

# Exeter Cathedral School

week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Fruit Juice Toast & Preserves Assorted Cereals  Freshly Baked Pain au Chocolat  Fresh Fruit Selection	Fruit Juice Toast & Preserves Assorted Cereals  Bacon and Cheese Wraps  Fresh Fruit Selection	Fruit Juice Toast & Preserves Assorted Cereals  Croissants  Fresh Fruit Selection	Fruit Juice Toast & Preserves Assorted Cereals  Breakfast Muffin and Egg  Fresh Fruit Selection	Fruit Juice Toast & Preserves Assorted Cereals  Fresh Strawberries and Yoghurt  Fresh Fruit Selection	Fruit Juice Toast & Preserves Assorted Cereals  Full English Breakfast  Fresh Fruit Selection	Fruit Juice Toast & Preserves Assorted Cereals  Mini Danish Pastries  Fresh Fruit Selection
LUNCH	BBQ Sauce Served with Chicken or <b>Quorn</b>  Vegetable Rice  Jacket Potatoes Fresh Soup of the Day  Chocolate Chip Sponge Chocolate Sauce  Fresh Fruit Selection	Minced Beef and Onion Pie  <b>Quorn and Vegetable Pie</b>  New Potatoes Cabbage Gravy  Jacket Potatoes Fresh Soup of the Day  Red Plum and Apple Crumble with Cream  Fresh Fruit Selection	<b>Italian Pasta Special</b>  Penne Pasta served with <b>Cheddar Cheese Sauce</b> or <b>Tomato Sauce</b>  Parmesan Cheese Sweetcorn Garlic Bread Slices  Jacket Potatoes Fresh Soup of the Day  Meringues with Fruit and Cream  Fresh Fruit Selection	<b>Traditional Roast Day</b>  Roasted Gammon  <b>Stuffed Peppers</b>  Roasted Potatoes Sliced Carrots Cauliflower Cheese Gravy  Jacket Potatoes Fresh Soup of the Day  Jam and Coconut Sponge with Custard  Fresh Fruit Selection	<b>Friday Favourites</b> Traditional Battered Cod Pork Sausages Jumbo Fish Fingers Salmon Fillets  Chipped Potatoes Mushy Peas  Fresh Soup of the Day Jacket Potatoes  <b>Vegetarian Chilli</b> Baked Beans or Spaghetti Hoops  Brownie Squares Jelly & Yoghurt Bar with a selection of toppings Fresh Fruit Selection	<b>Boarders' Packed Lunches</b>  Assorted Stapleton Farm Yoghurts  Fresh Fruit Selection	<b>Sunday Roast</b>  Roasted Beef with Yorkshire Puddings  <b>Vegetarian Roast</b>  Freshly Roasted Potatoes Seasonal Vegetables Gravy  Fresh Fruit Salad with Clotted Devon Cream  Fresh Fruit
SUPPER	Pork Chops with Apple Sauce  <b>Vegetarian Chickpea Curry</b> with Rice  Mini Roast Potatoes Carrots and Swede Gravy  Knickerbocker Glory Dessert  Fresh Fruit Selection	<b>Make Your Own Wrap</b>  Breaded Chicken  <b>Breaded Halloumi Slices</b>  Wraps Salad Selection  Profiteroles with Cream  Fresh Fruit Selection	<b>All Day Breakfast</b>  Sausages, Bacon, Eggs, Tomatoes, Mushrooms and Hash Browns with the usual accompaniments  <b>Vegetarian Option</b>  Lemon Drizzle Cake  Fresh Fruit Selection	Chilli Con Carne  Jacket Potatoes Rice Sour cream Tortilla Chips  Banana splits	<b>British Omelette Night</b>  Ham or <b>Cheese Omelette</b>  <b>Vegetable Omelette</b>  Crusty Bread Salad Selection  Top your own Pancake  Syrup and Ice cream  Fresh Fruit Selection	<b>Boarders' Choice</b>  Please make your choice by Tuesday and our chef will cook your favourite dishes!	<b>Sunday Special Buffet</b>  Selection of Rolls, Pastries Meats and Salads  <b>Vegetarian Options</b> Available  Homemade Cakes and Biscuits to finish  Fresh Fruit Selection

Salad Bar available Daily