

breakfast menu

SAINT FELIX SCHOOL

SOUTHWOLD

	Monday	Tuesday	Wednesday	Thursday	Friday
juice bar	orange, apple and cranberry juice	orange, apple and cranberry juice	orange, apple and cranberry juice	orange, apple and cranberry juice	orange, apple and cranberry juice
cereals	a selection of cereals and muesli	selection of cereals and muesli	selection of cereals and muesli	selection of cereals and muesli	selection of cereals and muesli
continental breakfast	selection of yoghurts	breakfast muffins selection of yoghurts	bagels selection of yoghurts	toasted crumpets selection of yoghurts	waffles selection of yoghurts
hot breakfast	sausage baps baked beans scrambled free range eggs porridge	bacon baps baked beans scrambled free range eggs porridge	boiled eggs porridge	sausage baps baked beans scrambled free range eggs porridge	bacon baps baked beans scrambled free range eggs porridge
fresh fruit	selection available	selection available	selection available	selection available	selection available
toast and preserves	diy toast and a selection of jams and marmalades	diy toast and a selection of jams and marmalades	diy toast and a selection of jams and marmalades	diy toast and a selection of jams and marmalades	diy toast and a selection of jams and marmalades

lunch menu

week one

available weeks beginning 22 Jan • 19 Feb • 12 Mar

SAINT FELIX SCHOOL

SOUTHWOLD

* denotes options for pre prep and nursery children	Monday	Tuesday	Wednesday	Thursday	Friday
soup	tomato soup with freshly baked bread of the day	chicken and sweetcorn soup with freshly baked bread of the day	winter vegetable soup with freshly baked bread of the day	Chinese vegetable soup with freshly baked bread of the day	mushroom soup with freshly baked bread of the day
main course	*toad in the hole made with local sausages served with onion gravy sweet chilli chicken on a bed of Mediterranean couscous	the Saint Felix carvery roast beef *roast chicken	*slow cooked spaghetti bolognese homemade pork schnitzel	chef's pie of the day *slow cooked beef chilli served with rice	*Adnam's beer battered fish of the day local butcher's battered sausages
vegetarian option	roasted Mediterranean vegetable chilli with rice	cheese, leek and tomato tart	broccoli and cheese quiche	cheese, tomato and potato pie	Chinese spring rolls
carbohydrates	creamy mashed potato jacket potatoes	roasted potatoes buttered new potatoes jacket potatoes	new potatoes spaghetti jacket potatoes	rice creamy mashed potato jacket potatoes	chips jacket potatoes
vegetables	mange tout buttered sliced carrots sweetcorn	a selection of seasonal vegetables	baked corn on the cob broccoli	cauliflower cheese runner beans	mushy peas fresh garden peas baked beans
nursery, pre-prep and prep dessert	apple crumble and custard	melon and oranges	iced donuts	homemade chocolate crunch	a selection of yoghurts
senior dessert	a selection of homemade cheesecakes	freshly cut fruit selection	iced donuts	homemade chocolate crunch	a selection of yoghurts

cold counter available every day

a selection from local cheeses • tuna mayonnaise • peppered mackerel • pasta and various sauces • prawns in marie rose sauce • scotch eggs • pork pie • sausage rolls • eggs filled baguettes • sandwiches • hummus

salad bar available every day

a selection from iceberg lettuce • mixed salad leaves • red onion slices • spring onions • *tomatoes • *cucumber • beetroot • apple and celery • homemade coleslaw • *carrot sticks • croutons • mixed five bean salad • sliced peppers • couscous
mushrooms in caesar dressing • potato salad

supper menu

week one

available weeks beginning 22 Jan • 19 Feb • 12 Mar

SAINT FELIX SCHOOL

SOUTHWOLD

	Monday	Tuesday	Wednesday	Thursday	Friday
main course	slow cooked beef lasagne	thai green chicken or prawn curry	beef in black bean sauce sweet and sour pork shredded duck pancakes	honey roast local gammon joint with fried eggs	chicken fajitas
vegetarian option	vegetarian lasagne	thai green vegetable curry	vegetable chow mein	grilled tofu	vegetable fajitas
carbohydrates	new potatoes	rice	noodles egg fried rice	new potatoes	baked jacket wedges
vegetables	peas carrots	stir fried vegetables	chinese mixed vegetables	pineapple peas grilled mushrooms	onion rings
dessert	homemade banoffee pie with fresh pouring cream	steamed syrup pudding	pineapple upside down cake	cherry bakewell	homemade apple strudel
late swimmers' supper	slow cooked beef lasagne vegetarian lasagne	thai green curry	n/a	honey roast local gammon joint	as above

salad bar available every day

a selection from iceberg lettuce • mixed salad leaves • red onion slices • spring onions • tomatoes • cucumber • beetroot • apple and celery • homemade coleslaw • grated carrot • croutons • mixed five bean salad • sliced peppers • couscous • mushrooms in caesar dressing • potato salad

