

ISCA - Sample Breakfast Menu

MONDAY

Assorted Cereals
Fruit Yoghurts
Fresh Fruits

Grilled Sausage
Heinz Baked Beans
Hash Browns
Crumpets/Bagels
English muffins

Orange Juice
Apple Juice
Fresh Milk
Freshly brewed
tea/coffee

Bagels, Toast, jams,
honey, marmalade
and Marmite

TUESDAY

Assorted Cereals
Fruit Yoghurts
Fresh Fruits

Smoked Streaky
Bacon
Potato Waffles
Grilled Tomatoes
Crumpet/Bagels
English muffins

Orange Juice
Apple Juice
Fresh Milk
Freshly brewed
tea/coffee

Bagels, Toast,
jams, honey,
marmalade and
Marmite

WEDNESDAY

Assorted Cereals
Fruit Yoghurts
Fresh Fruits

Fried bread
Grilled Sausage
Hash browns
Crumpets/Bagels
English Muffins

Orange Juice
Apple Juice
Fresh Milk
Freshly brewed
tea/coffee

Bagels, Toast,
jams, honey,
marmalade and
Marmite

THURSDAY

Assorted Cereals
Fruit Yoghurts
Fresh Fruits

Scrambled eggs
Grilled bacon
Mushrooms
Crumpet/Bagels
English muffins

Orange Juice
Apple Juice
Fresh Milk
Freshly brewed
tea/coffee

Bagels, Toast,
jams, honey,
marmalade and
Marmite

FRIDAY

Assorted Cereals
Fruit Yoghurts
Fresh Fruits

Freshly baked
croissant
Pain au chocolat
Chef's Scotch
pancake
Crumpet/bagels
English muffins

Orange Juice
Apple Juice
Fresh Milk
Freshly brewed
tea/coffee

Bagels, Toast, jams,
honey, marmalade
and Marmite

SATURDAY

Assorted Cereals
Fruit Yoghurts
Fresh Fruits

Scrambled eggs
Grilled bacon
Mushrooms
Crumpet/Bagels
English muffins

Orange Juice
Apple Juice
Fresh Milk
Freshly brewed
tea/coffee

Bagels, Toast,
jams, honey,
marmalade and
Marmite

SUNDAY

Assorted Cereals
Fruit Yoghurts
Fresh Fruits

Full English
Breakfast
Blueberry
pancakes with
syrup

Orange Juice
Apple Juice
Fresh Milk
Freshly brewed
tea/coffee

Bagels, Toast,
jams, honey,
marmalade and
Marmite

ISCA - Sample Lunch Menu

MONDAY

Chicken and seafood paella

Or

Sweet and sour pork

Or

Spiced vegetable crumble (v)

Steamed rice
Sweetcorn with mixed peppers
Salad Bar
Bread Rolls

Fresh Fruits
Yoghurts
Chocolate Donuts

TUESDAY

Pork chop with sage and onion gravy

Or

Braised lamb gigot with lentils

Or

Four cheese macaroni bake (v)

Sauté Potatoes
Green beans
Salad Bar
Bread Rolls

Fresh Fruits
Yoghurts
Fresh fruit salad with cream

WEDNESDAY

Roast top side of beef with butter sage

Or

Braised belly of pork and apple pasties

Or

Chickpea, tomato and spinach stew (v)

Roast potatoes
Parsnip and baton carrots
Salad Bar
Bread Rolls

Fresh Fruits
Yoghurts
Sticky toffee pudding with toffee custard

THURSDAY

Italian roast chicken with peppers and olives

Or

Penne carbonara

Or

Hot vegetable wrap served with guacamole and sour cream (v)

Steamed new potatoes
Broccoli florets
Salad Bar
Bread Rolls

Fresh Fruits
Yoghurts
Chocolate brownie served with ice cream

FRIDAY

Fish with lemon and tartare sauce

Or

Lincolnshire pork and herb sausage with gravy

Or

Roasted peppers and goats cheese risotto with rocket (v)

Chips
Garden Peas
Salad Bar
Bread Rolls

Fresh Fruits
Yoghurts
Apple and blackcurrant crumble with cream

SATURDAY

Quarter pounder with cheese and tomato relish

Or

Baked chicken with tarragon sauce

Or

Tomato and red onion marmalade tart (v)

Herby diced potatoes
Coleslaw
Salad Bar
Bread Rolls

Fresh Fruits
Yoghurts
Banana and chocolate chip muffins

SUNDAY

Honey roast gammon with parsley sauce

Or

Roast turkey breast with sage stuffing and cranberry

Or

Vegetable Lasagne (v)

Roast potatoes
Peas, carrots and parsnips
Salad Bar
Bread Rolls

Fresh Fruits
Yoghurts
Baked vanilla cheesecake with blueberry compote

ISCA - Sample Dinner Menu

MONDAY

Baked chicken breast
in pesto sauce and
Western potatoes

Or

Chili con carne with
boiled rice
Grilled vegetable
mezze (v)

Or

Omelette bar with hot
and cold fillings (v)

Jacket potatoes with
selection of fillings

Fresh fruits
Yoghurts
Rocky Road

TUESDAY

Pizza selection -
Margaritas/
Smoked
Salmon/Pepperoni

Or

Pasta selection with
chicken and
leeks/Tomato and
mascarpone (v)

Western potatoes
Curly fries
Caesar Salad

Jacket potatoes with
selection of fillings

Fresh fruits
Yoghurts
Eton Mess

WEDNESDAY

Teriyaki beef with
Chinese salad and
prawn crackers

Or

Oven baked haddock
fillet with herb crust

Or

Pasta selection with
chef choice (v)

Steamed new
potatoes
Cauliflower florets

Jacket potatoes with
selection of fillings

Fresh fruits
Yoghurts
White chocolate
crispy cake

THURSDAY

Tandoori chicken
served with
condiments

Or

Lamb tagine with
couscous

Or

Butternut squash
risotto (v)

Braised rice
Sweetcorn

Jacket potatoes with
selection of fillings

Fresh fruits
Yoghurts
Lemon drizzle cake

FRIDAY

Chicken fajitas
served with wraps
and condiments

Or

Beef enchiladas with
guacamole and sour
cream

Or

Vegetable spring
rolls with sweet chili
sauce

Sauté potatoes
Garden peas

Jacket potatoes with
selection of fillings

Fresh fruits
Yoghurts
Biscotti with hot
chocolate

SATURDAY

Roast sausage,
chicken drumstick,
gammon steak and
minute steak

With

Grilled tomatoes,
mushrooms and
baby corn

Or

Grilled vegetables in
pitta bread with
halloumi cheese (v)

Jacket potatoes with
selection of fillings

Fresh fruits
Yoghurts
Cake selection

SUNDAY

Roast leg of lamb
served with mint
sauce

Or

Roast chicken

Or

Portuguese
Mille feuille of grilled
vegetables with
cheese sauce (v)

Roast potatoes
Carrots and peas

Jacket potatoes with
selection of fillings

Fresh fruits
Yoghurts
Yoghurt bar with
marshmallows