

# ST LEONARDS MENU

## Week Commencing 19<sup>th</sup> February



**St Leonards**  
St Andrews, Fife

| MONDAY   | TUESDAY  | WEDNESDAY                                       | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY                                       |
|--|--|---|---|--|---|--|
| <b>BREAKFAST</b>   |  |   |   |  |   |  |
| Poached Eggs & Mushrooms<br>Fresh Fruit - on request   | Continental Breakfast<br>Fresh Fruit - on request            | Bacon & hash browns<br>Fresh Fruit - on request | Croissant<br>Fresh Fruit - on request<br>Yoghurt Selection<br>Toast Selection | Eggs Benedict<br>Fresh Fruit on Request                  | Selection of Pancakes<br>Fresh Fruit on Request                           | Croissants<br>Fresh Fruit on Request         |
| Porridge, Bircher Muesli, Cornflake, Coco Pops, Muesli, Weetabix, Frosties, Krispies<br>Fruit Juice Selection, Tea, Coffee, Hot Chocolate<br>Preserves, Chocolate Spread, Cream Cheese |  |   |   |  |   |  |
| <b>LUNCH</b>   |  |   |   |  |   |  |
| Vegetarian Soup<br>Sweet Potato  | Vegetarian Soup<br>Split pea & leek                          | Vegetarian Soup<br>Simply Tomato                | Vegetarian Soup<br>Broccoli & Cheddar   | Vegetarian Soup<br>Mediterranean Vegetable & Tomato      | Vegetarian Soup<br>Chinese style-chicken noodle soup                      | Vegetarian Soup<br>Chefs Choice              |
| Seniors Main<br>Slow Cooked<br>Beef Curry  | Seniors Main<br>Greek style<br>Chicken Wrap Bar              | Seniors Main<br>Pork Sausages                   | Seniors Main<br>Traditional Lasagne   | Seniors Main<br>Breaded Haddock                          | Seniors Main<br>Pork Dumpling<br>Soy sauce                                | Seniors Main<br>Sunday Brunch                |
| Vegetarian Main<br>Mushroom & Leek<br>Stroganoff<br>Potato   | Vegetarian Main<br>Feta & Roast Vegetable<br>Wraps<br>Potato | Vegetarian Main<br>Traditional Samosas          | Vegetarian Main<br>Spinach & Lentil Dahl                                      | Vegetarian Main<br>Floret stuffed roasted peppers        | Vegetarian Main<br>Gnocchi with broccoli,<br>courgettes & leeks<br>Potato | Vegetarian Main<br>Sunday Brunch             |
| Steamed Rice<br>Cauliflower<br>Green beans   | Potato Wedges<br>Sweetcorn                                   | Potato<br>Mashed Potatoes<br>Carrots            | Potato<br>Garlic bread<br>Medley of vegetables                                | Potato<br>Chipped Potatoes<br>Baked Beans<br>Garden Peas | Steamed baby potatoes<br>Roast vegetables<br>Salad Bar                    |  |
| Hot Dessert<br>Syrup Tart<br>Custard   | Hot Dessert<br>Bread & Butter pudding<br>Vanilla Sauce       | Hot Dessert<br>Jam Sponge<br>Custard            | Hot Dessert<br>Creamy Rice Pudding  | Hot Dessert<br>Eves Pudding<br>Custard                   | Hot Dessert<br>Chef Choice  | Hot Dessert<br>Chefs Choice                  |
| Cold Dessert<br>Yoghurt Pot<br>Fruit Platter   | Cold Dessert<br>Yoghurt Pot<br>Fruit Platter                 | Cold Dessert<br>Yoghurt Pot<br>Fruit Platter    | Cold Dessert<br>Yoghurt Pot<br>Fruit Platter                                  | Cold Dessert<br>Yoghurt Pot<br>Fruit Platter             | Cold Dessert<br>Yoghurt Pot<br>Fruit Platter                              | Cold Dessert<br>Yoghurt Pot<br>Fruit Platter |

| SUNDAY  | EVENING MEAL   |  |  |   |  |  |  |
|---|--|--|--|---|--|--|--|
| Vegetarian Soup<br>Chefs Choice               | Vegetarian Soup<br>Chefs Choice  | Vegetarian Soup<br>Chefs choice  | Vegetarian Soup<br>Chefs Choice                      | Vegetarian Soup<br>Chefs Choice   | Vegetarian Soup<br>Chefs Choice                    | Vegetarian Soup<br>Chefs Choice                          | Vegetarian Soup<br>Chefs Choice  |
| Seniors Main<br>Traditional<br>Steak Pie      | Seniors Main<br>Grilled Pork Loin Steak<br>Optional Honey &<br>Mustard Sauce | Seniors Main<br>Steamed Citrus Salmon                                    | Seniors Main<br>Marinated Flank Steak                | Seniors Main<br>BBQ Chicken Wings<br>And thighs                         | Seniors Main<br>Bavarian Sausages<br>Pretzel Rolls | Seniors Main<br>KFC Style Chicken<br>KFC Style Gravy     | Seniors Main<br>Kartofel Knobel wit<br>Sweinebraten<br><b>Crispy pork roast with<br/>onions &amp; potatoes</b> |
| Vegetarian Main<br>Roasted stuffed<br>peppers | Vegetarian Main<br>Macaroni Cheese   | Vegetarian Main<br>Layered Aubergine with<br>Tomato & Parmesan<br>cheese | Vegetarian Main<br>Feta Cheese & Roast<br>Vegetables | Vegetarian Main<br>Vegetable chow mein                                  | Vegetarian Main<br>Veggie Sausages                 | Vegetarian Main<br>Deep fried courgettes                 | Vegetarian Main<br>Falafels  |
| Sides<br>Mashed Potatoes<br>Carrots           | Sides<br>Crushed Potatoes<br>Sautee Cabbage<br>Salad bar                     | Sides<br>Marinated Cous Cous<br>Garden Peas                              | Sides<br>Potato Dauphinoise<br>Broccoli<br>Salad Bar | Sides<br>Egg Fried Rice<br>Spring rolls/Soy Sauce<br>dip<br>Cauliflower | Sides<br>Potato Bravas<br>Salads<br>Coleslaw       | Sides<br>Skinny Fries<br>Tossed salad<br>Corn on the cob | Sides<br>Potatoes & shallots<br>Carrots  |
| Dessert<br>Chefs choice                       | Dessert<br>Muffin  | Dessert<br>Fruit Pot   | Dessert<br>Brownie                                   | Dessert<br>Fruit Pie & Cream  | Dessert<br>Cheese & Biscuits                       | Dessert<br>Chefs Choice                                  | Dessert<br>Chefs Choice  |



**Note to all Parents/Students :** The catering team are aware of all student's individual dietary requirements and we urge all students to please ask the catering staff if they are unsure of options available to them.  
If a main dish contains any items which they are allergic to an alternative will have been prepared for them by the chef.