BREAKFAST

Monday

Omelette bar
Ham **(PORK)**
Cheese
Tomato

Streaky Bacon **(PORK)**

Boiled Eggs

Smoked Salmon **(FISH),** Spinach &

Feta

Tuesday

Grilled Back Bacon **(PORK)**

PORK Sausages

Halal **CHICKEN** Sausages

Baked Beans

Fried Eggs

Sauteed Mushrooms

Grilled Tomatoes

Baked Hash Browns

Wednesday

Omelette bar
Ham **(PORK)**
Cheese
Tomato

Streaky Bacon **(PORK)**

Boiled Eggs

Smoked Salmon **(FISH),** Spinach &

Feta

Thursday

Grilled Back Bacon **(PORK)**

PORK Sausages

Halal **CHICKEN** Sausages

Sauteed Mushrooms

Baked Beans

Fried Eggs

Grilled Tomatoes

Baked Hash Browns

Friday

American Pancakes & Waffles

Selection of Toppings

Free Range Boiled Eggs

Cheese Toasties

Selection of Pastries

Saturday

Grilled Back Bacon **(PORK)**

PORK Sausages

Halal **CHICKEN** Sausages

Sauteed Mushrooms

Baked Beans

Fried Eggs

Grilled Tomatoes

Baked Hash Browns

Available Everyday

Porridge Station
with Toppings

Selection of
Breakfast Cereals and Granolas
Seeds & Dried Fruit

Yoghurt Station
with Fresh Fruit Platter

Avocado
Sliced Cucumber & Tomato

Sliced Cheese
Sliced Meat
Ham **(PORK),** Chorizo **(PORK)** &
TURKEY

Smoothie of the Day

Toasting Station
with Deli Bread, Preserves and Spreads

Juices

The National Mathematics and Science College

LUNCH MENU WEEK 1

Monday

Main Meal
Pasta Bar - Bolognese **(BEEF)**
Marinara Sauce, **CHICKEN** Pesto Cream

Vegetarian Meal
Oven Baked Mac & Cheese

Sides
Penne Pasta, Garlic Bread, Peas & Sweetcorn

Dessert
Chocolate Sundae

Street Food
Choice Of Pitta Pizza with Garlic and Herb Wedges and Dips

Tuesday

Main Meal
Malaysian Style **CHICKEN** Curry

Vegetarian Meal
Sweet Potato & Chickpea Curry

Sides
Coriander Rice, Steamed Sliced Carrots, Bhajis, Poppadoms

Dessert
Strawberry Cheesecake Beaker

Street Food
CHICKEN Tikka Open Wraps with Mango Chutney, Riata

Wednesday

Main Meal
Slow cooked **CHICKEN** Leg
Roast **BEEF** & Stuffing with Yorkshire Pudding

Vegetarian Meal
Mushroom & Brie Tart

Sides
Broccoli, Roast potatoes, and roasted root vegetables

Dessert
Double Chocolate Sponge Cake with Custard

Thursday

Main Meal
BEEF Mushroom Goulash

Vegetarian Meal
Stuffed Roasted Red Peppers with Cous Cous & Feta

Sides
Vegetable Rice, Green Beans, Roasted Squash

Dessert
Sicilian Lemon Cheesecake

Street Food
Vegetable Gyoza in Chilli Broth
Sushi Bar

Friday

Main Meal
"Catch of the day" Battered **FISH** Fillet

Vegetarian Meal
Courgette & Sweetcorn, Sweet Potato Cakes

Sides
Chip Shop Chips, Mushy Peas, Steamed Garden Peas, Curry Sauce

Dessert
Blueberry & Apple Pie

Street Food
Garlic and Herb **CHICKEN** Burger

Saturday

Brunch

Waffles with Mixed Berries,
Maple Syrup and Crispy Back Bacon **(PORK)**
PORK Sausages
Hash Browns
Buttered Mushrooms
Grilled Tomatoes
Baked Beans

Croissants

Sunday

Brunch

Waffles with Mixed Berries,
Maple Syrup and Crispy Back Bacon **(PORK)**
PORK Sausages
Hash Browns
Buttered Mushrooms
Grilled Tomatoes
Baked Beans

