

# Supper Menu

Lent term Aldenham School

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main Event</b>	<b>Tapas Style</b> Flash Fried Paprika <b>Squid</b> Sizzling Spicy Cocktail <b>Sausages</b>	Greek Style Grilled <b>Lamb</b> cutlets served with Flat Breads & Tatziki	Big Bowl Sweet & Sour <b>Pork</b> with Sticky Rice Prawn Crackers	Char-grilled <b>Chicken</b> Breast with Piri Piri Spices Potato Wedges Fresh Tomato Salsa	Individual Crunchy Topped <b>Lamb</b> Shepherd's Pie with Minted Gravy & Roasted Root Vegetables	Marinated <b>Sirloin Steaks</b> served with Mushrooms, Grilled Tomatoes & Poppy Seeded Onion Rings	Hog Style Roasted <b>Pork</b> Baps with Caramelised Onions & Apples Sauce
<b>Meat Free Zone</b>	Roasted Stuffed Onions with Spinach & <b>Ricotta</b>	Asian Green <b>Quorn</b> & Mushroom Pancakes with Free Range Egg Fried Rice & a Chilli dip	Tempura Style Vegetables & <b>Tofu</b> with Wild Rice & Hoi Sin & Honey dip	Jamaican Jerk Style Stuffed Aubergine Rolls	Pumpkin & <b>Tofu</b> Curry in a Coconut & Ginger Curry Sauce	<b>Mezze Board</b> of Stuffed Vine Leaves, <b>Cheese</b> & Olives, Hummus Warm Pitta Breads	Roasted Vegetable & <b>Halloumi</b> on an Open Ciabatta
<b>And to go with....</b>	Patatas Con Pimentos (Paprika Potatoes) Spinach White Beans with Chard	Twice Baked Jackets Crispy Kale	Roasted Roots with Thyme Greens with Endaneme	Naan Breads Corn	Butterbean Ragout Pan Fried Leeks with Stilton	Cheesy Mini Jackets Green Beans	Roasted Sweet Potato Wedges Pickle White Cabbage
<b>Big Bowl Salad</b>	<b>Chicken &amp; Chorizo</b> with Red 'Camargue' Rice	Greek <b>Feta</b> Salad	Celeriac Slaw	Warm Winter Vegetable Salad	Red Pepper & Basil Pasta	Smoked Mackerel Caesar	Roasted Red and Golden Beetroot
<b>Pudding</b>	Crema Catalana	<b>Apple</b> & Olive cakes with Maple frosting or Toffee Sauce	<b>Lemon</b> Tart with Wild Berry Compote	Warm <b>Plum</b> Pudding with	Decorate Your own Cup cake Bar	New York Style Vanilla Cheesecake with <b>Mango</b> Coulis	Rich Chocolate Pots with Shortbread Fingers and <b>Raspberries</b>
<b>Fruit Corner</b>	Golden Plums	Watermelon	Kiwi	Red & Green Grapes	Honey Melon	Mixed Fruit Platter	

Home Baked Bread, Big Bowl Self-Dress Garden Leaves and Home Made Yoghurts with Various Toppings

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main Event</b>	<b>Gammon</b> Steaks with a Honey & Brown Sugar Glaze served with a Home Made Pineapple Salsa	Home Made <b>Beef</b> & Potato Cornish Style Pasties served with Onion Gravy	Lemon & Honey <b>Chicken</b> served with a Quinoa and Broad bean Salad	Spicy <b>Lamb</b> Quesadillas served with Sour Cream, Chunky Tomato Salsa & Guacamole	<b>GASTRO</b>	Corn Fed Baby <b>Chicken</b> flavoured with Thyme and Smoky Paprika	<b>'Jagerschnitzel'</b> served with Crispy Fries & Green Salad
<b>Meat Free Zone</b>	Tomato, Red Onion & <b>Goat's Cheese</b> Pasta Bake in a sweet Tomato Sauce	<b>'Empada'</b> <small>Portuguese Style Vegetable Pastries</small>	Vietnamese Crepe's filled with <b>Tofu</b> & Bean Shoots on a bed of Coriander & Rice Noodles	Winter Vegetable Rosti topped with Fried Ducks <b>Egg</b>		<b>Quesadilla</b> Sautéed mushrooms, Mexican corn Mushroom and melted cheese.	<b>'Kaese Spaetzle'</b> Tasty homemade pasta tossed with Onions & Emmental cheese.
<b>And to go with....</b>	Oaty Crumble Potato Cakes  Green Beans	Country Diced Potatoes  Savoy Cabbage	Spiced Jacket Wedges  Courgette Batons	Coriander & Lime Rice  Mixed Bean Chilli		Green Rice <small>Rice Blitzed with Coriander, Onion &amp; Garlic</small>	Potato Pancakes  Brotchen Rolls  Green Beans
<b>Big Bowl Salad</b>	Grilled Halloumi & Tabbouleh	De Constructed Niçoise Salad	Tomato, Onion & Cucumber with Black Olives	Grilled Mediterranean Vegetables		Baby Spinach Salad	Sauerkraut Salad
<b>Pudding</b>	<b>Apple</b> Brown Betty with crème Fraîche	Cinnamon Doughnuts with Poached <b>Pears</b> & Chocolate Sauce	Winter <b>Berry</b> Pie with Pouring Cream	<b>Pear &amp; Apricot</b> Eton Mess		Chocolate Truffle Cake with Vanilla Ice Cream	Black Forest Gateaux
<b>Fruit Corner</b>	Pineapple	Galia Melon	Kiwi	Victoria Plums		Strawberries	

