

# TOWER COLLEGE **WEEKLY MENU**

# EYFS/Lower School - WEEK 1

### MONDAY

Soup of the Day with Homemade bread

Dish of the Day

Sweet & Sour Crispy Chicken

Vegetarian Dish of the Day

Sweet & Sour Tofu

Sides Pak Choi & Leeks

Fried Garlic Broccoli

Vegetable Spring Rolls

Egg Fried Rice

Pasta Bar

Rich Tomato & Basil Pasta

White & Sweet Jacket Potato with Beans, Cheese or Tuna

Dessert of the Day

Flapjack with Sultanas

Fresh & Chopped Fruit Yoghurt & Fruit Pot

## TUESDAY

Soup of the Day with Homemade bread

Dish of the Day

Rich Beef Bolognaise Pasta Bake & Garlic Bread

Vegetarian Dish of the Day Green Lentil and Vegetable bolognaise Pasta Bake & Garlic Bread

Sides

New Potatoes

Steamed Cauliflower

Sauteed Cabbage

Pasta Bar

Green pesto Pasta

White & Sweet Jacket Potato with Beans, Cheese or Tuna

Dessert of the Day

Carrot Cake

Fresh & Chopped Fruit Yoghurt & Fruit Pot

# WEDNESDAY

Soup of the Day

with Homemade bread

Dish of the Day

**Breaded Chicken Nuggets** 

Vegetarian Dish of the Day

Stuffed Vegetable & Lentil Peppers

Sides

Rice

Charred Corn on the Cob

**Green Beans** 

Pasta Bar

Macaroni Cheese Pasta

White & Sweet Jacket Potato with Beans, Cheese or Tuna

Dessert of the Day

Apple & Blackberry Crumble & Custard

> Fresh & Chopped Fruit Yoghurt & Fruit Pot

## **THURSDAY**

Soup of the Day with Homemade bread

Dish of the Day

Roast Chicken, Sage & Onion Stuffing & Rich Gravy

Vegetarian Dish of the Day

Cheese & onion Pie with Puff pastry topping

**Sides** 

**Roasted Potatoes** 

**Diced Carrots** 

Diced Swede

Pasta Bar

Italian vegetable Pasta Bolognaise

White & Sweet Jacket Potato with Beans, Cheese or Tuna

Dessert of the Day

Sticky Toffee Pudding & custard

Fresh & Chopped Fruit Yoghurt & Fruit Pot

# **FRIDAY**

Soup of the Day with Homemade bread

Dish of the Day

**Breaded Fish Fingers** 

Vegetarian Dish of the Day

BBQ Halloumi Wrap

**Sides** 

**Braised Rice** 

Vegetable Medley

Pasta Bar

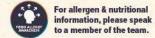
Chunky Tomato & garlic Pasta

White & Sweet Jacket Potato with Beans, Cheese or Tuna

Dessert of the Day

Rocky Road cake

Fresh & Chopped Fruit Yoghurt & Fruit Pot







































# TOWER COLLEGE **WEEKLY MENU**

# EYFS/Lower School - WEEK 2

#### MONDAY

Soup of the Day with Homemade bread

Dish of the Day

Creamy Chicken Korma

Vegetarian Dish of the Day

Sweet Potato Dhal

**Sides** 

**Braised Rice** 

Onion Bhaiis

Stir Fried Cabbage

Pasta Bar

Rich Tomato & Basil Pasta

White & Sweet Jacket Potato with Beans, Cheese or Tuna

Dessert of the Day

Wholemeal Chocolate Brownie

Fresh & Chopped Fruit Yoghurt & Fruit Pot

## TUESDAY

Soup of the Day

with Homemade bread

Dish of the Day

Southern Fried Chicken Burger with Baby Gem, Tomato & relishes

Vegetarian Dish of the Day

Vegetable quarter pound Burger with Baby gem. Tomato & relishes

Sides

Oven Baked Potato wedges

Cauliflower Cheese

Corn on the Cob

Pasta Bar

Green Pesto Pasta

White & Sweet Jacket Potato with Beans, Cheese or Tuna

Dessert of the Day

Lemon Drizzle Cake

Fresh & Chopped Fruit Yoghurt & Fruit Pot

# WEDNESDAY

Soup of the Day

with Homemade bread

Dish of the Day

Toad in the hole in a rich Onion Gravy

Vegetarian Dish of the Day

Lentil & Vegetable Hot Pot

Creamy Salmon & Broccoli Pasta

Sides