Croissants

Served Daily

Soup Of The Day
With Fresh Breads

Salad Bar
With Dips, Dressings and Seed Toppers

Cut and Whole Fruit
Flavoured Jelly Pots
Yoghurt and Compote Glasses

Jacket Potato Station
Tuesday/Thursday

The National Mathematics and Science College

LUNCH MENU WEEK 2

Monday

Main Meal
Piri Piri **CHICKEN** Legs
With Garlic and Chilli Tender Stem Brocolli

Vegetarian Meal
Roasted Vegetable Ratatouille
and wholemeal Penne Pasta

Sides
Piri Piri Fries, Spicy Rice, Steamed Mixed Vegetables

Dessert
Summer Fruit Sponge with Vanilla Custard

Street Food
Pulled **PORK** Tortillas with Slaw and Rice

Tuesday

Main Meal
CHICKEN Korma
BEEF Rogan Josh
Vegetarian Meal
Spring Vegetable Korma

Sides
Steamed Vegetable Rice,
Poppadoms, Fry Greens
Sweet Potato Bhajis

Dessert
Eton Mess Beakers

Street Food
Tandoori **CHICKEN** Wings and Spicy Fries

Wednesday

Main Meal
Moroccan Meatballs **(BEEF)** served in an Apricot and Tomato Sauce

Vegetarian Meal
Moroccan Style Roasted Aubergines with Chickpeas & Red Peppers

Sides
Spicy Moroccan Cous Cous, Root Vegetables

Dessert
Crème Brulé

Street Food
Cajun **CHICKEN** Burger with Oven Baked Wedges

Thursday

Main Meal
Panko Breaded **CHICKEN**, Garlic Butter,
Baby New Potatoes And Red Pepper Salad

Vegetarian Meal
Southern Fried Quorn Roast,
Baby New Potato and Red Pepper Salad

Sides
Honey Roast Carrots, Stir Fried Greens

Dessert
Summer Berry Trifle Glasses

Street Food
Greek Style **LAMB** Leg served on a grilled flatbread with salad

Friday

Main Meal
"Catch of the day" Battered **FISH** Fillet

Vegetarian Meal
Sweet Potato & Red Pepper Frittata

Sides
Chip Shop Chips, Mushy Peas, Curry Sauce

Dessert
Sticky Toffee & Ginger Pudding with Butter Scotch Custard

Street Food
Jerk **CHICKEN** Rice & Peas

Saturday

Brunch

Waffles with Mixed Berries,
Maple Syrup and Crispy Back Bacon **(PORK)**
PORK Sausages
Hash Browns
Buttered Mushrooms
Grilled Tomatoes
Baked Beans

Croissants

Sunday

Brunch

Waffles with Mixed Berries,
Maple Syrup and Crispy Back Bacon **(PORK)**
PORK Sausages
Hash Browns
Buttered Mushrooms
Grilled Tomatoes
Baked Beans

Croissants

Served Daily

Soup Of The Day
With Fresh Breads

Salad Bar
With Dips, Dressings and Seed Toppers

Cut and Whole Fruit
Flavoured Jelly Pots
Yoghurt and Compote Glasses

Jacket Potato Station
Tuesday/Thursday

The National Mathematics and Science College

LUNCH MENU WEEK 3

Monday

Main Meal
Thai Red Curry Marinated **CHICKEN** Thighs

Vegetarian Meal
Mixed Vegetable Thai Green Curry

Sides
Jasmine Rice, Steamed Vegetables

Dessert
Almond and Lemon Tart

Street Food
PORK Carnitas Sea Salted Wedges and Dips

Tuesday

Main Meal
CHICKEN Katsu
Vegetarian Meal
Quorn Katsu

Sides
Chilli Infused Rice, Rosemary Seasoned Potatoes, Shredded Carrots and Baby Leeks

Dessert
Oreo Cheesecake

Stir Fry Bar
Kung Pow Egg Noodle Stir-fry
Cauli and Broccoli/Chinese **PORK** Belly

Wednesday

Main Meal
"Texan BBQ"
BEEF Brisket, **PORK** Sausage and **CHICKEN** Thighs Served With Pickles Slaw, Fries, Chargrilled Tortillas Salsa, Guacamole

Vegetarian Meal
Butternut Squash and Sweet Potato Hotpot with Sliced Potato Topping

