

Week 1 – Lunch – Summer Term



THE REFECTORY
AT WYMONDHAM COLLEGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Dish of The Day	Grilled Norfolk Pork Sausages with Onions	Pan-seared Beef, Peppers & Sautéed Mushrooms	Japanese-Style Panko Chicken Katsu	Beef, Chicken & Pepperoni Sliced Pizza	Portugese-inspired Tomato & Herb Baked Fish	Creamy Pork Stroganoff	<p>Brunch: Selection of Pastries</p> <p>Full English Brunch With Norfolk Sausages & Grilled Bacon</p> <p>Hash Browns, Baked Beans & Grilled Tomatoes</p> <p>Breakfast Eggs</p> <p>Pasta of The Day</p> <p>Fruit Platter</p>	
Vegetarian Dish	Vegetarian Sausage with Onions	Sautéed Veg, Quorn with Asian Aromatics	Crispy Aubergine Katsu	Cheesy Margherita Pizza	Portuguese Herb-Roasted Vegetables	Mushroom Stroganoff		
Sides 1	Classic Potato Mash	Steamed Noodles	Steamed Rice	Golden Crunchy Onion Rings	Lemon & Parsley Baby Potatoes	Steamed Rice		
Sides 2	Steamed Peas	Prawn Crackers	Teriyaki Glazed Seasonal Vegetables	Mixed leaves with Cucumber, Sweetcorn & Relish	Portuguese Herb Couscous with Peppers	Green Beans		
Pasta Dish	Creamy Chicken Pasta Fusilli	Tuna Macaroni Pasta Bake	Pasta Farfalle with Pesto Creamy Sauce	Penne in Fiery Arrabbiata with Tender Chicken	Beef & Aromatic Vegetable Ragout with Pasta Fusilli	Salmon Farfalle Pasta Bake		
Baked Potato	Baked Beans, Cheese & Tuna	Baked Beans, Cheese & Tuna	Baked Beans, Cheese & Tuna	Baked Beans, Cheese & Tuna	Baked Beans, Cheese & Tuna	-		
Dessert	School-day Classic Jam Sponge & Custard	Fresh Fruit Salad Pots	Fruity Crumble with Custard	Crunchy Choc Slice	Fruity Oat Cookie with Plump Sultanas	Fruit Jelly Pots		
Salad Bar								
Soup of The Day	Tomato & Basil	Carrot & Coriander	Hearty Tomato & Herb Minestrone	Cream of Leek & Potato Soup	Highland Vegetable	-		
Poke Bowl of The Day	Teriyaki Chicken with Rice	Sweet-Chilli Tofu with Noodles	Baked Salmon with Cous Cous	Chicken & Chilli Sauce Burrito with Tomato & Avocado	BBQ Pulled Pork with Rice	-		
Salad of The Day	Pasta with Roast Peppers & Olives	Tex-Mex Bean Salad in Zesty Dressing & Nachos	Traditional Greek Salad (Horiatiki) with Olives & Feta	Asian-Style Noodle Salad	Zesty Lemon Tabouleh with Fresh Herbs Salad	-		

Week 1 – Dinner – Summer Term



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Dish of The Day	Chicken Enchilada	Barbeque	Bahamian Pork Souse	Chicken Dhansak	Premium Homemade Lasagne	Takeaway (served in boxes)	Rich Slow-Cooked Beef Ragu (Bolognaise)	
Vegetarian Dish	Sweet Potato & Black Bean Enchiladas	<ul style="list-style-type: none"> Traditional British Beef Burgers in Soft Buns & Served with Caramelised Onions Flame-grilled Smoky BBQ Glaze Chicken Drumsticks Veggie Grill Stacker (V) – Charred peppers, Mushroom & Halloumi Classic Skinny Fries Coleslaw & Crunchy Mixed Leaves Salad, Pickles, Relish & Dips Vanilla/Chocolate Ice-Cream Tubs Fresh Fruit Salad Cups 	Chickpea & Tofu Island Souse	Paneer Tikka Masala with Indian Cottage Cheese	Vegetable Lasagne	<ul style="list-style-type: none"> Southern Fried Chicken Burgers Popcorn Chicken Jumbo Veg Spring Rolls (v) Served with Baked Beans, Gravy & Fries 	Quorn & Lentil Bolognaise	
Sides 1	Mexican Rice, Tomato-based Rice with Garlic, Onion & Cumin		Peas 'n' Rice from Bahamas	Wholemeal Chapatti & Basmati Rice	Classic Garlic Bread		Steamed Broccoli	
Sides 2	Mini Corn Cob with Harissa Butter		Crunchy Mixed Leaves with House Relish	Crispy Kurkuri Bhindi (Crispy Fried Okra)	Roasted Veg courgette, peppers & carrots			Green Beans
Pasta of The Day	Pasta Farfalle		Pasta Fusilli	Pasta Farfalle	Pasta Penne Rigate			Spaghetti Pasta
Pasta Sauce	Pasta Ham Carbonara		Italian Spicy Beef Sauce (Minced)	Creamy White Fish Marinara Sauce	Cajun Chicken Pasta Sauce		-	Chicken and Chorizo Pasta Bake
Dessert	Glazed Magic Fingers		Soft Toffee Pudding with Butterscotch Drizzle	Rice Krispie Bars	Millionaire's Shortbread Biscuits		Double Chocolate Chip Cookie	Fresh Fruit Salad Pots
Salad Bar	A Selection of Salads, Cheese and Proteins					-	-	

