

ROCKPORT SCHOOL

Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast	Breakfast	Breakfast	Breakfast
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
Poached eggs	Vegetable Roll with Fried Egg	Chocolate Torsade	Poached Eggs Grilled Bacon	Assorted Mini Danish Pastries
Lunch	Lunch	Lunch	Lunch	Lunch
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
Main Course 1 Fusilli Pasta with Bolognaise Sauce and Ricotta Cheese	Main Course 1 Beef Sausages with Yorkshire Pudding and Gravy	Main Course 1 Seared Smoked Paprika Chicken Breast	Main Course 1 Chilli Con Carne & Rice	Main Course 1 Poached Breast of Chicken Sweet Chilli Sauce
Main Course 2 Chicken Fillets with Blue Cheese Sauce	Main Course 2 Baked Chicken in Mushroom Sauce	Main Course 2 Shepherd's Pie	Main Course 2 Roast Pork Butt	Main Course 2 Sweet 'n' Sour Pork
Vegetarian Fresh Tomato & Caper Spaghetti	Vegetarian Butternut Squash & Chickpea Stew	Vegetarian Risotto Milanese With Saffron and Parmesan	Vegetarian Aubergine & Red Pepper Goulash	Vegetarian Quorn & Chickpea Curry & Rice
Roast Thyme Potatoes Farmhouse Vegetables	New Baby Potatoes with Herbs Carrots	Pepper and Corn Braised Rice Broccoli in Cheese Sauce	Croquette Potatoes Baked Beans	Chips Peas
Sweet Chocolate Éclair	Sweet Watermelon	Sweet Ice Lollies	Sweet Vanilla yoghurt Strawberry compote	Sweet Vanilla Ice cream Tub
Evening Meal	Evening Meal	Evening Meal	Evening Meal	Evening Meal
Main Course 1 Breaded Chicken Breast	Main Course 1 French Bread Pizza with Tomato & Mozzarella Cheese	Main Course 1 Tagliatelle Bacon & Tomato Sauce	Main Course 1 Bacon escalope	Main Course 1 Jumbo Sausage Herby Dice & Beans
Main Course 2 Sausage & Mash	Main Course 2 Sweet Chilli Chicken Stir Fry	Main Course 2 Vegetable Samosas & Pakoras Oriental Vegetables	Main Course 2 Homemade Breaded Chicken Fillet	Main Course 2 Veggie Pasta Bake
Gravy & Baby Carrots	Rice with Peppers	Boiled Rice	Cheesy Chilli Wedges Sweetcorn Mixed Green Salad	Mixed Leaf Salad & Fresh Fruit
Mixed Leaf Salad & Fresh Fruit	Mixed Leaf Salad & Fresh Fruit	Mixed Leaf Salad & Fresh Fruit	Sweet Strawberry Cheesecake	