**Buttery Mashed Potatoes** 

**Braised Red Cabbage** 

Sweetcorn

Pasta Bar

Macaroni Cheese Pasta

White & Sweet Jacket Potato with Beans, Cheese or Tuna

Dessert of the Day

Summer Fruit Berry Cheesecake

Fresh & Chopped Fruit Yoghurt & Fruit Pot

## **THURSDAY**

Soup of the Day with Homemade bread

Dish of the Day

Chicken Gouions

Vegetarian Dish of the Day

Quorn Mince & Vegetable Tortilla

**Sides** 

Garlic Roasted Dice Potatoes

Mexican Mixed Vegetables

**Honey Roasted Carrots** 

Pasta Bar

Italian vegetable Pasta Bolognaise

White & Sweet Jacket Potato with Beans, Cheese or Tuna

Dessert of the Day

Baked Rice Pudding with Jam

Fresh & Chopped Fruit Yoghurt & Fruit Pot

# FRIDAY

Soup of the Day with Homemade bread

Dish of the Day

**Breaded Fish Fingers** 

Vegetarian Dish of the Day

Rich Cheddar Cheese & Sauteed onion Spanish Omelette

Sides

Garden Peas

Roasted Carrots

Fries

Pasta Bar

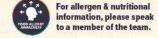
Chunky Tomato & garlic Pasta

White & Sweet Jacket Potato with Beans, Cheese or Tuna

**Dessert of the Day** 

Homemade oaty Cookies

Fresh & Chopped Fruit Yoghurt & Fruit Pot





































# TOWER COLLEGE **WEEKLY MENU**

# EYFS/Lower School - WEEK 3

#### MONDAY

Soup of the Day with Homemade bread

Dish of the Day

Pepperoni Naan bread pizza Topped with Mozzarella Cheese

Vegetarian Dish of the Day

Tomato & Basil Naan Bread pizza Topped with Mozzarella Cheese

Sides

Steamed Broccoli

Crispy Fries

Sauteed Cabbage

Pasta Bar

Rich Tomato & Basil Pasta

White & Sweet Jacket Potato with Beans, cheese or Tuna

**Dessert of the Day** 

Apple & Sultana pie & custard

Fresh & Chopped Fruit Yoghurt & Fruit Pot

### TUESDAY

Soup of the Day with Homemade bread

Dish of the Day

Chicken Parmigiano

Vegetarian Dish of the Day

Vegetable & Bulgar wheat Con Carne

Sides

Sweetcorn

New potatoes

Ratatouille

Pasta Bar

Green pesto Pasta

White & Sweet Jacket Potato with Beans, cheese or Tuna

**Dessert of the Day** 

Banana & Choc Chip Bars

Fresh & Chopped Fruit Yoghurt & Fruit Pot

### WEDNESDAY

Soup of the Day

with Homemade bread

Dish of the Day

BBQ pulled Chicken Slider on a Brioche Bun served with Slaw

Vegetarian Dish of the Day

Vegetable Strip Slider in a Brioche Bun

Fresh Tuna Nicoise Salad

Sides

Wedges

Charred Corn on the Cob

Green Beans

Pasta Bar

Macaroni Cheese Pasta

White & Sweet Jacket Potato with Beans, cheese or Tuna

Dessert of the Day

Strawberry Cheesecake

Fresh & Chopped Fruit Yoghurt & Fruit Pot

## **THURSDAY**

Soup of the Day with Homemade bread

Dish of the Day

Homemade Sausage Roll

Vegetarian Dish of the Day

Cheese & Onion Quiche

**Sides** 

Roasted Potatoes

Cauliflower Cheese

**Green Beans** 

Pasta Bar

Italian vegetable Pasta Bolognaise

White & Sweet Jacket Potato with Beans, cheese or Tuna

Dessert of the Day

Victoria Sponge with Strawberry Jam & Cream

> Fresh & Chopped Fruit Yoghurt & Fruit Pot

### FRIDAY

Soup of the Day with Homemade bread

Dish of the Day

**Breaded Fish Fingers** 

Vegetarian Dish of the Day

Creamy Vegetable, minced Quorn & wholewheat Pasta Bake

Sides

**Buttery Garlic New Potatoes** 

Garden Peas

Mediterean Vegetables

Pasta Bar

Chunky Tomato & garlic Pasta

White & Sweet Jacket Potato with Beans, cheese or Tuna

Dessert of the Day

Jam Donuts

Fresh & Chopped Fruit Yoghurt & Fruit Pot

