



Sample Weekly Menu Young Learner Courses

		Breakfast	Lunch	Dinner	
Monday	Main Choices Students can choose one of the following:	Croissant	Grilled Haddock with Lemon & Dill	Beef & Vegetable Hot Pot	
		Pain au Chocolat	Freshly Baked Lasagne	BBQ Chicken Drumsticks	
		Boiled Egg	Sandwiches (assorted fillings)	Stuffed Peppers with Couscous	
			Jacket Potato (assorted fillings)		
	Desserts Students can choose one of the following:		Flapjack	Rhubarb Crumble	
			Chocolate Mousse	Chocolate Brownie	
	Students can help themselves to:	Toast	Assorted Vegetables	Assorted Vegetables	
		Cereal	Boiled Potatoes	Mashed Potatoes	
		Cooked Meats & Cheeses	Soup of the Day	Rice	
		Fresh Fruit	Salad Bar	Pasta Bar	
			Fresh Fruit	Salad Bar	
			Fresh Fruit		

Tuesday	Main Choices Students can choose one of the following:	Breakfast	Lunch	Dinner	
		Croissant	Chicken Burger in a Bun	Lamb Balti	
		Pain au Chocolat	Grilled Halloumi with Pitta	Pork Chops	
		Bacon	Panini (assorted fillings)	Leek & Mushroom Risotto	
			Jacket Potato (assorted fillings)		
	Desserts Students can choose one of the following:		Bakewell Tart	Chocolate Roll	
			Fruit Salad & Fresh Yoghurt	Jelly & Ice Cream	
	Students can help themselves to:	Toast	French Fries	Assorted Vegetables	
		Cereal	Soup of the Day	Boiled Potatoes	
		Cooked Meats & Cheeses	Pasta Bar	Rice	
		Fresh Fruit	Salad Bar	Pasta Bar	
		Fresh Fruit	Salad Bar		
			Fresh Fruit		



Wednesday	Main Choices	Breakfast	Lunch	Dinner
	Students can choose one of the following:	Croissant	Freshly Baked Sliced Gammon	Southern Style Chicken Goujons
		Pain au Chocolat	Courgettes with Cream Cheese & Herb	Beef Enchiladas
		Scrambled Egg	Baguette (assorted fillings)	Spanish Omelette
			Jacket Potato (assorted fillings)	
	Desserts		Bakewell Tart	Chocolate Roll
	Students can choose one of the following:		Fruit Salad & Fresh Yoghurt	Jelly & Ice Cream
	Students can help themselves to:	Toast	Assorted Vegetables	Assorted Vegetables
		Cereal	Mashed Potatoes	Boiled Potatoes
Cooked Meats & Cheeses		Soup of the Day	Rice	
Fresh Fruit		Pasta Bar	Pasta Bar	
		Salad Bar	Salad Bar	
		Fresh Fruit	Fresh Fruit	

Thursday	Main Choices	Breakfast	Lunch	Dinner
	Students can choose one of the following:	Croissant	Packed Lunch for Study Tour	Pepperoni Pizza
		Pain au Chocolat		Cheese & Tomato Pizza
		Sausages		Spaghetti Carbonara
	Desserts			Apple Pie
	Students can choose one of the following:			Crème Brulee
	Students can help themselves to:	Toast		Assorted Vegetables
		Cereal		Chips
		Cooked Meats & Cheeses		Rice
Fresh Fruit		Pasta Bar		
		Salad Bar		
		Fresh Fruit		



Friday	Main Choices	Breakfast	Lunch	Dinner
	Students can choose one of the following:	Croissant	Beef Burger in a Bun	Chicken Fajitas
		Pain au Chocolat	Broccoli & Dolcelatte Tart	Chilli con Carne
		Boiled Egg	Panini (assorted fillings)	Vegetable Chimichangas
			Jacket Potato (assorted fillings)	
	Desserts		Bread & Butter Pudding	Banoffee Pie
	Students can choose one of the following:		Chocolate Muffin	Date & Raisin Cookie
	Students can help themselves to:	Toast	Assorted Vegetables	Assorted Vegetables
		Cereal	French Fries	Boiled Potatoes
Cooked Meats & Cheeses		Soup of the Day	Rice	
Fresh Fruit		Pasta Bar	Pasta Bar	
		Salad Bar	Salad Bar	
		Fresh Fruit	Fresh Fruit	

Saturday	Main Choices	Breakfast	Lunch	Dinner
	Students can choose one of the following:	Croissant	Packed Lunch for Study Tour	Braised Beef
		Pain au Chocolat		Breaded Plaice
		Bacon		Vegetable Spring Rolls
	Desserts			Pineapple Upside Down Cake
	Students can choose one of the following:			Shortbread Biscuits
	Students can help themselves to:	Toast		Assorted Vegetables
		Cereal		Mashed Potatoes
Cooked Meats & Cheeses		Rice		
Fresh Fruit		Pasta Bar		
		Salad Bar		
		Fresh Fruit		



Sunday	Main Choices Students can choose one of the following:	Breakfast	Lunch	Dinner
		Full English Breakfast	Chicken Burger in a Bun	Roast Beef
		Croissant	Vegetable Lasagne	Roast Chicken
			Sandwiches (assorted fillings)	Nut Roast
			Jacket Potato (assorted fillings)	
	Desserts Students can choose one of the following:		Key Lime Pie	Apple Crumble
			Tiramisu	Summer Pudding
	Students can help themselves to:	Toast	Assorted Vegetables	Assorted Vegetables
		Cereal	Curly Chips	Roast Potatoes
		Cooked Meats & Cheeses	Soup of the Day	Pasta Bar
		Fresh Fruit	Pasta Bar	Salad Bar
			Salad Bar	Fresh Fruit
			Fresh Fruit	