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BROMSSIG ROVE Outstanding Education from 2 to 18. CO-educational, Boarding and Day.

FLAIR DISCIPLINE

Week 2 - 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	
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	Brunch (See Lunch Menu)					
	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	(See Lunch Menu)
Daily Breakfast Items	Porridge and Cereal Bar						
	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						



B ROMS SGROVE

FLAIR DISCIPLINE

OUTSTANDING EDUCATION FROM 2 TO 18. CO-EDUCATIONAL, BOARDING AND DAY.								
Week 2 - Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Soup	Spicy Parsnip	Carrot and Coriander	Tomato	Leek and Potato	Roasted Red Pepper	Soup of the Day	Brunch menu	
Bread	Assorted Bloomer	Assorted Bloomer	Assorted Bloomer	Assorted Bloomer	Assorted Bloomer	Assorted Bloomer		
Main Course 1	Macaroni Cheese, Chimichurri and Parsley Croutons	Pesto and Pumpkin Gnocchi with Crisp Sage	Grilled Cumberland Whirl and Caramelised Onion Gravy	Cheese and Leek Glamorgan Wellington	Special Curry and Fried Rice	Crispy Baked Baguette		
Main Course 2	Pork Meatball Arabiatta	Chicken Balti Puff Pastry Pie	Hunter's Quorn Fillet, BBQ Sauce and Melted Cheddar	Buffalo Chicken Drumsticks, Blue Cheese Sauce and Celery	Goan Fish Curry, Onion Bhaji, Peshwari Naan and Mango Chutney	Continental Selection of Ham and Cheese	Grilled Sausages, Back Bacon, Baked Tomatoes, Sautéed Mushrooms, Baked Beans, Fried Egg, Smoothie Of The Day, Toast Station,	
Main Course 3	Beef and Lentil Chilli con Carne, Rice and Nachos with Sour Cream	Pork, Chorizo and Butterbean Cassoulet, Spinach and Aioli	Chicken, Leek and Mushroom Cobbler	Roasted Bacon Loin, Redcurrant Jelly and Stuffing	Broccoli and Stilton Pie	Pork Meatball Marinara, BBQ Pulled Chicken and Sweet Potato Falafels		
	Warm New Potato Salad	Pilaf Rice	Creamed Mashed Potatoes	Roasties	Chips	Skinny Fries		
On The Side	Garlic Bread Minted Peas	Sweetcorn	Carrot and Peas	Peas	Chopped Salad	Yoghurt Bar, Fruit Bar and Pastries		
	Broccoli, Onion and Cabbage	Rosemary Roasted Carrots	Spinach, Kale and Leek	Cauliflower Cheese	Baked Beans			
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	Three Cheese	Tomato and Oregano	Tomato and Vegetable Ragu	Tomato and Basil	Pasta Bolognese		
Hot dessert	Steamed Apple Sponge and Custard	Spiced Treacle Ginger Cake and Custard	Chocolate Orange Bread and Butter Pudding	Flapjack	Rice Pudding and Jam	Jam Sponge and Custard		
Cold Dessert	Autumn Berry Cheesecake	Chocolate and Coconut Pot	Peach Fool	White Chocolate and Passion Fruit Mousse	Coconut and Jam Slice	Strawberry Shortcake Pot		
	Chef's Choice Pot	Chef's Choice Pot	Chef's Choice Pot	Chef's Choice Pot	Chef's Choice Pot	Chef's Choice Pot		
Cut fruit	Mixed Fruit Pot	Mixed Fruit Pot	Mixed Fruit Pot	Mixed Fruit Pot	Mixed Fruit Pot	Mixed Fruit Pot		



BROMSSON SGROVE

FLAIR DISCIPLINE

	OUTSTANDING EDUCATION FROM 2 TO 18. CO-EDUCATIONAL, BOARDING AND DAY. A CADEMIC RIGOUR							
Week 2 - Supper	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Soup	Soup of the Day served with Croutons or Sliced Bread							
Main course 1	Chicken Massaman Curry	Fajita Fiesta	Ramen Miso Broth	Oregano and Honey Pulled Pork	Beef Chilli con Carne		Butter Chicken Curry	
Main course 2	Tom Yum Soup	Chicken or Tofu Roasted with Peppers, Onions and Lime served on a Tortilla Wrap	Soy and Honey Marinated Chicken	Sweet Chilli Shredded Chicken Thigh	Quorn and Five Bean Chilli		Quorn Balti	
Main Course 3	Thai Red Sweet Potato and Aubergine Curry		Glazed Five Spice Mushrooms	Cajun Roasted and Pulled Jackfruit	Nachos, Sour Cream, Guacamole and Salsa			
	Fragrant Jasmine Rice	Corn on the Cob	Noodles	Skinny Fries	Braised Rice	Chef's Choice Menu	Pilau Rice	
On the side	Roasted Carrot, Peppers and Onions	Potato Wedge Nacho Bake, Sour Cream, Salsa and Melted Cheese	Soy Marinated Egg	Warm Khobez Wrap	Monterey Jack Cheese Sauce		Poppadoms and Mango Chutney	
		Pico de Gallo	Shredded Vegetables	Cabbage, Iceberg, Onion, Cucumber and Tomato			Fried Greens	
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		Mixed Leaf, Tomato, Cucumber and Slaw	
Dessert	Raisin and Apricot Tiffin	Vanilla Pannacotta and Biscuit Crumble	Black Forest Gateau 3	Carrot Cake	Pineapple Upside- Down Cake		Plum Sponge	