

FSC Sample Menu Secondary Schools Spring/Summer

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|--|--|--|--|
| Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| Hash Browns Bacon Egg of the Day Vegetarian Sausage Selection of Cereals Toast Preserves | Baked Beans Sausage Egg of the Day Vegetarian Sausage Selection of Cereals Toast Preserves | Croissants, pain au chocolate Fruit compote and yogurt Selection of Cereals Toast Preserves | Baked Beans Sausage Egg of the Day Vegetarian Sausage Selection of Cereals Toast Preserves | Hash Browns Bacon Egg of the Day Vegetarian Sausage Selection of Cereals Toast Preserves | Baked Beans Sausage Egg of the Day Vegetarian Sausage Selection of Cereals Toast Preserves | Croissants, pain au chocolate Fruit compote and yogurt Selection of Cereals Toast Preserves |
| Packed Lunch | Packed Lunch | Packed Lunch | Packed Lunch | Packed Lunch | Packed Lunch | Packed Lunch |
| Selection of sandwiches Fresh fruit Apple and cinnamon cookie | Selection of sandwiches Fresh fruit Fruity flapjack | Selection of sandwiches Fresh fruit Homemade shortbread | Selection of sandwiches Fresh fruit Honey and oat flapjack | Selection of sandwiches Fresh fruit Choc chip cookie | Selection of sandwiches Fresh fruit Fruity flapjack | Selection of sandwiches Fresh fruit Gingerbread spiced cookie |
| Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner |
| Spinach and ricotta bake Sundried tomato pasta bake Garlic bread Mixed leaf Salad Chocolate brownie Cream | Refried bean and vegetable enchilada Veggie chilli with rice and tortilla chips Mixed leaf Salad Banoffee Pie | Puy Lentil Pie Chicken Pie Saute potatoes Seasonal Vegetables Apple flapjack crumble | Falafel Burger Beef Burger Dirty fries Mixed leaf Salad Sticky toffee pudding cream | Fish goujons Pulled Jackfruit goujons Chips & Peas cheesecake | Thai green vegetable curry Vegetable stir fry Basmati Rice, Cookie dough ice cream | Roast turkey Mediterranean veg tart Roasted Potatoes & Seasonal Vegetables Jam sponge custard |

Please note this menu is subject to product availability and may change.
We can cater for most religious and dietary requirements.

FSC Values: delivering first hand experiences, providing opportunities for everyone, sustainability for the future, a caring attitude

www.field-studies-council.org

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If you have concerns about allergens, please contact the centre directly.

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