

ROCKPORT SCHOOL

Week 1

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
| <b>Breakfast</b>  | <b>Breakfast</b>   | <b>Breakfast</b>   | <b>Breakfast</b>   | <b>Breakfast</b>   |
| Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice<br>Porridge with Honey      | Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice<br>Porridge with Honey | Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice<br>Porridge with Honey | Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice<br>Porridge with Honey | Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice<br>Porridge with Honey |
| Boiled Eggs & Toast   | Bacon Bap  | Croissant with Jam   | Vegetable Roll, Potato Bread,<br>Fried Egg                                   | Ham and Cheese on Toast  |
| <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><br>Fusilli Pasta with Bolognaise<br>Sauce and Ricotta Cheese | <b>Main Course 1</b><br>Beef Burgers in a Soft Bun                           | <b>Main Course 1</b><br>Steamed Chicken Breast<br>With Roast Gravy           | <b>Main Course 1</b><br>Pork & Leek Sausage                                  | <b>Main Course 1</b><br>Battered Cod Goujons                                 |
| <b>Main Course 2</b><br>Chicken Supreme Garlic Cream<br>Sauce                     | <b>Main Course 2</b><br>Battered Cod Fillets                                 | <b>Main Course 2</b><br>Pasta Bolognaise                                     | <b>Main Course 2</b><br>Spiced Chicken Fajita Sir Fry                        | <b>Main Course 2</b><br>Chilli Con Carne & Coriander Rice                    |
| <b>Vegetarian</b><br>Baked Potato with Cheese                                     | <b>Vegetarian</b><br>Bean & Pepper Burrito                                   | <b>Vegetarian</b><br>Mediterranean Vegetable<br>Ratatouille                  | <b>Vegetarian</b><br>Veggie Cannelloni with Cheese<br>Sauce                  | <b>Vegetarian</b><br>Baked Tomato Basil and<br>Mozzarella Aubergine          |
| Garlic Diced Potato<br>Green Beans  | Chipped Potatoes<br>Garden Peas  | Saffron Buttered Potatoes<br>Carrot & Parsnip Mash                           | Creamed Potatoes<br>Baked Beans  | New Baby Potatoes with Herbs<br>Peas   |
| <b>Sweet</b><br>Wrapped Blueberry Mini Muffin                                     | <b>Sweet</b><br>Fresh Cut Watermelon   | <b>Sweet</b><br>Ice Lollies  | <b>Sweet</b><br>Clandeboye Senga Strawberry<br>Yoghurt                       | <b>Sweet</b><br>Draynes Farm Vanilla Ice Cream<br>Tub                        |
| <b>Evening Meal</b>   | <b>Evening Meal</b>  | <b>Evening Meal</b>  | <b>Evening Meal</b>  | <b>Evening Meal</b>  |
| <b>Main Course 1</b><br>Southern Fried Chicken Fillet                             | <b>Main Course 1</b><br>Breaded Chicken Fillet with<br>Ham & Cheese Sauce    | <b>Main Course 1</b><br>Lasagne al Forno                                     | Margherita and Pepperoni Pizzas  | Chicken Kiev   |
| <b>Main Course 2</b><br>Beef Curry  | <b>Main Course 2</b><br>Cocktail Sausages in Baked<br>Beans                  | <b>Main Course 2</b><br>Pulled Pork in BBQ sauce with<br>Udon Noodles        | Dirty Chips  | Jacket Wedges<br>Taco Sauce<br>Salads  |
| Savoury Rice  | Dauphinoise Potato   | Oven baked Jacket Wedges<br>Green Salad/ Coleslaw                            | <b>Sweet</b><br>Caramental traybake  | Gravy Ring   |
| 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

