

# Holyport College Week 3

## Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Continental	Bacon, Egg, Baked Beans, Potato	Sausage, Egg, Mushroom, Potato	Continental	Waffle, Pancake, Smoked Bacon, Maple Syrup  Daily Special Muffin, Crumpet, etc
Fruit & Yoghurt	Fruit & Yoghurt	Fruit & Yoghurt	Fruit & Yoghurt	Fruit & Yoghurt
Overnight Oats & Toppings  (moving to Porridge)	Overnight Oats & Toppings  (moving to Porridge)	Overnight Oats & Toppings  (moving to Porridge)	Overnight Oats & Toppings  (moving to Porridge)	Overnight Oats & Toppings  (moving to Porridge)
Toast Station	Toast Station	Toast Station	Toast Station	Toast Station
Juices	Juices	Juices	Juices	Juices

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## Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the day with freshly baked bread	Soup of the day with freshly baked Focaccia	Soup of the day with freshly baked bread	Soup of the day with freshly baked bread	Soup of the day with freshly baked bread
Monday Roast With all the traditional accompaniments	Baked Pasta Day Three varieties of Pasta Bake to include a milk base, tomato based and vegetable-based bake  Roasted Seasonal Vegetables  Garlic Kale	Chicken Jollof Rice  Plantain & Oumph Jollof Rice  Roasted Sweet Potato & Butternut Squash  Spiced Shredded Greens	GLOBAL THEME DAY  Served with themed accompaniments	Scampi or Vegetable Fritto Misto  Skinny Fries Peas Vegetable Medley  Tartare Sauce Lemon Wedges
Pasta with Two Sauces or Quiche of the day	Jacket Potatoes with Two Toppings or Cheese & Bacon or Cheese & Tomato Turnovers	Pasta with Two Sauces or Daily Special	Jacket Potatoes with Two Toppings or Daily Special	Pasta with Two Sauces or Daily Special
Salad Bar	Salad Bar to include  Panzanella Caponata Tomato & Olive	Salad Bar to include  Kachumbari Spiced Vegetable Cous Cous Roasted Chickpea Cucumber & Cherry Tomato	Salad Bar to include  Themed Salads	Salad Bar
Pudding Club Traditional British Warm Pudding or Fruit Station	Citrus Polenta Cake or Fruit Station	Basseema or Fruit Station	Themed Dessert or Fruit Station	Ice Creams or Fruit Lollies or Fruit Station

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## Evening

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Nando's Night Nando Chicken or Hot Honey, Haloumi &amp; Portobello Mushroom Stack</p> <p>Loaded Chips Macha Peas Garlic &amp; Lemon Broccoli</p> <p>Chilli Sauce Perinaise Olives</p>	<p>Sticky Asian Beef or Asian Sticky Mooin</p> <p>Jasmine Rice</p> <p>Stir-Fried Daikon, Peppers, Carrot &amp; Soy Beans</p> <p>Soy Glazed Greens</p>	<p>Pimp Your Dog</p> <p>Hot dogs with your Choice of toppings to include</p> <p>Warm Potato Salad</p> <p>Hot Dog Roll Vegan Chilli</p> <p>Nacho Cheese Sauce Sautéed Onions Crispy Onions Sweetcorn Relish Sauerkraut Kimchi American Mustard</p>	<p>Pasta served with three varieties of sauce</p> <p>Garlic Dough Balls</p> <p>Herb Roasted Root vegetables</p> <p>Roasted Hispi Cabbage</p>	<p>Curry Night</p> <p>Holyport's Thali</p> <p>A choice of seven Indian main courses</p> <p>Flat Breads Raita Mango Chutney Coriander &amp; Coconut Chutney Poppadum</p>
<p>Salad Bar</p> <p>Rainbow Slaw</p> <p>Marinated Olives</p> <p>Roast Pepper Caesar</p>	<p>Salad Bar</p> <p>Vegetable Noodle Salad</p> <p>Smashed Cucumber</p> <p>Sweet Chilli Roasted Cauliflower</p>	<p>Salad Bar</p> <p>Apple Slaw</p> <p>Chopped Salad</p>	<p>Salad Bar</p>	<p>Salad Bar</p> <p>Kachumber</p>
<p>Pasta De Natta or Fruit Station</p>	<p>Lemon Curd Bread &amp; Butter Pudding or Fruit Station</p>	<p>Waffles &amp; Berry Compote or Fruit Station</p>	<p>Seasonal Fruit Cheesecake or Fruit Station</p>	<p>Daily Special or Fruit Station</p>