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

ROCKPORT SCHOOL

Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast	Breakfast	Breakfast	Breakfast
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	French Toast	Croissants	Scrambled Egg	Continental Breakfast Bridge rolls ham and cheese
Lunch	Lunch	Lunch	Lunch	Lunch
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
Main Course 1 Chicken & Mushroom Pasta Bake	Main Course 1 Pork Cutlet with Apple Sauce	Main Course 1 Braised Steak	Main Course 1 Hot Dogs	Main Course 1 Jumbo Battered Cod Fish Finger
Main Course 2 Lamb Tagine with Chickpeas, Lemon and Capers	Main Course 2 Chicken Cacciatore	Main Course 2 Chicken Pie	Main Course 2 Chicken Breast Mushroom Sauce	Main Course 2 Salmon & Broccoli Chowder Pie with Filo Pastry
Vegetarian Baked Potatoes with Cheese and Sweetcorn Filling	Vegetarian Baked Harissa Cauliflower	Vegetarian Butternut Squash Risotto	Vegetarian Chickpea & Potato Curry	Vegetarian Spring Rolls with Spring Onion and Ginger Sauce
Boiled Rice Sweetcorn	Boiled Potatoes Carrots	Boiled Potatoes Farmhouse Vegetables	Criss Cut Potatoes x10 Sweetcorn	Herby Dice Potatoes Broccoli
Sweet Chocolate Muffins	Sweet Watermelon	Sweet Ice Lollies	Sweet Clandeboye Toffee Yoghurt	Sweet Vanilla Ice Cream
Evening Meal	Evening Meal	Evening Meal	Evening Meal	
Main Course 1 Beef Curry	Main Course 1 Homemade Sausage Roll	Main Course 1 Spinach and Ricotta Ravioli in fresh Plum Tomato & Basil Sauce	Main Course 1 Roast Chicken Supreme	Main Course 1 Chilli Con Carne Taco shells
Main Course 2 Chicken Fried Rice with Chilli Sauce	Main Course 2 Penne Pasta Cheese Sauce	Main Course 2 Whiting Fillets with separate Garlic Butter	Main Course 2 Lamb Cutlets	Main Course 2 Chicken Curry Taco Sauce Grated Cheese
Braised Saffron Rice Minted Peas	Sauté Potatoes BBQ Baked Beans	Mange Tout Herby Baby Potatoes	Mashed Potatoes Cauliflower Cheese	
Mixed Leaf Salad & Fresh Fruit	Mixed Leaf Salad & Fresh Fruit	Mixed Leaf Salad & Fresh Fruit	Sweet Banoffee Pie	Rocky Road

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Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Scrambled Eggs	Poached Eggs English Muffins	Cinnamon Danish	Cocktail Sausages with Hash Browns and Beans	Pain au Chocolat
Lunch	Lunch	Lunch	Lunch	Lunch
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
Main Course 1 Chicken Curry, Rice & Naan	Main Course 1 Cocktail Sausages	Main Course 1 Pasta Bolognaise with Garlic Bread Slices	Main Course 1 Savoury Mince with Carrots	Main Course 1 Baked Salmon Fillets with Tomato Garlic & Lemon Oil
Main Course 2 Peppered Steak Bake	Main Course 2 Sweet Chill Tomato Chicken	Main Course 2 Pork Fillet with a Wholegrain Mustard Cream Sauce	Main Course 2 Chicken Marrakesh	Main Course 2 Thai Chicken Curry & Rice
Vegetarian Baked Potatoes with Cheesy Beans	Vegetarian Venetian Rice & Peas	Vegetarian Spaghetti w Tomato Chilli Olive Oil	Vegetarian Spiced Aubergine & Potato Curry	Vegetarian Thai Quorn & Vegetable Curry
Baby Roast Potatoes Baby Carrot Green Bean Baby Corn Medley	Creamed Potatoes Baked Beans	Fondant Potatoes Sweetcorn	Mashed Potatoes Garden Peas	Chive Potatoes Broccoli
Sweet Ice Lollies	Sweet Watermelon	Sweet Jelly Pot	Sweet Double Chocolate Doughnut	Sweet Vanilla Ice Cream
Evening Meal	Evening Meal	Evening Meal	Evening Meal	
Main Course 1 Ham & Cheese Panini	Main Course 1 Pork & Pepper Stroganoff with Rice	Main Course 1 Salmon Fillet with Lemon Chive Butter	Main Course 1 Breaded Chicken Fillets with Brioche Buns	Main Course 1 Cottage Pie
Main Course 2 Beef Burgers in a Brioche Bun	Main Course 2 Homemade Chicken Doner Kebab	Main Course 2 Poached Chicken Fillet	Main Course 2 Pork Sausages	Vegetable Mince Pasta Bake Baby Carrots
Criss Cut Potatoes	Tomato Salad Iceberg Lettuce	Boiled Rice Baby Potatoes & Peas	Mashed Potatoes	Brownies
Mixed Leaf Salad & Fresh Fruit	Mixed Leaf Salad & Fresh Fruit	Mixed Leaf Salad & Fresh Fruit	Sweet Waffles with Cream	

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