|  |  |  | BROMSGROVE |  | FLAIR discipline academic rigour |  |  |
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| 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 <br> (See Lunch Menu) |
| Hot Items | Pork Sausage and Vegetarian Sausage | Pork Sausage and Vegetarian Sausage | Pork Sausage and Vegetarian Sausage | Pork Sausage and Vegetarian Sausage | Pork Sausage and Vegetarian Sausage | 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 | Baked Beans | Baked Beans | Baked Beans | Baked Beans | 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 | Porridge and Cereal Bar | Porridge and Cereal Bar | Porridge and Cereal Bar | Porridge and Cereal Bar | 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 | Whole Fruit | Whole Fruit | Whole Fruit | Whole Fruit | Whole Fruit |  |


|  | FOUNDED 1553 |  | BROMSGROVE <br> OUTSTANDING EDUCATION FROM 2 TO 18. CO-EDUCATIONAL, BOARDING AND DAY. |  | flair discipline academic rigour |  |  |
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| Week 1-Lunch | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Soup | Tomato and Basil | Classic Minestrone | Creamed Carrot and Sweet <br> 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 | Grilled Sausages, Back Bacon, Baked Tomatoes, Sautéed Mushrooms, Baked Beans, Fried Egg, Smoothie Of The Day, Toast Station, Yoghurt Bar, Fruit Bar and Pastries |
| 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 |  |
| 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 |  |
| On The Side | Rosemary and Garlic Roasted New Potatoes | Balinese Noodles | Rice | Roast Potatoes | Chips | Skinny Fries |  |
|  | Green Beans | Lemongrass Pickled Carrot | Steamed Broccoli | Cauliflower Cheese | Mushy Peas | Chopped Salad |  |
|  | 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 |  |


|  |  | FOUNDED 1553 | OUTSTANDING EDUCATION FROM 2 TO |  | flalr <br> DISCIPLINE academic rigo |  |  |
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| 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 | Chef's Choice Menu | 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 |  | Pork Goulash |
| Main Course 3 |  |  |  | Chickpea and Lime | Char Siu Pork, braised Spring Onion in Blackbean |  | Mushroom and Paprika Stroganoff |
| On the side | Chips | Peas | Potato Crisps | Dal Bhat | Egg Fried Rice |  | Crushed New Potatoes |
|  | 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 |