Week 2 – Lunch – Summer Term



THE REFECTORY
AT WYMONDHAM COLLEGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dish of The Day	Italian-Style Beef Meatballs in Marinara Sauce	Chicken Supreme with Vegetable Tomato Sauce	Toad in the Hole with Gravy	Stir-Fried Chicken in an Aromatic Soy-Ginger sauce	Beef Burger in a soft bun	Classic Hunter's chicken with BBQ, bacon and cheese	<p>Brunch: Selection of Pastries</p> <p>Full English Brunch With Norfolk Sausages & Grilled Bacon</p> <p>Hash Browns, Baked Beans & Grilled Tomatoes</p> <p>Breakfast Eggs</p> <p>Pasta of The Day</p> <p>Fruit Platter</p>
Vegetarian Dish	Vegan Meatballs in Marinara Sauce	Hearty Vegetable & White Bean Cassoulet	Golden Yorkshire Pudding with Veggie Sausages	Crisp Tofu Stir Fry with Fresh Veg & Soy Ginger Sauce	Quorn Burger	Mushroom Brie and Cranberry Wellington	
Sides 1	Spaghetti Pasta	Quinoa Pilaf	Classic Mash Potato & Gravy	Steamed Noodles	Sliced cheese & Chips	Roasted Baby Hasselback Potatoes	
Sides 2	Honey-Glazed Carrot Batons	Parsley Green Beans	Steamed Carrot Batons & Sweetcorn Kernels	Prawn Crackers	Crunchy mixed leaves with house relish	Green beans	
Pasta Dish	Chicken & Sweetcorn in Herb Tomato Pasta	Flaked Salmon in Baked Pasta Gratin	Herbed Beef Strips & Tomato Tossed Pasta	Penne with Sausage & Tomato	Chicken Penne in a Smooth Creamy Sauce	Basil pesto gnocchi Bake	
Baked Potato	Baked Beans, Cheese & Tuna	Baked Beans, Cheese & Tuna	Baked Beans, Cheese & Tuna	Baked Beans, Cheese & Tuna	Baked Beans, Cheese & Tuna	-	
Dessert	Apple & Raspberry Crumble with Custard	Fresh Fruit Salad Pots	Chocolate Sponge & Creamy Custard	Jammy Roll-up Pudding	Traditional shortbread biscuits	Blueberry Muffin with Fresh Cream	
Salad Bar							
Soup of The Day	Tomato & Basil	Carrot & Coriander	Hearty Tomato & Herb Minestrone	Cream of Leek & Potato	Soup Highland Vegetables	-	
Poke Bowl of The Day	Teriyaki Chicken with Rice	Sweet-Chilli Tofu with Noodles	Baked Salmon with cous cous	Chicken & Chilli Sauce Burrito with Tomato & Avocado	BBQ Pulled pork with rice	-	
Salad of The Day	Mediterranean Pasta with Roasted Peppers & Olives	Tex-Mex Bean Salad in Zesty Dressing & Nachos	Traditional Greek Salad (Horiatiki) with Olives & Feta	Asian-Style Noodle Salad	Lemon Tabouleh with Fresh Herbs Salad	-	

Week 2 – Dinner – Summer Term



THE REFECTORY
AT WYMONDHAM COLLEGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dish of The Day	Steamed Bao with Teriyaki Pulled Pork	Beef Chow Mein Egg Noodles with Beef, Onions & Greens	Tex-Mex Chicken Fajita Wrap	Oven-baked Salmon Served with a Velvety Dill Sauce	Classic Valenciana Paella with Chicken, Peppers, & Aromatic Rice	Takeaway (served in boxes)	Classic Chicken Parmagiana
Vegetarian Dish	Teriyaki Pulled Jackfruit Bao	Vegetable Chow Mein	Halloumi, Bean & Pepper Fajita Wrap	Grilled Tofu with Spicy Harissa Glaze	Roasted Vegetable Paella	<ul style="list-style-type: none"> • Soft Deli Sub Roll • Pork Meatballs with Tomato Sauce • Chicken Strips • Veg Kofta with Tomato Sauce (V) • Served with Spicy Mayo, Garlic Mayo & Fries 	Grilled Aubergine & Courgette Parmagiana Bake
Sides 1	Mixed Vegetable Fried Rice	Prawn Crackers	Sweet Potato Fries	Lemon Herb Rice	Cajun Spiced Potato Wedges		Macaroni Ham 'n' Cheese
Sides 2	Pan-seared Garlic Bok Choi	Seasonal Stir Fry Vegetables with Glazed Teriyaki	Mini Corn on the Cob with Chilli & Lime	Honey-glazed Carrots	Charred Broccoli		Classic Mash Potato
Pasta of The Day	Pasta Macaroni	Pasta Farfalle	Pasta Farfalle	Pasta penne rigate	Pasta Penne Rigate		Seasonal Mixed Vegetables
Pasta Sauce	Chicken Mac 'n' Cheese Sauce	Korean Beef Bulgogi Sauce (Strips)	Pork Sausage tomato Pasta Sauce	Tomato & pesto Chicken Sauce	Creamy Pork & Mushroom Sauce	-	-
Dessert	Choco-Yum Brownie	Choco-Rock Squares	Artic Ice-cream Roulade with Soft Sponge	Classic Party Cake	Chocolate Dream Cheesecake	Oat & Sultana Cookies	Fresh Fruit Salad Pots
Salad Bar	A Selection of Salads, Cheese and Proteins						