Sides
Summer Greens , Roasted Roots, BBQ Beans, Cajun Fries

Dessert
Banana Pudding

Street Food
Crispy Popcorn Prawns **(FISH)** or Buttermilk **CHICKEN**

Thursday

Main Meal
PORK Sausage with Red Onion Gravy

Vegetarian Meal
Vegan Sausages

Sides
Spring Onion Mash, Roasted Honey Carrots, Steamed Greens

Dessert
Chocolate Mousse

Street Food
BBQ **CHICKEN** Panini Fries

Friday

Main Meal
"Catch of the day" Battered **FISH** Fillet

Vegetarian Meal
Chinese Five Spice BBQ Veg Skewers

Sides
Chip Shop Chips, Mushy Peas, Curry Sauce

Dessert
Sticky Toffee Pudding

Street Food
"El Jefe"Cuban Sandwiches (**CHICKEN OR PORK)** With Fries & Roast Pepper

Saturday

Brunch

Waffles with Mixed Berries, Maple Syrup and Crispy Back Bacon **(PORK)**
PORK Sausages
Hash Browns
Buttered Mushrooms
Grilled Tomatoes
Baked Beans

Croissants

Sunday

Brunch

Waffles with Mixed Berries, Maple Syrup and Crispy Back Bacon **(PORK)**
PORK Sausages
Hash Browns
Buttered Mushrooms
Grilled Tomatoes
Baked Beans

Croissants

Served Daily

Soup Of The Day
With Fresh Breads

Salad Bar
With Dips, Dressings and Seed Toppers

Cut and Whole Fruit
Flavoured Jelly Pots
Yoghurt and Compote Glasses

Jacket Potato Station
Tuesday/Thursday

The National Mathematics and Science College

SUPPER MENU WEEK 1

Monday

Main Meal
Teriyaki **BEEF** Stir Fry with Broccoli
or
Sticky Honey and Ginger **CHICKEN**

Vegetarian Meal
Vegetarian Stir Fry

Sides
Egg Noodles, Sweetcorn Mange tout

Dessert
Toasted Coconut Chocolate Tarts

Tuesday

Main Meal
Herb Crusted **TURKEY** Escalope with Parmesan and Rocket leaf salad
or
Chorizo Paella

Vegetarian Meal
Mediterranean Vegetable Pasta with Tomato & Basil Sauce

Sides
Seasoned New Potatoes,
Steamed Peas, Broccoli

Dessert
Jam Sponge with Custard

Wednesday

Main Meal
Chinese Sweet and Sour **CHICKEN**
Or
BEEF Chow Mein

Vegetarian Meal
Vegetable Chow Mein

Sides
Egg Fried Rice, Noodles, Roasted Peppers
Fine Beans

Dessert
Mixed Berry Rice Pudding

Thursday

Main Meal
Mexican Style **BEEF** and Mushroom Chilli
Or
CHICKEN Fajitas

Vegetarian Meal
Vegetable Chilli

Sides
Salsa, Guacamole, Cheese, Jalapenos
Rice and Kidney Beans

Dessert
Mango Posset

Friday

Main Meal
CHICKEN Pasta
or
BEEF Lasagne

Vegetarian Meal
Mac & Cheese

Sides
Penne Pasta, Roasted New Potatoes,
Peas

Dessert
Orange and Dark Chocolate Cake

Saturday

Main Meal
PORK Chops
Or
Roast **CHICKEN** Thighs

Vegetarian Meal
Spiced Cauliflower & Mixed Bean Stew
with Red Peppers & Chickpeas

