twists
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Salad Bar & Sandwich Bar	Salad Bar & Sandwich Bar	Salad Bar & Sandwich Bar	Salad Bar & Sandwich Bar	Salad Bar & Sandwich Bar
<b>Main Course 1</b> Spaghetti with Tomato Sauce	<b>Main Course 1</b> Primacy Pork Sausages	<b>Main Course 1</b> Chunky Beef & Carrot Stew	<b>Main Course 1</b> Pork Cocktail Sausages	<b>Main Course 1</b> Fish Fingers with Tartar Sauce
<b>Main Course 2</b> Chicken Tagine	<b>Main Course 2</b> Sweet 'n' Sour Chicken & Rice	<b>Main Course 2</b> Chicken Marrakesh with Penne Pasta	<b>Main Course 2</b> Beef Italian (Beef in Tomato Sauce with Olives)	<b>Main Course 2</b> Pork & Chilli Sausages
<b>Vegetarian</b> Eden Curried Cauliflower Patty with Mint Raita	<b>Vegetarian</b> Quinoa with Roasted Peppers and Endame	<b>Vegetarian</b> Sweet 'n' Sour Aubergine with Rice	<b>Vegetarian</b> Risotto Primavera	<b>Vegetarian</b> Potato and Celeriac Gratin with Cheese
Thyme Roast Baby Potatoes Peas & Sweetcorn	Creamed Potatoes Carrots	Fondant Potatoes Broccoli	Mashed Potatoes Baked Beans	Boiled Baby Potatoes Garden Peas
<b>Sweet</b> Mini Broderick Traybake	<b>Sweet</b> Fresh Cut Fruit	<b>Sweet</b> Ice lollies	<b>Sweet</b> Toffee Clandeboye Yoghurt	<b>Sweet</b> Ice Cream Tub
Evening Meal	<b>Evening Meal</b>	<b>Evening Meal</b>	<b>Evening Meal</b>	
<b>Main Course 1</b> Chicken, Red Onion & Pepper Fajitas	<b>Main Course 1</b> Macaroni Cheese	<b>Main Course 1</b> Marinated Coconut Chicken and Noodle Stir Fry	<b>Main Course 1</b> Beef Lasagne	<b>Main Course 1</b> Hot Dog
<b>Main Course 2</b> Pepperoni Panini	<b>Main Course 2</b> Pork Burgers	<b>Main Course 2</b> Baked Salmon Fillet	<b>Main Course 2</b> Seared Cumin & Paprika Chicken Fillets	<b>Main Course 2</b> Vegetarian Tomato & Cheese French Bread Pizza
Skin on Fries Green Salad Avocado, Red Onion & Chilli Salad	Jacket Wedges Baked Beans	Boiled Rice & Noodles Tender stem Broccoli	Greek Feta Cheese Salad Sliced Tomato Salad Strawberry Cheesecake	Criss Cut Potatoes Salad Bar Chocolate Cookies
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

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