lunch menu

week two

available weeks beginning 29 Jan • 26 Feb • 19 Mar

SAINT FELIX SCHOOL

SOUTHWOLD

* denotes options for pre prep and nursery children	Monday	Tuesday	Wednesday	Thursday	Friday
soup	tomato soup with freshly baked bread of the day	broccoli and stilton soup with freshly baked bread of the day	minestrone soup with freshly baked bread of the day	Chinese vegetable soup with freshly baked bread of the day	carrot and coriander soup with freshly baked bread of the day
main course	*local sausage and tomato pasta bake *tuna pasta bake	the Saint Felix carvery roast beef *roast pork	*homemade meatballs, slow roasted tomato sauce and rice *margherita pizzas with various toppings	braised British beef in a red wine and thyme sauce *hunter's chicken	*Adnam's beer battered fish of the day *sausage roll
vegetarian option	macaroni cheese	caramelised red onion and asparagus tart	roasted peppers stuffed with red lentil ratatouille	roasted vegetable and butternut squash couscous	Chinese spring roll
carbohydrates	new potatoes jacket potatoes	roasted potatoes new potatoes jacket potatoes	skin on fries jacket potatoes	creamy mash potato roasted potato wedges jacket potatoes	chips jacket potatoes
vegetables	sweetcorn runner beans	a selection of seasonal vegetables	Mediterranean roasted vegetables	garden peas buttered carrots braised red cabbage	mushy peas fresh garden peas baked beans
nursery, pre-prep and prep dessert	strawberry whip	a selection of jellies	warm homemade chocolate chip cookies with chocolate sauce	strawberry steamed sponge pudding	a selection of yoghurts
senior dessert	muffins	freshly cut fruit selection	a selection of homemade cheesecakes	homemade iced vanilla sponge	a selection of yoghurts

salad bar available every day

cold counter available every day

a selection from local cheeses • tuna mayonnaise • peppered mackerel • pasta and various sauces • prawns in marie rose sauce • scotch eggs • pork pie • sausage rolls • eggs • filled baguettes • sandwiches • hummus

a selection from iceberg lettuce • mixed salad leaves • red onion slices • spring onions • *tomatoes • *cucumber • beetroot • apple and celery • homemade coleslaw • *carrot sticks • croutons • mixed five bean salad • sliced peppers • couscous • mushrooms in caesar dressing • potato salad

supper menu

week two

available weeks beginning 29 Jan • 26 Feb • 19 Mar

SAINT FELIX SCHOOL

SOUTHWOLD

	Monday	Tuesday	Wednesday	Thursday	Friday
main course	spaghetti bolognaise	sweet chilli prawn stir fry or black bean chicken stir fry	beef stroganoff grilled plaice with caper butter	chick'n night nuggets, hot wings, burgers	chef's mixed grill lamb cutlets, sirloin steak, gammon, sausages, drumsticks
vegetarian option	spaghetti with quorn bolognaise	vegetable stir fry	mushroom stroganoff	spicy bean burgers	haloumi burgers in a ciabatta roll
carbohydrates	new potatoes	noodles	basmati rice	skinny fries	sautéed potatoes
vegetables	stir fry vegetables	prawn crackers	sugar snap peas braised cabbage	onion rings corn on the cob gravy slaw	grilled tomatoes portabello mushrooms fried eggs garden peas
dessert	homemade carrot cake	chocolate brownie with salted caramel sauce	apple and pear crumble with custard	ice cream bar with toppings	homemade banoffee pie
late swimmers' supper	spaghetti bolognaise	chicken and cheese pasta bake roasted vegetable pasta bake	n/a	jacket potato with beef chilli or quorn chilli baked beans	as above

salad bar available every day

a selection from iceberg lettuce • mixed salad leaves • red onion slices • spring onions • tomatoes • cucumber • beetroot • apple and celery • homemade coleslaw • grated carrot • croutons • mixed five bean salad • sliced peppers • couscous • mushrooms in caesar dressing • potato salad

