

Breakfast Menu – Spring Term



THE REFECTORY
AT WYMONDHAM COLLEGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Eggs	Scrambled Egg	Fried Egg	Poached Egg	Fried Egg	Poached Egg	Scrambled Egg	<p>Brunch: Selection of Pastries</p> <p>Full English Brunch With Norfolk Sausages & Grilled Bacon</p> <p>Hash Browns, Baked Beans, Sauteed Mushrooms & Grilled Tomatoes</p> <p>Breakfast Eggs</p> <p>Pasta of The Day</p> <p>Fruit Platter</p>
Meat Option	Streaky Bacon	Baked Sausages	Bacon Baps	Baked Sausages	Grilled Bacon	Baked Sausages	
CARB	Hash Brown & Baked Beans	Pancake & Baked Beans	Potato Waffles & Baked Beans	Hash Brown & Baked Beans	Pancake & Baked Beans	Potato Waffles & Baked Beans	
Bread	Fresh Home-Baked Rolls & Toast With Honey & Jam						
Cereals	Selection of Cereals & Granola, With Fruits of The Forest						
Dairy	Selection of Yoghurts, Chilled Soya Milk, Oat Milk, Whole Milk & Semi-Skimmed Milk						
Fruits	Selection of Seasonal Fruits						
On Request	Porridge & Boiled Eggs						

Week 1 – Lunch – Spring Term



THE REFECTORY
AT WYMONDHAM COLLEGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course Veg	Beetroot & Feta Burger	Veggie Meatballs with Marinara Sauce	Veg Bean Chilli	Traybake Margherita Pizza	Malaysian Tofu Curry	Veggie Bolognese	<p>Brunch: Selection of Pastries</p> <p>Full English Brunch With Norfolk Sausages & Grilled Bacon</p> <p>Hash Browns, Baked Beans, Sauteed Mushrooms & Grilled Tomatoes</p> <p>Breakfast Eggs</p> <p>Pasta of The Day</p> <p>Fruit Platter</p>
Main Course First Option	Battered Scampi	Thyme Scented Pork Chops	Chilli Con Carne	Chicken and Spinach Alfredo Pasta Bake	Malaysian Chicken Rendang Curry	Spaghetti Bolognese	
Main Course Second Option	American Beef Burger With Cheese	Chicken Meat Balls in Marinara Sauce	Lemon & Herb Piri Piri Chicken Breast	Traybake Pepperoni Pizza	Macaroni & Cheese	Basil Pesto Gnocchi Bake	
CARB	Thin Cut Fries	Spaghetti Pasta	Flavoured Rice	Curly Twisters	Basmati Rice	Spaghetti	
Served With	Crunchy Mixed Leaves	Steamed Broccoli	Mini Corn Cobs	Crunchy Mixed Leaves	Steamed Green Beans	Steamed Carrots	
Dessert	Apple Crumble With Custard	Fruit Salad	Sultana Sponge With Custard	Selection of Fruit Jelly	Chocolate Crunch Cookies	Selection of Mini Cakes	
Cold Dessert	Fresh Fruits and Yoghurts						

Week 1 – Dinner – Spring Term



THE REFECTORY
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course Veg	Veggie Sausage With Sliced Onions	Creamy Pesto With Tri-Colour Fusilli Pasta	Veggie Black Bean Enchiladas	Quorn Roast With Yorkshire Pudding	Mushroom Stroganoff	Halloumi Fries and Veg Spring Rolls	Vegan Nuggets With Baked Beans & Gravy
Main Course First Option	Traditional Beef & Mushroom Stew	Thai Red Beef Curry	Chicken Enchiladas	Roast Beef With Yorkshire Pudding	Pork Stroganoff	Hot 'n' Kickin' Chicken Takeaway: Selection of Chicken Popcorn, Southern Fried Chicken Strips, & BBQ Chicken Wings, Served With Baked Beans, Gravy & Fries	Steamed Salmon With Creamy Dill Sauce
Main Course Second Option	Bangers With Sliced Onions	Spicy Thai Chicken Wings	Whole Grain Penne Carbonara With Chopped Bacon	Thyme Marinated Grilled Chicken Thighs	Kung Pao Chicken		Chicken Nuggets With Baked Beans & Gravy
CARB	Creamy Mashed Potato	Basmati Rice	Garlic Bread	Roast Potatoes & Gravy	Noodles		Twister Fries
Served With	Garden Peas	Seasonal Vegetables	Mini Corn Cobs	Steamed Broccoli	Steamed Mixed Vegetables		Steamed Green Beans
Dessert	Classic Iced Buns	Rice Crispie Bar	Ultimate Sticky Toffee Pudding	Chocolate Crostata	Millionaire's Shortbread	Double Chocolate Chip Cookie	Fruit Salad
Cold Dessert	Fresh Fruits and Yoghurts						

