

Week 1 – Lunch – Autumn Term



THE REFECTORY
AT WYMONDHAM COLLEGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dish of The Day	American beef burger	Classic Hunter’s chicken with BBQ, bacon and cheese	Slow-cooked lamb stew with vegetables	Pan-seared beef with charred peppers & sautéed mushrooms	Roast chicken breast with gravy	Japanese-style panko chicken katsu	Brunch: Selection of pastries Full English brunch with Norfolk sausages & grilled bacon Hash browns, baked beans & grilled tomatoes Breakfast eggs Pasta of the day Fruit platter
Vegetarian Dish	Quorn burger	Vegetarian Hunter’s quorn fillets	Vegetable & lentil stew	Sautéed vegetables , quorn with Asian aromatics	Quorn roast with gravy	Crispy aubergine katsu	
Sides 1	Curly fries	Spicy potato wedges	Classic mash potato	Steamed noodles	Roast potatoes	Steamed rice	
Sides 2	Crunchy mixed leaves	Steamed green beans	Carrots & peas	Glazed carrots	Farmhouse style vegetable mix	Teriyaki glazed seasonal vegetables	
Pasta Dish/ Panini	Whole grain penne in fiery arrabbiata with chicken	Bacon & cheese panini	Creamy chicken pasta tricolor fusilli	Chicken pesto & tomato pasta (farfalle)	Chilli corn carne with wholemeal pasta Fusilli	Salmon farfalle pasta bake	
Baked Potato	Baked potatoes available on the hot food counter.						
Dessert	Fruity crumble with warm custard	Fresh fruit salad pots	Chocolate meltdown sponge with creamy custard	Strawberry jelly	Chocolate crunch cookies	Fresh fruit salad pots	
Deli Bar							
Options	The deli bar caters for a selection of sandwiches, poke bowls, and soup of the day.					-	

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dish of The Day	Chicken gyros with tzatziki & hummus	Beef enchiladas with sauce	Malaysian chicken rendang	Chinese sticky pork ribs with BBQ sauce	Premium homemade lasagne	Takeaway (served in boxes)	Pan fried beef chowmein. Stir-fried egg noodles layered with beef, onions & greens
Vegetarian Dish	Vegetable moussaka	Black beans & sweet potato enchiladas	Tofu vegetable rendang	Giant vegetable spring rolls	Quorn veggie lasagne	Fajitha wrap Chicken fajitha	Vegetable chow mein
Sides 1	Pitta bread	Mexican rice (arroz rojo)	Minted basmati rice & garlic naan	Chinese mixed vegetable fried rice	Classic garlic bread	Halloumi & Veg Fajitha Spicy wedges	Garlic bread & prawn crackers
Sides 2	Lemon & oregano flavoured green beans	Chilli & lime mini corn on the cob	Edamame	Teriyaki bokchoi	Autumn roast vegetables	Fries Served with spicy mayo, or garlic mayo	Seasonal stir fry vegetables with glazed teriyaki
Dessert	White chocolate chip cookies	Mexican churros with chocolate sauce	Weetabix cookies	Classic party cake	Soft toffee pudding with butterscotch drizzle	Chocolate doughnuts	Celebration sprinkle tray bake
Salads, Fruits & Yoghurts	A selection of mixed salad leaves, and fresh fruits, with plain greek yoghurt						

Week 2 – Lunch – Autumn Term



THE REFECTORY
AT WYMONDHAM COLLEGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dish of The Day	Jerk chicken	Stir-fried chicken in an aromatic soy-ginger sauce	Crisp pork strips in a sweet chilli sauce with rice	Tex-Mex chicken fajita wrap with guacamole, salsa & soured cream	Tray baked pepperoni sliced pizza	Classic chicken parmagiana	Brunch: Selection of pastries Full English brunch with Norfolk sausages & grilled bacon Hash browns, baked beans & grilled tomatoes Breakfast eggs Pasta of the day Fruit platter
Vegetarian Dish	Chick peas and potato curry	Crisp tofu stir fry with fresh veg & soy-ginger sauce	Quorn strips in a sweet chilli sauce with rice	Halloumi, bean& pepper fajita wrap	Cheesy margherita pizza	Grilled aubergine & courgette parmagiana Bake	
Sides 1	Rice and peas (kidney beans)	Steamed noodles	Steamed rice	Thyme roasted baby hasselback potatoes	Golden crunchy onion rings	Curly fries	
Sides 2	Jerk green beans	Stir fry vegetables	Teriyaki seasonal stir fried vegetables	Steamed green beans	Crunchy mixed leaves	Seasonal mixed vegetables	
Pasta Dish/ Panini	Pastrami & cheese panini	Flaked salmon baked pasta gratin (whole grain penne)	Chicken and sweetcorn tossed in a herbed tomato pasta (spaghetti)	Whole grain penne with grilled pork strips & slow-cooked tomato sauce	Chicken strips in a smooth creamy sauce (farfalle)	Pasta farfalle tossed with pesto creamy sauce	
Baked Potato	Baked potatoes available on the hot food counter.					-	
Dessert	Apple crumble served with custard	Fresh fruit salad pots	Blueberry sponge with custard	Mandarin jelly	Apricot & ginger cookies	Soft blueberry muffin served with a swirl of fresh cream	
Deli Bar							
Options	The deli bar caters for a selection of sandwiches, poke bowls, and soup of the day.					-	

