

# Breakfast Menu – Autumn Term



**THE REFECTORY**  
AT WYMONDHAM COLLEGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Eggs	Scrambled Egg	Fried Egg	Poached Egg	Fried Egg	Poached Egg	Scrambled Egg	<p><b>Brunch:</b> Selection of Pastries</p> <p>Full English Brunch With Norfolk Sausages &amp; Grilled Bacon</p> <p>Hash Browns, Baked Beans, Sauteed Mushrooms &amp; Grilled Tomatoes</p> <p>Breakfast Eggs</p> <p>Pasta of The Day</p> <p>Fruit Platter</p>
Meat Option	Streaky Bacon	Bacon Baps	Grilled Bacon	Bacon Baps	Grilled Bacon	Streaky Bacon	
Meat Option	Baked Sausages						
CARB	Hash Brown & Baked Beans						
Bread	Fresh Home-Baked Rolls & Toast With Honey & Jam						
Cereals	Selection of Cereals & Granola, With Fruits of The Forest						
Dairy	Selection of Yoghurts, Chilled Soya Milk, Oat Milk, Whole Milk & Semi-Skimmed Milk						
Fruits	Selection of Seasonal Fruits						
On Request	Porridge & Boiled Eggs						

# Week 1 – Lunch – Autumn Term



**THE REFECTORY**  
AT WYMONDHAM COLLEGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course Meat	Grilled Panini With Sausage & Peppers	Battered Fish	Chilli Con Carne	Wholegrain Penne Arrabatia	Malaysian Chicken Rendang Curry	Steamed Salmon With Creamy Dill Sauce	Selection of Pastries & Breakfast Egg
Main Course Veg	Vegan Nuggets With Sweet & Sour Sauce	Beetroot & Feta Burger	Vegetarian Chilli	Traybake Margherita Pizza	Malaysian Tofu Curry	Mediterranean Stuffed Peppers With Pomegranate Couscous	Norfolk Sausages & Bacon
Main Course Second Option	Grilled Chicken Strips With Sweet & Sour Sauce	American Beef Burger With Cheese	Norfolk Pork Sausage With Sliced Sauteed Onions	Traybake Pepperoni Pizza	Japanese Chicken Katsu & Katsu Sauce	Basil Pesto Gnocchi Bake	Hash Browns & Baked Beans
CARB	Garlic Bread	Thin Cut Chips	Classic Mashed Potato	Curly Twisters	Steamed Rice	Boiled New Potatoes	Sauteed Mushrooms & Grilled Tomatoes
Served With	Steamed Mixed Vegetables	Crunchy Mixed Salad With Dressing	Garden Peas	Steamed Green Beans	Teriyaki Stir Fried Vegetables	Steamed Carrots	Pasta of The Day
Dessert	Apple Crumble With Custard	Fruit Salad	Sultana Sponge With Custard	Selection of Fruit Jelly	Chocolate Crunch Cookies	Selection of Muffins	Fresh Fruit Platter
Cold Dessert	Fresh Fruits and Yoghurts						

# Week 1 – Dinner – Autumn Term



**THE REFECTORY**  
AT WYMONDHAM COLLEGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course Meat	Thyme Marinated Gilled Chicken Thighs	Chicken Enchiladas	Traditional Beef and Mushroom Stew	Pork Stroganoff	Roast Beef With Yorkshire Pudding	Southern Fried Chicken Strips	Spaghetti Bolognaise
Main Course Veg	Grilled Halloumi & Sweet Pepper Kebabs	Veggie Black Bean Enchiladas	Mixed Vegetable Stew	Cheese Panini	Quorn Roast With Yorkshire Pudding	Vegetable Spring Rolls	Veggie Bolognaise
Main Course Second Option	Barbecued Frankfurters	Classic Macaroni & Cheese	Kung Pao Chicken	Tandoori Chicken Drumsticks	Wholegrain Penne Creamy Pesto Pasta	BBQ Pulled Pork Bap	Southern Fried Chicken Strips
CARB	Thin Cut Chips	Garlic Bread	Steamed Rice	Classic Mashed Potato	Roast Potatoes & Gravy	Potato Wedges	Garlic Bread
Served With	Crunchy Mixed Salad With Dressing	Sweetcorn Kernels	Steamed Green Beans	Steamed Mixed Vegetables	Garden Peas	Crunchy Mixed Salad With Dressing	Crunchy Mixed Salad With Dressing
Dessert	Classic Iced Bun	Rice Crispie Bar	Ultimate Sticky Toffee Pudding	Chocolate Crostata	Millionaire's Shortbread	Double Chocolate Chip Cookie	Selection of Desserts
Cold Dessert	Fresh Fruits and Yoghurts						