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main Event</b>	Chopped <b>Steak</b> Burger in a Floured Bap with Applewood Smoked Cheese & Chilli Jam	Garlic & rosemary Studded leg of <b>Lamb</b> with a Salmoriglio Sauce	<b>GREEK NIGHT</b>	Duo of Sticky <b>Chicken</b> Honey or Piri Piri Corn Bread	<b>Beef</b> Ragu served with Spaghetti & Parmesan Shavings	100% Msc Organic <b>Salmon</b> Fishcakes served with Wilted Spinach & a butter sauce	<b>Oriental</b> Roasted <b>Duck</b> Chow Mein
<b>Meat Free Zone</b>	Winter Vegetable Rendang served with Nasi Goreng	Stinking Bishop, <b>Lentil</b> & Artichoke Heart Filo Parcels with a Beetroot Salsa		<b>Quorn</b> , Butternut Squash, Red Onion & Cauliflower Tart Tartin	Tomato & <b>Borlotti Beans</b> Casserole served with Spaghetti	<b>Halloumi</b> Skewers rolled in Breadcrumbs served with Baby Spinach & Cherry Tomatoes	Lemon & Lime <b>Tofu</b> Balls with a Home Made Sweet Chilli Sauce
<b>And to go with....</b>	Chunky Wedges Poppy Seed Onion Rings	Roasted Potatoes with Thyme Spring Greens		Cheesy Jacket's Carrot Batons	Roasted Peppers with Balsamic Vinegar Chunky Garlic Bread	Pan Fried mini Sliced Potatoes Sprouting Stem Broccoli	Special Fried Rice or Plain Rice Garlic & Spring Onions Prawn Crackers
<b>Big Bowl Salad</b>	Chunky Celeriac Slaw	Watercress & Rocket		Beetroot, Balsamic Onions & Chard	Asparagus, Mint & Fresh Peas	Chicken Waldorf	Sticky Chicken Wings
<b>Pudding</b>	' <b>Arlechini Biscuits</b> ' Candied Fruit Cookies	Strawberry & Polenta Cupcakes		<b>Banana</b> Bread Pudding with Caramel Sauce	Choux Pastry Gateaux	Golden Syrup Sponge with <b>Orange</b> & Ginger Syrup	<b>Lychee &amp; Banana</b> Fritters with Syrup Sauce
<b>Fruit Corner</b>	Watermelon	Strawberries		Pineapple	Kiwi Chunks	Mixed Fruit Platter	

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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main Event</b>	Spicy <b>Meat</b> Pasta Bake served with Freshly Crusty Baguette	100% Msc <b>Haddock</b> Fillet in tempura Batter served with Parsley Lemon & Tartare Sauce	<b>Pork</b> Chops with a Lemon & Sage Crust Sourdough	Baked <b>Chicken, Chorizo</b> & New Potatoes <b>Sour Cream</b> & Chives	Slow Roasted Hay <b>Lamb</b> with Tatziki & Flatbreads	Sticky <b>Ribs</b> with Cajun Clowslaw Rosemary Popcorn	<b>TREAT NIGHT</b>
<b>Meat Free Zone</b>	Vegetable Pasta Bake with <b>Goats Cheese</b> served with a Freshly Crusty Baguette	Tarka <b>Dhal</b> Served with Onion & Mushroom Bahji	Stuffed Pimento Peppers with a Tomato <b>Fondue</b>	Vegetable Tagine with Giant Couscous Aubergine dip	Winter Root Vegetable Dauphinoise with Parmesan Shaving	Stuffed Portobello Mushrooms with <b>Quinoa</b> & fresh Herbs	
<b>And to go with....</b>	Roasted Mixed Vegetables Sweet Potato Chunks with a Smoky Mojo	Chunky Potato Wedges Green Beans	Country Diced Potatoes Pot Cooked Curly Kale	Broccoli Shredded Courgette & Spinach	Potato & Beetroot Gratin Citrus Carrots	Crispy Baton Potatoes Roasted Butternut Squash	
<b>Big Bowl Salad</b>	Mizuna & Green Basil	Chicken Tikka Salad with Yoghurt Dip	Italian Salad	Carrot & Caraway Salad	Shaved Fennel Salad	Cherry Tomatoes with Roasted Garlic & Balsamic Dressing	
<b>Pudding</b>	Caramelised <b>Pineapple</b> Slices	Fresh <b>Fig</b> Tart with Crème Fraîche	<b>Cherry</b> Sponge	<b>Lime</b> Cheesecake	<b>Apricot &amp; Blueberry</b> Crumble Cake	<b>'Knickerbocker's'</b> Layers of Fruits and Ice Cream with Fruit Sauce	
<b>Fruit Corner</b>	Golden Plums	Watermelon	Kiwi	Red & Green Grapes	Honey Melon	Mixed <b>Fruit</b> Platter	

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