Week 2 – Lunch – Spring Term



THE REFECTORY
AT WYMONDHAM COLLEGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course Veg	Vegetable Kiev	Mixed Vegetable Pie	Mexican Veg Chilli Tacos	Homemade Veggie Lasagne	Vegetarian Fajita	Quorn Parmagiana	Brunch: Selection of Pastries Full English Brunch With Norfolk Sausages & Grilled Bacon Hash Browns, Baked Beans, Sauteed Mushrooms & Grilled Tomatoes Breakfast Eggs Pasta of The Day Fruit Platter
Main Course First Option	Chicken Kiev	Basil Pesto Gnocchi Bake	Mexican BBQ Pulled Pork Tacos	Pesto Salmon Bake	Chicken Fajita	Chicken Parmagiana	
Main Course Second Option	Norfolk Pork Sausage With Sauteed Onions	Traditional Cottage Pie	Grilled Thyme Marinated Chicken Breast With Gravy	Homemade Beef Lasagne	Classic Hunter's Chicken With BBQ, Bacon & Cheese	Salmon Pasta Bake	
CARB	Classic Mashed Potato & Gravy	Rosemary Focaccia	Nachos	Garlic Bread	Spicy Wedges	Classic Mashed Potato	
Served With	Garden Peas	Steamed Green Beans	Lettuce & Dippings	Crunchy Mixed Leaves Salad	Mini Corn on The Cob	Sweet Corn Kernels	
Dessert	Apple & Raspberry Crumble With Custard	Fruit Salad	Churros	Selection of Fruit Jelly	Oat & Sultana Cookies	Chocolate Sponge With Custard	
Cold Dessert	Fresh Fruits and Yoghurts						

Week 2 – Dinner – Spring Term



THE REFECTORY
AT WYMONDHAM COLLEGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course Veg	Grilled Halloumi & Sweet Pepper Kebabs	Vegetable Paella	Tray Bake Margherita Pizza	Macaroni and Cheese	Tomato & Basil Pasta Bake	Vegan Kofta Kebab	Vegetable Chow Mein
Main Course First Option	Crispy Southern Fried Chicken Burger	Chicken Paella	Tray Bake Pepperoni Pizza	Butter Chicken Curry	Smokey BBQ Cheeseburger	Kebab Takeaway: Halal Donor Kebab With Pitta Bread, Crunchy Salad, Spicy Mayo, Garlic Mayo & Fries	Chicken Chow Mein
Main Course Second Option	Frankfurters	Tuna Pasta Bake	Battered Fish	Tandoori Chicken Drumsticks	Grilled Chicken Burger		Chicken and Chorizo Pasta Bake
CARB	Thin Cut Fries	Garlic Bread	Thin Cut Fries	Basmati Rice / Naan Bread	Curly Twisters		Crunchy Mixed Leaves Salad
Served With	Coleslaw & Sauteed Onions	Crunchy Mixed Leaves	Steamed Garden Peas	Cucumber Raita & Poppadums	Seasonal Mixed Vegetables		
Dessert	Chocolate Brownie	Rocky Road	Rice Pudding With Diced Mango	Chocolate Sponge With Ganache	Party Cake With Icing	Belgian Waffles	Fruit Salad
Cold Dessert	Fresh Fruits and Yoghurts						

Week 3 – Lunch – Spring Term



THE REFECTORY
AT WYMONDHAM COLLEGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course Veg	Veggie Fish Finger	Veggie Bolognaise	Palak Panner (Spinach)	Traybake Margherita Pizza	Vegan Nuggets	Exeat Menu	Exeat Menu
Main Course First Option	Battered Fish	Chicken Alfredo With Spaghetti	Macaroni & Cheese	Chicken Nuggets	Ham & Cheese Panini		
Main Course Second Option	Poached Gammon With Gravy	Beef Bolognaise	Butter Chicken Curry	Traybake Pepperoni Pizza	Crispy Southern Fried Chicken Burger		
CARB	Thin Cut Chips	Spaghetti	Basmati Rice	Twister Fries	Thin Cut Chips		
Served With	Garden Peas	Seasonal Mixed Vegetables	Steamed Green Beans	Coleslaw & Salad	Crunchy Mixed Leaves Salad		
Dessert	Peach & Pear Crumble With Custard	Fruit Salad	Jam Sponge With Custard	Mixed Fruit Flapjacks	Shortbread Cookies		
Cold Dessert	Fresh Fruits and Yoghurts						

Week 3 – Dinner – Spring Term



THE REFECTORY
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course Veg	Grilled Halloumi & Sweet Pepper Kebabs	Mushroom, Brie & Cranberry Wellington	Steamed Hirata Bao Bun With BBQ Jackfruit	Basil Pesto Gnocchi Bake	Exeat Menu	Exeat Menu	Exeat Menu
Main Course First Option	Whole Grain Penne Carbonara With Bacon	Roast Turkey With Stuffing	Steamed Hirata Bao Bun With Pulled Pork	Fisherman's Pie			
Main Course Second Option	Chargrilled BBQ Chicken Drumsticks	Lancashire Hot Pot	Chicken Katsu With Sauce	Minced Beef & Onion Pie			
CARB	Mixed Pepper Couscous	Roast Potatoes & Gravy	Basmati Rice	Garlic Bread			
Served With	Mini Corn on The Cob	Steamed Broccoli	Teriyaki Vegetables	Steamed Carrots			
Dessert	Kanazawa Brownie With Chocolate Frosting	Chocolate Sponge With Custard	Weetabix Cookies	Classic Victoria Sponge Cake			
Cold Dessert	Fresh Fruits and Yoghurts						