| <b>MONDAY</b>  | <b>TUESDAY</b>   | <b>WEDNESDAY</b>  | <b>THURSDAY</b>   | <b>FRIDAY</b>  |
|--|--|---|---|--|
| <b>Breakfast</b>   | <b>Breakfast</b>   | <b>Breakfast</b>  | <b>Breakfast</b>  | <b>Breakfast</b>   |
| Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice<br>Porridge with Honey | Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice<br>Porridge with Honey | Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice<br>Porridge with Honey        | Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice<br>Porridge with Honey    | Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice<br>Porridge with Honey |
| Boiled Eggs & Toast  | Pork Sausages<br>Baked Beans   | Croissants<br>Hot Chocolate   | Scrambled Eggs<br>Grilled Bacon   | 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><br>Creamy Chicken Pasta                                 | <b>Main Course 1</b><br>Savoury Mince  | <b>Main Course 1</b><br>Braised Beef Sausages in Onion Gravy                        | <b>Main Course 1</b><br>Penne Pasta with Tomato & Pepperoni Sauce               | <b>Main Course 1</b><br>Battered Cod Fish Fingers                            |
| <b>Main Course 2</b><br>Enchilada Bake with Spiced Beef, Pinto Beans & Rice  | <b>Main Course 2</b><br>Chicken Cacciatore                                   | <b>Main Course 2</b><br>Roast Loin of Pork with gravy                               | <b>Main Course 2</b><br>Minced Beef Stew  | <b>Main Course 2</b><br>Sweet Chilli Chicken Fillets                         |
| <b>Vegetarian</b><br>Butterbean & Sweet Potato Ragout                        | <b>Vegetarian</b><br>Vegetable Schnitzels                                    | <b>Vegetarian</b><br>Penne Pasta with Cherry Tomatoes, Spinach and Mascarpone Sauce | <b>Vegetarian</b><br>Mushroom Risotto   | <b>Vegetarian</b><br>Penne Pasta with Courgette, Basil and Cherry Tomato     |
| Roast Potatoes<br>Sweetcorn  | Creamed Potatoes<br>Farmhouse Vegetables                                     | Champ<br>Spaghetti Hoops  | Boiled Potatoes<br>Sliced Carrots   | Baby Potatoes<br>Tenderstem Broccoli   |
| <b>Sweet</b><br>Ice Lollies  | <b>Sweet</b><br>Fruit slices   | <b>Sweet</b><br>Mini Chocolate Eclairs  | <b>Sweet</b><br>Clandeboye Toffee Yoghurt                                       | <b>Sweet</b><br>Draynes Farm Vanilla Ice Cream Tub                           |
| <b>Evening Meal</b>  | <b>Evening Meal</b>  | <b>Evening Meal</b>   | <b>Evening Meal</b>   | <b>Evening Meal</b>  |
| <b>Main Course 1</b><br>Margherita Pizza                                     | <b>Main Course 1</b><br>Breaded Chicken Goujons                              | <b>Main Course 1</b><br>Ham & Mozzarella Cheese Panini                              | <b>Main Course 1</b><br>Salmon Ginger, Chilli Dressing with Tenderstem Broccoli | <b>Main Course 1</b><br>Herby Chicken and Cheese Rolls                       |
| <b>Main Course 2</b><br>Beef and Onion Pie<br>Dauphinoise Potato             | <b>Main Course 2</b><br>Battered Cod   | <b>Main Course 2</b><br>Ravioli with Cherry Tomato Sauce                            | <b>Main Course 2</b><br>Chicken Fillet with a Garlic, Honey and Lime rub        | Cheesy Spiced Tortilla Chips   |
| Sweet Potato Fries<br>Salad Bar  | Sauté Potatoes<br>Green Salad  | Chipped Potatoes<br>Coleslaw  | Spiced Wedge Potatoes   | Chocolate Chip cookies   |
| Fresh Fruit  | Fresh Fruit  | Fresh Fruit   | Chocolate Ice Cream Tub   | Fresh Fruit  |

