

Week 1 - Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Juices & Smoothies	Iced Caffe Latte	Orange and Mango Juice	Aqua Fresca with Lime and Mint	Apple and Raspberry Juice	Good For You - Banaberry Smoothie	Pineapple Juice	Brunch (See Lunch Menu)
Hot Items	Pork Sausage and Vegetarian Sausage						
	Bacon	Bacon	Bacon	Bacon	Bacon	Bacon	
	Grilled Tomatoes	Sauté Mushrooms	Grilled Tomatoes	Sauté Mushrooms	Grilled Tomatoes	Sauté Mushrooms	
	Baked Beans						
	Fried Eggs	Boiled Eggs		Fried Eggs	Scrambled Eggs	Boiled Eggs	
	Sauté Potatoes	Hash Browns	Sauté Potatoes	Hash Browns		Hash Browns	
Daily Specials	Banana Chocolate Pancakes	French Toast with Berries and Syrup	Ham and Cheese Fritatta	Cinnamon and Apple Twists	Chorizo and Potato Hash	Selection of Pastries	
Daily Breakfast Items	Porridge and Cereal Bar						
	Continental Selection & Breads	Continental Selection & Breads	Continental Selection & Breads	Continental Selection & Breads	Continental Selection & Breads	Continental Selection & Breads	
	Yoghurt, Compote and Granola	Yoghurt, Compote and Granola	Yoghurt, Compote and Granola	Yoghurt, Compote and Granola	Yoghurt, Compote and Granola	Yoghurt, Compote and Granola	
	Whole Fruit						



## FLAIR DISCIPLINE ACADEMIC RIGOUR

Week 1 - Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Tomato and Basil	Classic Minestrone	Creamed Carrot and Sweet Potato	Roasted Butternut Squash and Rosemary	Roasted Cauliflower	Soup of the Day	Brunch menu
Bread	Assorted Bloomer	Assorted Bloomer	Assorted Bloomer	Assorted Bloomer	Assorted Bloomer	Assorted Bloomer	
Main Course 1	Classic Beef Lasagne, Red Onion and Garlic Bread	Sambal Tomat Pork Shoulder and Shredded Chinese Leaf Slaw	Coconut Chicken	Garlic and Thyme Mushroom Bruschetta, Rocket and Basil Salad	Chip Shop Friday	Crispy Baked Baguette	Grilled Sausages, Back Bacon, Baked Tomatoes, Sautéed Mushrooms, Baked Beans, Fried Egg, Smoothie Of The Day, Toast Station, Yoghurt
Main Course 2	Chickpea and Chipotle Burrito, Tomato Salsa, Peamole, Tortilla Chips and Spiced Rice	Sambal Tomat Tofu	Hoisin Shitake Mushroom and Quorn, Pak Choi and Sesame Honey Glaze	Roasted Pork Loin, Stuffing, Crackling and Apple Sauce		Continental Selection of Ham and Cheese	
Main Course 3	Piri Piri Chicken Burrito, Tomato Salsa, Peamole, Tortilla Chips and Spiced Rice	Jerk Chicken Legs with Roasted Pineapple and Peppers	Hoisin and Five Spice Braised Beef, Sesame and Honey Glaze	Chicken Arrabiatta al Forno	Cheese and Onion Pie	Pork Meatball Marinara, BBQ Pulled Chicken and Sweet Potato Falafels	
	Rosemary and Garlic Roasted New Potatoes	Balinese Noodles	Rice	Roast Potatoes	Chips	Skinny Fries	
On The Side	Green Beans	Lemongrass Pickled Carrot	Steamed Broccoli	Cauliflower Cheese	Mushy Peas	Chopped Salad	Bar, Fruit Bar and Pastries
	Sweetcorn and Roasted Red Onion	Chilli Sauteed Mangetout and Cabbage	Roasted Sesame Hispi Cabbage	Peas and Leeks	Baked Beans and Curry Sauce		
Jacket Potato	Baked Beans Grated Cheese	Baked Beans Grated Cheese	Baked Beans Grated Cheese	Baked Beans Grated Cheese	Baked Beans Grated Cheese	Baked Beans Grated Cheese	
Pasta	Roasted Tomato and Pepper	Arrabiata	Three Cheese	Tomato and Vegetable	Bolognese	Pasta Bolognese	
Hot Dessert	Apple and Peach Crumble, Vanilla Custard	Passionfruit and Coconut Crumble Cake, Pouring Cream	Oaty Jam Slice	Banoffe Sponge Pudding and Custard	Custard Autumn Pudding	Triple Chocolate Sponge Cake and Chocolate Sauce	
Cold Dessert	Strawberry Mousse	Rocky Road	Lemon Meringue Sundae	Sticky Fudge Cake	Banana, White Chocolate and Caramel Granola	Granola Flapjack Bars	
	Chef's Choice Pot	Chef's Choice Pot	Chef's Choice Pot	Chef's Choice Pot	Chef's Choice Pot	Layered Jelly Pots	
Cut Fruit	Mixed Fruit	Mixed Fruit	Mixed Fruit	Mixed Fruit	Mixed Fruit	Whole Fruit	

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## BROMSGROVE OUTSTANDING EDUCATION FROM 2 TO 18. CO-EDUCATIONAL, BOARDING AND DAY.

## FLAIR DISCIPLINE ACADEMIC RIGOUE

			Outstanding Education from 2 to 1	8. CO-EDUCATIONAL, BOARDING AND DAY.	ACADEMIC RIGOU		
Week 1 - Supper	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Soup of the Day served with Croutons or Sliced Bread						
Main Course 1	Southern Fried Chicken Zinger Burger	Argentinian Night	Subway Supper	Nepalese Gurka Tawa	Salt and Pepper Chicken		Beef Stroganoff
Main Course 2	Southern Fried Quorn Burger	Chicken or Tenderloin with Roasted Pepper, Onions and Corn on the Cobs served on a Toasted Garlic Ciabatta	Chicken Tikka, Chicken and Bacon, Quorn Tikka	Roasted Chicken with Aromatic Spices	Tofu and Ginger in Green Pepper and Blackbean	Chef's Choice Menu	Pork Goulash
Main Course 3				Chickpea and Lime	Char Siu Pork, braised Spring Onion in Blackbean		Mushroom and Paprika Stroganoff
	Chips	Peas	Potato Crisps	Dal Bhat	Egg Fried Rice		Crushed New Potatoes
On the side	Slaw	Roasted Vegetables	Dressings and Sauces	Puy Lentils	Roasted Carrots		Honey Glazed Carrot
	Beans and Gravy	Crisp Potato Wedges	Chopped Salads, Jalapenos and Gherkins	Braised Rice and Nepalese Salads	Soy Dressed Green Beans		Peas
Pasta Bar	Pasta Station, Jackets, Beans and Cheese	Pasta Station, Jackets, Beans and Cheese	Pasta Station, Jackets, Beans and Cheese	Pasta Station, Jackets, Beans and Cheese	Pasta Station, Jackets, Beans and Cheese		Pasta Station, Jackets, Beans and Cheese
Salad Bar	Mixed Leaf, Tomato, Cucumber and Slaw	Mixed Leaf, Tomato, Cucumber and Slaw		Mixed Leaf, Tomato, Cucumber and Slaw	Mixed Leaf, Tomato, Cucumber and Slaw		Mixed Leaf, Tomato, Cucumber and Slaw
Dessert	Marble Chocolate Cake	Orange Drizzle	Cookies	Jelly and Ice Cream	Doughnuts		Plum Sponge