Summer Menu 2023

Weeks Commencing – 17th April, 8th May, 29th May, 19th June

HEREFORD CATHEDRAL SCHOOL

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Chicken, & Sweetcorn with Rice Noodles	Spicy Parsnip	Mushroom	Cream of Broccoli	Cream Of Tomato
Main Course 1	Baked Breaded Fillet Of Chicken With Japanese Style Katsu Curry Sauce	Chilli Beef Tacos & Accompaniments	Meat Feast Pasta	Slow Cooked BBQ Pulled Pork Baps & Slaw	Fish Fingers & Tartare Sauce
Main Course 2	Stir fry Beef & Peppers In Oyster Sauce	Chicken Fajitas & Accompaniments	Tuna Pasta Bake	Chicken & Chorizo Paella with Crusty Bread	Pepperoni Pizza
Vegetarian	Plant Based 'Chicken' Katsu	Pasta in a Tomato & Basil Sauce	Red Lentil & Tomato Bake	Four Cheese Tortellini in a Green Pesto Sauce	Cheese & Tomato Pizza
Potato/Carbs	Steamed Rice	Mexican Spiced Potatoes	Garlic Bread	Noisette Potatoes	Oven Chips
Vegetables	Garden Peas Asian Style Stir Fried Vegetables	Mexi-corn Green Beans	Steamed Kale with Onion & Garlic Roasted Carrots	Steamed Broccoli Buttered Sweetcorn	Mushy Peas & Baked Beans
Jacket Potato/Pasta Bar	Freshly Cooked Oven Baked Potatoes Served Daily With Choice Of Baked Beans, Tuna Mayo				
Salad Bar	Assorted Salad items Daily, Including Lettuce, Cucumber & Tomato, Freshly made slaw, and Compound Salads				
Deli Bar	A Selection Of Homemade Grab & Go, Deli Style Sandwiches, Wraps & Baguettes				
Hot Dessert	Rice Pudding & Fruit Compote	Vanilla & Chocolate Chip Sponge with Chocolate Custard	Fruit Crumble & Cream	Golden Syrup Sponge & Custard	Chefs Choice
Cold Desserts & Fruit	A Selection Of Dessert, Yoghurt Pots, Jelly, Fruit Salad & Sliced Seasonal Fruits				

Special Dietary Meals Available On Request

Summer Menu 2023

Weeks commencing – 24th April, 15th May, 5th June, 21st June

HEREFORD CATHEDRAL SCHOOL

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Butterbean & Sage	Tomato & Oregano	Sweet Potato & Lentil	Mushroom & Thyme Soup	Minestrone
Main Course 1	Pork Sausage with Onion Gravy	Spaghetti Bolognaise	Roast Of the Day with Accompaniments and Gravy	Jerk Chicken Wraps with Slaw	Battered White Fish With Lemon Wedges & Homemade Tartare Sauce
Main Course 2	Homemade Steak & Mushroom Pie	Smokey Bacon Carbonara	Chicken Burgers & BBQ Sauce	Steamed Fish in Parsley Sauce	Cornish Pasty
Vegetarian	Vegetarian Sausage with Onion Gravy	Roasted Vegetable & Basil Sauce	3 Cheese Ravioli in a Tomato Sauce	Layered Cheese, Onion & Potato Pie	Cheese & Tomato Turnovers
Potato/Carbs	Mashed Potato	Pasta Of The Day and Garlic Bread	Roast Potatoes	Buttered Baby New Potatoes	Oven Chips
Vegetables	Garden Peas Glazed Carrots	Steamed Broccoli Steamed Carrots	Seasonal Vegetables	Green Beans Cauliflower Au Gratin	Mushy Peas Baked Beans
Jacket Potato/Pasta Bar	Freshly Cooked Oven Baked Potatoes Served Daily With Choice Of Baked Beans, Tuna Mayo Or Cheese				
Salad Bar	Assorted Salad items Daily, Including Lettuce, Cucumber & Tomato, Freshly made slaw, and Compound Salads				
Deli Bar	A Selection Of Homemade Grab & Go, Deli Style Sandwiches, Wraps & Baguettes				
Hot Dessert	Coconut Jam Sponge & Pink Custard	Chocolate Sponge & Cream	Rice Pudding & Fruit Compote	Strawberry Shortcake & Cream	Chefs Choice
Cold Desserts & Fruit	A Selection Of Dessert, Yoghurt Pots, Jelly, Fruit Salad & Sliced Seasonal Fruits				

Special Dietary Meals Available On Request

Summer Menu 2023

Weeks commencing – 1st May, 22nd May, 12th June, 3rd July

HEREFORD CATHEDRAL SCHOOL

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Spiced Butternut Squash	Diced Vegetable Broth	Italian Tomato	Red Lentil & Roasted Pepper	Carrot & Corriander
Main Course	Pork Meatballs in Tomato Sauce	Beef Burgers with a selection of accompaniments	Chicken Tikka Masala, With Indian Side dishes	Chicken Kyiv	Chicken Goujons Wraps with slaw and a BBQ Sauce
Main Course 2	Crispy Duck Chow Mein in Plum sauce with Prawn Crackers & Sweet Thai Chilli Sauce	Quiche Lorraine	Stir Fry Beef & Mushrooms in Black Bean Sauce	Mac & Cheese with Roasted Cherry Tomato & Crispy Bacon Bits	Sausage Roll & Chip Shop Curry Sauce
Vegetarian	Veggieballs In Tomato Sauce	Plant Based 'Chicken' Burger	Sweet Potato & Spinach Tikka Masala	Vegetable Chilli Stuffed Peppers	Cheese & Onion Pasties
Potato/Carbs	Penne Pasta & Garlic Bread	Herby Diced Potatoes	Steamed Rice	Country Diced Potatoes	Oven Chips
Vegetables	Steamed Savoy Cabbage Sweetcorn	Baked Beans Garden Peas	Medley of Green Vegetables Gobi Sag Curried Cauliflower & Spinach	Steamed Cauliflower & Broccoli	Baked Beans Garden Peas
Jacket Potato/Pasta Bar	Freshly Cooked Oven Baked Potatoes Served Daily With Choice Of Baked Beans, Tuna Mayo Or Cheese				
Salad Bar	Assorted Salad items Daily, Including Lettuce, Cucumber & Tomato, Freshly made slaw, and Compound Salads				
Deli Bar	A Selection Of Homemade Grab & Go, Deli Style Sandwiches, Wraps & Baguettes				
Hot Dessert	Chocolate Cake & Chocolate Custard	Strawberry Cobbler with Pouring Cream	Forest Fruit Crumble & Custard	Warm Orange Drizzle Cake with Cream	Chefs Choice
Cold Desserts & Fruit	A Selection Of Dessert, Yoghurt Pots, Jelly, Fruit Salad & Sliced Seasonal Fruits				

Special Dietary Meals Available On Request