Week 3 – Lunch – Summer Term



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Dish of The Day	Crisp Chicken Kiev with Aromatic Garlic Butter	Pork Strips in a Sweet Chilli Sauce & Lime Noodles	Beef & Vegetable Cottage Pie	Malaysian Chicken Rendang Curry	Fish & Chips	Exeat Menu	Exeat Menu	
Vegetarian Dish	Vegetable Kiev	Quorn Strips in a Sweet Chilli & Lime Stir Fry	Hearty Vegetable Cottage Pie	Creamy Tomato & Butter Paneer Curry	Plant-Based Fishless Fingers in Golden Crumb			
Sides 1	Roasted Baby Hasselback Potatoes	Steamed Noodles	Gravy	Steamed Rice & Garlic Naan	Skinny Fries Tossed in Fresh Herbs			
Sides 2	Steamed Green Beans	Edamame Beans	Steamed Peas	Poppadoms	Baked Beans, Curry Sauce & Mushy Peas			
Pasta Dish	Beef Bolognese Pasta Bake	Oven-Baked Pasta Gratin with White Fish	Chicken Pesto Pasta	Creamy Pork & Tomato Pasta with Herbs	Chicken Alfredo Penne			
Baked Potato	Baked Beans, Cheese & Tuna	Baked Beans, Cheese & Tuna	Baked Beans, Cheese & Tuna	Baked Beans, Cheese & Tuna	Baked Beans, Cheese & Tuna			
Dessert	Kawazakan Cocoa Brownie Square	Fresh Fruit Salad	Bakewell Treat Tart Slice	Mixed Fruit Flapjack Treat	Peach & Pear Crumble with Custard			
Salad Bar								
Soup of The Day	Tomato & Basil	Carrot & Coriander	Hearty Tomato & Herb Minestrone	Cream of Leek & Potato	Highland Vegetables			
Poke Bowl of The Day	Teriyaki Chicken with Rice	Sweet-Chilli Tofu with Noodles	Baked Salmon with Couscous	Chicken & Chilli Sauce Burrito with Tomato & Avocado	BBQ Pulled Pork with Rice			
Salad of The Day	Med Pasta with Roasted Peppers & Olives	Tex-Mex Bean Salad in a Zesty Dressing & Nachos	Traditional Greek Salad (Horiatiki) with Olives & Feta	Asian-Style Noodle Salad	Zesty Lemon Tabouleh with Fresh Herbs Salad			

Week 3 – Dinner – Summer Term



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Dish of The Day	Caribbean Beef Curry	Zingy Peri-Peri Chicken	Barbeque	Chinese Sticky Pork Ribs	Exeat Menu	Exeat Menu	Exeat Menu	
Vegetarian Dish	Chickpea & Sweet Potato Curry	Peri-Peri Halloumi Sizzlers with Grilled Veg Medley	<ul style="list-style-type: none"> • Traditional British Beef Burgers Served in Soft Buns with Caramelised Onions • Flame-grilled Smoky BBQ Glaze Chicken Drumsticks • Veggie Grill Stacker (V) – Charred Peppers, Mushroom & Halloumi • Classic Skinny Fries • Coleslaw & Crunchy Mixed Leaves Salad, Pickles, Relish & Dips Station • Vanilla/Chocolate Ice-Cream Tubs • Fresh Fruit Salad Cups 	Kung Pao a Veg Twist on Kung Pao Chicken				
Sides 1	Wholemeal Chapatti & Basmati Rice	Spicy Rice with Peas & Herbs		Dirty Rice - Rice with Peppers, Onions & Cajun Spices				
Sides 2	Jerk Green Beans (Caribbean-Style)	Mini Corn on the Cob Brushed with Peri-Peri Glaze		Coleslaw & Baked Beans				
Pasta of The Day	Pasta Farfalle	Pasta Penne Rigate		Pasta Farfalle				
Pasta Sauce	Creamy Bacon Carbonara Sauce	Beef Bolognaise Sauce (Minced)		Chicken Alfredo Sauce				
Dessert	Weetabix Cookies	Cornflake Jam Tart with Custard		Classic Victoria Sponge with Jam & Cream Filling				
Salad Bar	A Selection of Salads, Cheese and Proteins							