Sides
Parmentier Potatoes,
Roasted Squash, Cauliflower

Dessert
Ice Cream Pots

Sunday

Main Meal
Pizza Night
Selection of Home-made Pizzas

Sides
Baked Wedges, Slaw,
Crispy Salad, Trio of **CHICKEN** Wings

Dessert
Sticky Toffee Pudding
& Toffee Custard

Served Daily

Soup Of The Day
With Fresh Breads

Salad Bar
With Dips, Dressings and Seed Toppers

Cut and Whole Fruit
Flavoured Jelly Pots
Yoghurt and Compote Glasses

SUPPER MENU WEEK 2

Monday

Main Meal
Summer **FISH** Pie
Sweet Potato Top

Vegetarian Meal
Tomato & Roasted, Pepper Gnocchi

Sides
Steamed New Potatoes with Herbs,
Garden Peas

Dessert
Custard Tart

Tuesday

Main Meal
"NMC" Southern Fried
CHICKEN Legs & Thighs

Vegetarian Meal
Southern Fried Veggie Bites

Sides
Gravy, Mixed Salads, BBQ Beans, Fries,
Green Beans, Corn Cobbs

Dessert
Chocolate Brownie

Wednesday

Main Meal
TURKEY Stroganoff
Or
Spanish **CHICKEN** Paella

Vegetarian Meal
Vegetable Paella

Sides
Crushed Baby Potatoes with Herbs and
Butter, Vegetable Medley

Dessert
Blueberry Sponge

Thursday

Main Meal
Herb & Garlic **PORK** with Summer
Vegetable Ratatouille
Or **BEEF** Meatballs and Tomato Sauce

Vegetarian Meal
Three Cheese Pasta Bake

Sides
Roasted Baby Potatoes with Herb
Dressing, Wholemeal Penne Pasta
Vegetable Medley

Dessert
Dark Chocolate Mousse

Friday

Main Meal
Chinese **CHICKEN** Curry

Vegetarian Meal
Chinese Sweet Potato
Chickpea Curry

Sides
Egg Fried Rice, Prawn Crackers,
Chop Suey Noodles & Sweet Chilli,
Curried Potatoes, Peas

Dessert
Mango Posset & Lemon Shorties

Saturday

Main Meal
Roast **CHICKEN** Leg
Or
PORK Sausage Cassoulet

Vegetarian Meal
Falafel & Asian Slaw Sharama

Sides
Paprika Spiced Potatoes,
Chilli Infused Broccoli, Green Beans

Dessert
Apple & Rhubarb Crumble

Sunday

Main Meal
Burger Night
Selection of Hand Made Burgers **(BEEF & CHICKEN)**

Vegetarian Meal
Vegetarian Burger

Sides
Brioche Buns, Homemade Slaw,
Fries, Onion Rings

Dessert
Sticky Toffee Pudding
& Toffee Custard

Served Daily

Soup Of The Day
With Fresh Breads

Salad Bar
With Dips, Dressings and Seed Toppers

Cut and Whole Fruit
Flavoured Jelly Pots
Yoghurt and Compote Glasses

SUPPER MENU WEEK 3

Monday

Main Meal
Hunters **CHICKEN** with BBQ Sauce
Or
Fish Cakes

Vegetarian Meal
Mixed Vegetable Stroganoff

Sides
Rice, Steamed Vegetables

Dessert
Syrup Sponge

Tuesday

Main Meal
Pasta & Sauce Night
Bolognese, **CHICKEN** Carbonara

Vegetarian Meal
Vegetable Arrabbiata Sauce

Sides
Garlic Bread, Penne Pasta,
Steamed Greens

Dessert
Banoffee Pie

Wednesday

Main Meal
CHICKEN Balti with Rice
Or
Biryani **LAMB** Pittas

Vegetarian Meal
Vegetarian Balti

Sides
Rice, Bombay Potatoes
Steamed Greens

Dessert
Mango Cheesecake

Thursday

Main Meal
Chinese Barbeque **PORK** with
Spring Onion & Bell Peppers
Or

Vegetarian Meal
Vegetable & Tofu Stir Fry

Sides
Egg Fried Rice, Charred Pak, Choi Chop Suey
Noodles, Baby Corn, Tender stem

Dessert
Eton Mess

Friday

Main Meal
BEEF & Mushroom Lasagne

Vegetarian Meal
Vegetarian Lasagne

Sides
Herb Roasted Potatoes, Peas,
Carrots, Garlic Bread

Dessert
Chocolate Brownie

Saturday

Main Meal
Tandoori Style **CHICKEN** Leg
with Mango & Red Onion Potatoes

Vegetarian Meal
Sweet Potato & Chickpea Curry

Sides
Turmeric Rice, Mango & Red Onion
Potatoes, Spiced Cauliflower, Broccoli

Dessert
Lemon Tarts with Meringue Crumb

Sunday

Main Meal
Pizza Night
Selection of Home-made Pizzas

Sides
Baked Wedges, Slaw,
Crispy Salad, **CHICKEN** Goujons

Dessert
Sticky Toffee Pudding
& Toffee Custard

Served Daily

Soup Of The Day
With Fresh Breads

Salad Bar
With Dips, Dressings and Seed Toppers

Cut and Whole Fruit
Flavoured Jelly Pots
Yoghurt and Compote Glasses