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Week 3

| <b>MONDAY</b>  | <b>TUESDAY</b>   | <b>WEDNESDAY</b>   | <b>THURSDAY</b>  | <b>FRIDAY</b>  |
|--|--|--|--|--|
| Breakfast  | <b>Breakfast</b>   | <b>Breakfast</b>   | <b>Breakfast</b>   | <b>Breakfast</b>   |
| Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice<br>Porridge with Honey | Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice<br>Porridge with Honey | Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice<br>Porridge with Honey | Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice<br>Porridge with Honey | Breakfast Cereals/ Toast & Preserves/Pure Fruit Juice<br>Porridge with Honey |
| Boiled Eggs & Toast  | Poached Eggs<br>Grilled Bacon  | Cinnamon Swirl Danish Pastries   | Poached Eggs on<br>English Muffins   | Pain Au Chocolat   |
| <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><br>Italian Tuna Tomato & Penne<br>Pasta                 | <b>Main Course 1</b><br>Minced Steak & Onion Pie                             | <b>Main Course 1</b><br>Chicken Curry & Rice                                 | <b>Main Course 1</b><br>Deconstructed Cowboy Pie                             | <b>Main Course 1</b><br>Battered Cod Fish Fingers                            |
| <b>Main Course 2</b><br>Piri Piri Chicken                                    | <b>Main Course 2</b><br>Cajun Salmon Fillets                                 | <b>Main Course 2</b><br>Roast Loin of Pork                                   | <b>Main Course 2</b><br>Roast Beef with Yorkshire<br>Puddings                | <b>Main Course 2</b><br>Chicken Marrakech                                    |
| <b>Vegetarian</b><br>Baked Potatoes with Cheesy<br>Beans                     | <b>Vegetarian</b><br>Spiced Aubergine & Potato<br>Curry                      | <b>Vegetarian</b><br>Vegetable Pakoras and Rice                              | <b>Vegetarian</b><br>Vegetable spring rolls with<br>oriental veg             | <b>Vegetarian</b><br>Falafel Burger  |
| Thyme Roast Baby Potatoes<br>Peas & Sweetcorn                                | Creamed Potatoes<br>Carrots  | Fondant Potatoes<br>Savoy Cabbage  | Mashed Potatoes<br>Broccoli  | Mashed Potatoes with Chives<br>Garden Peas                                   |
| <b>Sweet</b><br>Wrapped Blueberry Mini Muffin                                | <b>Sweet</b><br>Jamball doughnut   | <b>Sweet</b><br>Ice Lollies  | <b>Sweet</b><br>Clandeboye Senga Strawberry<br>Yoghurt                       | <b>Sweet</b><br>Draynes Farm Vanilla Ice Cream<br>Tub                        |
| <b>Evening Meal</b>  | <b>Evening Meal</b>  | <b>Evening Meal</b>  | <b>Evening Meal</b>  | <b>Evening Meal</b>  |
| <b>Main Course 1</b><br>Chicken in Roast Gravy                               | <b>Main Course 1</b><br>Pasta Bake   | <b>Main Course 1</b><br>Chicken Maryland                                     | <b>Main Course 1</b><br>Cod Goujons  | Chicken Kebabs with BBQ Glaze  |
| <b>Main Course 2</b><br>Sausages with BBQ Sauce &<br>Peppers                 | <b>Main Course 2</b><br>Ham & Cheese Jambons                                 | <b>Main Course 2</b><br>Beef Burger in onion gravy                           | <b>Main Course 2</b><br>Braised Steaks with Peppercorn<br>Sauce              | Seasoned Wedges<br>Green Salad   |

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**ROCKPORT SCHOOL**

|                                      |   |                                   |   |          |
|--------------------------------------|---|-----------------------------------|---|----------|
| Roast Potatoes<br>Cauliflower Cheese | Paprika Sauté Potatoes/ Tomato<br>& Lettuce Salad | Texan Chips<br>Sweetcorn Fritters | Sauté Potatoes<br>Sauté Mushrooms Garden Peas |          |
| Fresh Fruit                          | Fresh Fruit                                       | Fresh Fruit                       | Belgian Chocolate Cookies                     | Yoghurts |

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