## Week 2 – Lunch – Autumn Term



**THE REFECTORY**  
AT WYMONDHAM COLLEGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course Meat	Pasta Fusilli With Pesto & Tomato Sauce	Ham & Cheese Panini	Mexican BBQ Pulled Pork Tacos	Wholegrain Penne Carbonara With Chopped Bacon	Chicken Fajita	Classic Hunter's Chicken With BBQ, Bacon & Cheese	Selection of Pastries & Breakfast Egg
Main Course Veg	Veggie Nuggets	Mixed Vegetable Pie	Mexican Veg Chilli Tacos	Homemade Veggie Lasagne	Vegetarian Fajita	Mediterranean Stuffed Peppers With Pomegranate Couscous	Norfolk Sausages & Bacon
Main Course Second Option	Pork & Beef Meatballs in Tomato Sauce With Wholegrain Pasta	Traditional Cottage Pie	Thyme Flavoured Roast Chicken Breast	Homemade Beef Lasagne	Chicken Nuggets	Cheese & Tomato Pasta Bake	Hash Browns & Baked Beans
CARB	Garlic Bread	Boiled New Potatoes	Roast Potatoes & Gravy	Seasoned Curly Twisters	Potato Wedges	Classic Mashed Potatoes	Sauteed Mushrooms & Grilled Tomatoes
Served With	Crunchy Mixed Salad With Dressing	Steamed Mixed Vegetables	Teriyaki Stir Fried Vegetables	Coleslaw & Mixed Leaves	Gardens Peas	Steamed Mixed Vegetables	Pasta of The Day
Dessert	Apple & Raspberry Crumble With Custard	Honeydew Melon Slices	Chocolate Sponge With Custard	Strawberry Jelly	Oat & Sultana Cookies	Selection of Ice Cream	Fresh Fruit Platter
Cold Dessert	Fresh Fruits and Yoghurts						

## Week 2 – Dinner – Autumn Term



**THE REFECTORY**  
AT WYMONDHAM COLLEGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course Meat	Smokey BBQ Cheeseburger	Butter Chicken Curry	Battered Fish	Chicken Paella	Thai Red Beef Curry	American Style Traybake Pepperoni Pizza	Chicken Parmagiana
Main Course Veg	Grilled Halloumi & Sweet Pepper Kebabs	Madras Vegetable Curry	Classic Macaroni & Cheese	Vegetable Paella	Mixed Vegetable Thai Curry	Margherita Pizza	Vegan Nuggets With Katsu Sauce
Main Course Second Option	Chargrilled BBQ Pork Loin Steak	Grilled Pork Chops	Tuna Pasta Bake	Sausage, Mushroom & Tomato Pasta	Chicken & Spinach Alfredo Pasta Bake	Chicken Goujons	Fried Gyozas
CARB	Thin Cut Chips	Steamed Rice	Thin Cut Chips	Garlic Bread	Steamed Rice	Potato Wedges	Steamed Rice
Served With	Crunchy Mixed Salad With Dressing	Steamed Green Beans	Steamed Carrots	Sweetcorn Kernels	Teriyaki Stir Fried Vegetables	Crunchy Mixed Salad With Dressing	Steamed Mixed Vegetables
Dessert	Chocolate Brownie	Rocky Road	Belgian Waffles	Chocolate Sponge With Ganache	Party Cake With Icing	Selection of Melons	Selection of Desserts
Cold Dessert	Fresh Fruits and Yoghurts						

## Week 3 – Lunch – Autumn Term



**THE REFECTORY**  
AT WYMONDHAM COLLEGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course Meat	Chicken Kiev With Herb & Garlic	Thyme Scented Pork Chops	Classic Macaroni & Cheese	Ham & Cheese Panini	Chicken Chowmein	Exeat Menu	Exeat Menu
Main Course Veg	Vegan Nuggets	Spaghetti Veggie Bolognese	Mixed Vegetable Curry	Traybake Margherita Pizza	Vegetable Chowmein		
Main Course Second Option	Roast Gammon	Spaghetti Beef Bolognese	Butter Chicken Korma	Traybake Pepperoni Pizza	Pesto Salmon Bake		
CARB	Roast Potatoes & Gravy	Classic Mashed Potatoes	Steamed Rice	Thin Cut Chips	Boiled New Potatoes		
Served With	Steamed Mixed Vegetables	Steamed Green Beans	Sweetcorn Kernels	Crunchy Mixed Salad With Dressing	Teriyaki Seasonal Vegetables		
Dessert	Peach & Pear Crumble With Custard	Watermelon Slices	Jam Sponge With Custard	Mixed Fruit Flapjacks	Shortbread Cookies		
Cold Dessert	Fresh Fruits and Yoghurts						

## Week 3 – Dinner – Autumn Term



**THE REFECTORY**  
AT WYMONDHAM COLLEGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course Meat	Smokey BBQ Cheeseburger	Steamed Hirata Bao bun With BBQ Pulled Pork	Jamaican Jerk Chicken Drumsticks With Sauce	Tuna Pasta Bake	Exeat Menu	Exeat Menu	Exeat Menu
Main Course Veg	Grilled Halloumi & Sweet Pepper Kebabs	Roasted Peppers & Tomato Pasta Bake	Basil Pesto Gnocchi Bake	Vegan Nuggets			
Main Course Second Option	Chargrilled BBQ Chicken Drumsticks	Chicken Katsu With Sauce	Lamb Tagine	Wholegrain Penne Carbonara			
CARB	Thin Cut Chips	Jasmine Rice	Rice & Peas	Garlic Bread			
Served With	Crunchy Mixed Salad With Dressing	Teriyaki Seasonal Vegetables	Steamed Green Beans	Garden Peas			
Dessert	Kanazawa Brownie With Chocolate Frosting	Churros	Weetabix Cookies	Classic Victoria Sponge Cake			
Cold Dessert	Fresh Fruits and Yoghurts						