Week 2 – Dinner – Autumn Term



THE REFECTORY

AT WYMONDHAM COLLEGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dish of The Day	Chicken Kyiv (kiev) with garlic & herb	Roast turkey, gravy & Yorkshire pudding	Classic beef jollof rice	Teriyaki pork noodles with crispy duck gyoza	Classic butter chicken curry	Takeaway (served in boxes)	Steamed bao with teriyaki pulled pork
Vegetarian Dish	Vegetable Kyiv (kiev) with cheese & garlic	Nutless roast slice, gravy & Yorkshire pudding	Vegetable jollof rice	Teriyaki veg noodles with crispy veg gyoza	Chickpeas & spinach masala curry	Southern fried chicken burgers	Teriyaki pulled jackfruit bao
Sides 1	Potato and cheese gratin	Classic mash potato	African sautéed potaotoes with paprika & herbs	Korokke (potato croquettes) with tonkatsu sauce	Mint basmati rice & garlic naan	Pop corn chicken	Mixed vegetable fried rice
Sides 2	Steamed green beans & gravy	Steamed peas	Mixed steamed vegetables	Edamame	Glazed carrots & poppodums	Served with baked beans, gravy & Fries	Pan seared garlic bok choi
Dessert	Ukrainian cherry cake	Classic Victoria sponge	Rice krispies cake	Choco-rock squares	Chocolate crostata	Jam doughnuts	Chocolate eclairs
Salads, Fruits & Yoghurts	A selection of mixed salad leaves, and fresh fruits, with plain greek yoghurt						

Week 3 – Lunch – Autumn Term



THE REFECTORY

AT WYMONDHAM COLLEGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dish of The Day	Southern fried chicken burger	Grilled Norfolk pork sausages with caramelised onions	Madras chicken korma	Italian-style beef meatballs in marinara sauce	Fish & chips	Exeat Menu	Exeat Menu
Vegetarian Dish	Quorn vegan burger	Gourmet vegetarian sausage with caramelised onion	Tofu and lentil curry	Vegan meatballs in marinara sauce	Plant-based fishless fingers		
Sides 1	Chunky chips & gravy	Classic potato mash	Minted basmati rice & garlic naan	Spaghetti pasta	Chunky chips, baked beans & curry sauce		
Sides 2	Steamed carrot batons & sweet corn kernels	Steamed peas	Seasonal mixed vegetables	Honey-glazed carrot batons	Mushy peas		
Pasta Dish/ Panini	Chicken pesto & tomato pasta (farfalle)	Chicken Alfredo penne (wholegrain penne rigate)	Oven-baked pasta gratin with white fish (fusilli pasta)	Ham & cheese panini	Beef bolognaise pasta with herbs (whole grain penne)		
Baked Potato	Baked potatoes available on the hot food counter.						
Dessert	Apple & raspberry crumble served with rich custard	Fresh fruit salad pots	Pineapple upside down cake	Chocolate coconut crunch with cream	Sultana shortbread		
Dei Bar							
Options	The deli bar caters for a selection of sandwiches, poke bowls, and soup of the day.						

Week 3 – Dinner – Autumn Term



THE REFECTORY

AT WYMONDHAM COLLEGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dish of The Day	Carribean beef curry	Zingy peri-peri chicken with mild peri-peri sauce	American beef burger with cheesy sauce	Classic Valencian chicken paella	Exeat Menu	Exeat Menu	Exeat Menu
Vegetarian Dish	Caribbean veg curry with chick peas & tofu	Vegetable feijoada (bean stew)	Halloumi & pepper grilled stacker (skewer)	Pan tossed vegetable paella			
Sides 1	Rice and peas (kidney beans)	Spicy potato wedges & herb rice	Curly fries	Cajun spiced potato wedges			
Sides 2	Jerk green beans	Mini corn on the cob with garlic butter	Glazed carrot	Charred brocolli			
Dessert	Chocolate brownie	Arroz doce (creamy rice pudding with fruit of forest)	Double chocolate chip cookies	Cornflake jam tart with custard			
Salads, Fruits & Yoghurts	A selection of mixed salad leaves, and fresh fruits, with plain greek yoghurt						