lunch menu

week three

available weeks beginning 5 Feb • 5 Mar • 26 Mar

SAINT FELIX SCHOOL

SOUTHWOLD

* denotes options for pre prep and nursery children	Monday	Tuesday	Wednesday	Thursday	Friday
soup	winter vegetable soup with freshly baked bread of the day	chicken and sweetcorn soup with freshly baked bread of the day	curried parsnip soup with freshly baked bread of the day	creamed cauliflower soup with freshly baked bread of the day	mushroom soup with freshly baked bread of the day
main course	*homemade chicken curry bbq pork chops	the Saint Felix carvery *roast turkey roasted stuffed loin of pork	*cheesy cottage pie chicken burgers in a ciabatta roll	*homemade local sausage plait buffalo chicken thighs on a bed of pilaf rice	scampi *homemade chicken goujons
vegetarian option	vegetable korma	sun dried tomato and silver skin onion tart	whole quorn fillet burger in a ciabatta roll	mushroom and red onion stroganoff	vegetarian nuggets
carbohydrates	rice baked potato wedges jacket potatoes	roasted potatoes creamy mash potato jacket potatoes	roasted potato cubes new potatoes jacket potatoes	buttered new potatoes potato croquettes jacket potatoes	chips jacket potatoes
vegetables	corn on the cob garden peas	a selection of seasonal vegetables	mange tout & sugar snaps carrots	broccoli sweetcorn	mushy peas fresh garden peas baked beans
nursery, pre-prep and prep dessert	lemon love cake with custard	melon and oranges	banana and date pudding with hot toffee sauce	homemade iced chocolate sponge	choc ices
senior dessert	lemon love cake	freshly cut fruit selection	homemade rice crispy cake	homemade iced chocolate sponge	a selection of yoghurts

cold counter available every day

a selection from local cheeses • tuna mayonnaise • peppered mackerel • pasta and various sauces • prawns in marie rose sauce • scotch eggs • pork pie • sausage rolls • eggs • filled baguettes • sandwiches • hummus

salad bar available every day

a selection from iceberg lettuce • mixed salad leaves • red onion slices • spring onions • *tomatoes • *cucumber • beetroot • apple and celery • homemade coleslaw • carrot sticks • croutons • mixed five bean salad • sliced peppers • couscous • mushrooms in caesar dressing • potato salad

supper menu

week three

available weeks beginning 5 Feb • 5 Mar • 26 Mar

SAINT FELIX SCHOOL

SOUTHWOLD

	Monday	Tuesday	Wednesday	Thursday	Friday
main course	banger night local butcher's sausages	Aberdeen Angus beef burgers in a floured bap	tex-mex night buffalo chicken wings, savoury minced beef	pizza bar	wrap bar including southern fried chicken strips, chicken fajita, chilli beef
vegetarian option	quorn sausages	spicy bean burger	cheesy nachos vegetable enchiladas	pizza bar	wrap bar with Mexican five bean filling
carbohydrates	creamy mash potato	baked potato wedges	skin on fries	roasted new potatoes with thyme and garlic baked beans	potato cubes potato waffles
vegetables	peas roasted tomatoes broccoli	fried onions grilled mushrooms peas	refried beans charred corn	onion rings mange tout	sweetcorn broccoli florets
dessert	sticky toffee pudding and sauce	fruit pavlova with fresh cream	homemade rocky road	fresh fruit salad	apple sponge pudding with caramel sauce
late swimmers' supper	local butcher's sausages and creamy mashed potato	Aberdeen Angus beef burgers in a floured bap	n/a	pizza bar	as above

salad bar available every day

a selection from iceberg lettuce • mixed salad leaves • red onion slices • spring onions • tomatoes • cucumber • beetroot • apple and celery • homemade coleslaw • grated carrot • croutons • mixed five bean salad • sliced peppers • couscous • mushrooms in caesar dressing • potato salad

weekend menu

SAINT FELIX SCHOOL

SOUTHWOLD

	week 1 Saturday 27 Jan • 24 Feb • 17 Mar	week 1 Sunday 28 Jan • 25 Feb • 18 Mar	week 2 Saturday 3 Feb • 3 Mar • 24 Mar	week 2 Sunday 4 Feb • 4 Mar • 25 Mar	week 3 Saturday 10 Feb • 10 Mar	week 3 Sunday 11 Feb • 11 Mar
breakfast	continental selection cereals, muesli, fresh fruit, toast and preserves	Brian's brunch	continental selection cereals, muesli, fresh fruit, cured meats and cheese, toast and preserves	Brian's brunch	continental selection cereals, muesli, fresh fruit, toast and preserves	Brian's brunch
lunch main course	jacket potatoes with one hot and at least two cold toppings	n/a	wrap bar with one hot and at least two cold fillings	n/a	Saturday subday fill your own sub rolls	n/a
lunch vegetarian	as above	n/a	as above	n/a	as above	n/a
lunch accompaniments	homemade soup, bread, salad bar	n/a	homemade soup, bread, salad bar, crisps	n/a	homemade soup, bread, salad bar	n/a
supper main course	curry night a selection of curries	selected roast joint	cajun chicken thighs	selected roast joint	chicken and chorizo paella	selected roast joint
supper vegetarian	vegetable curry	nut roast	ricotta and spinach cannelloni	quorn roast	pea and coconut paella	stuffed portabello mushrooms
supper accompaniments	rice, poppadums, naan bread, chutney	roast potatoes, yorkshires, stuffing, seasonal veg and trimmings	dauphinoise potatoes, peas, carrots	roast potatoes, yorkshires, stuffing, seasonal veg and trimmings	wilted spinach rocket and parmesan roasted vegetables	roast potatoes, yorkshires, stuffing, seasonal veg and trimmings

