

Ardingly College Summer School Menu 2015 - B

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

A choice of fruit juice (breakfast only), tea, coffee, semi-skimmed milk, chilled water, bread or at breakfast toast, jam and marmalade is available daily at all meals.

As part of the Ardingly College healthy eating philosophy all dishes are cooked using reduced fat, sugar and salt.

M = Meat protein dish

V = Vegetarian dish

F = Fish dish

G = Gluten free dish

G, M = Gluten free, meat dish G, F = Gluten free, fish dish G, V = Gluten free, vegetarian dish

BREAKFAST

Grilled Bacon (M)
Grilled Sausage (M)
Fried Egg
Hash Browns
Baked Beans
Waffles, Petit Pains
Fresh Fruit

LUNCH

Freshly made soup
Pork Steak with (G,M)
Peppercorn Sauce
Stuffed Chilli Pepper (G,M)
Macaroni Cheese (G,V)
New Potatoes
Mixed Vegetables

Salad

Lemon Drizzle Sponge
and Custard
Fresh Fruit

SUPPER

Freshly made soup
Turkey Escalope (G,M)
with Asparagus Sauce
Pollock Thermidor (G,F)
Filled Potato Skins (V)
Herby Diced Potatoes
Sugar Snap Peas, Sweetcorn
Salad

Fresh Fruit

BREAKFAST

Grilled Bacon (M)
Grilled Sausage (M)
Scrambled Egg
Mini Waffles
Baked Beans
Pain au chocolat, Teacakes
Fresh Fruit

LUNCH

Freshly made soup
Chicken Caesar Salad (G,M)
Pangassius Florentine (G,F)
Vegetable Risotto (G,V)
New Potatoes
Broccoli
Baby Corn

Salad

Fresh Fruit Salad
Fresh Fruit

SUPPER

Freshly made soup
Lamb Kofta (G,M)
Prawn & Salmon Turnovers (F)
Mixed Bean Stuffed Pepper (V,G)
Cous Cous
Mixed Green Vegetables
Salad

Fresh Fruit

BREAKFAST

Grilled Bacon (M)
Grilled Sausage (M)
Omelette of the Day
Hash Browns
Baked Beans
Croissants, Bagels
Fresh Fruit

LUNCH

Freshly made soup
Beef Canneloni (M)
Grilled Salmon with Pesto (G,F)
Ratatouille and Goats
Cheese Crumble (G)
Saute Potatoes
Mixed Vegetables

Salad

Chocolate Sponge and
Chocolate Sauce
Fresh Fruit

SUPPER

Freshly made soup
Meatballs and Rice (M)
Chicken with (G,M)
Spicy Tomato Sauce
Vegetable Ravioli (V)
Mashed Potato
Carrots, Garden Peas
Salad

Fresh Fruit

BREAKFAST

Grilled Bacon (M)
Grilled Sausage (M)
Poached Egg
Waffles
Baked Beans
Croissants, Muffins
Fresh Fruit

LUNCH

Freshly made soup
Warmed Tuna Salad (G,F)
Spicy Lamb Nachos (M)
Spicy Vegetable Nachos (V)
Baked Jacket Wedges
Mange Tout
Cauliflower

Salad

Apple Crunch and Custard
Fresh Fruit

SUPPER

Freshly made soup
Seafood Paella (G,F)
Beef Stroganoff and Rice
Vegetable Stroganoff & Rice (G,V)
Corn Cobs
Green Beans
Salad

Fresh Fruit

BREAKFAST

Grilled Bacon (M)
Grilled Sausage (M)
Fried Egg
Hash Browns
Baked Beans
Danish Pastries, Petit Pains
Fresh Fruit

LUNCH

Freshly made soup
Chicken Provencal Sauce (M)
Breaded Plaice (F)
Mushroom & Feta Ciabatta (V)
Chipped Potatoes
Mid Potatoes
Baked Beans
Garden Peas
Salad

Arctic Roll
Fresh Fruit

SUPPER

Freshly made soup
Turkey & Mushroom Sauce (G,M)
Chorizo, Tomato & Olive Sauce (M)
Roasted Vegetable Bake (V)
Pasta Spirals
Garlic Bread
Courgettes and Peppers
Salad

Fresh Fruit

BREAKFAST

Grilled Bacon (M)
Grilled Sausage (M)
Scrambled Egg
Mini Waffles
Baked Beans
Croissants, Teacakes
Fresh Fruit

LUNCH

Freshly made soup
Chilli Con Carne (G,M)
Chicken Lemon & Sage (M)
Vegetable Chilli (G, V)
Braised Rice
Broccoli
Sweetcorn
Salad

Pear and Chocolate Crumble
with Chocolate Sauce
Fresh Fruit

SUPPER

Freshly made soup
Ginger Pork Stir Fry (G,M)
Beef in Oyster Sauce (G,M)
Veg Stir Fry (G,V)
Noodles
Mushrooms & Beansprouts
Prawn Crackers
Salad

Fresh Fruit

BREAKFAST

Grilled Bacon (M)
Grilled Sausage (M)
Omelette of the Day
Fried Bread
Baked Beans
Croissants, Petit Pains
Fresh Fruit

LUNCH

Freshly made soup
Roast Beef with
Yorkshire Pudding & Gravy (G,M)
Roast Pork & Apple Sauce (M)
Pasta with Mascarpone (G, V)
Cheese Sauce
Roast Potatoes
Mixed Vegetables
Salad

Rice Pudding and Jam Sauce
Fresh Fruit

SUPPER

Freshly made soup
Chicken Tikka (G,M)
Scampi Caesar Salad (F)
Vegetable Goulash (G,V)
Rice
Mange Tout
Baby Corn
Salad

Fresh Fruit