

# ST LEONARDS MENU Week Commencing 15<sup>th</sup> January



**St Leonards**  
St Andrews, Fife

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Poached Eggs & Mushrooms Fresh Fruit - on request	Continental Breakfast Fresh Fruit - on request	Bacon & hash browns Fresh Fruit - on request	Croissant Fresh Fruit - on request Yoghurt Selection Toast Selection	Eggs Benedict Fresh Fruit on Request	Selection of Pancakes Fresh Fruit on Request	Croissants Fresh Fruit on Request
Porridge , Bircher Muesli, Cornflake, Coco Pops, Muesli, Weetabix, Frosties, Krispies Fruit Juice Selection, Tea, Coffee, Hot Chocolate Preserves, Chocolate Spread, Cream Cheese						
<b>LUNCH</b>						
Vegetarian Soup Sweet Potato	Vegetarian Soup Split pea & leek	Vegetarian Soup Simply Tomato	Vegetarian Soup Broccoli & Cheddar	Vegetarian Soup Mediterranean Vegetable & Tomato	Vegetarian Soup Chinese style-chicken noodle soup	Vegetarian Soup Chefs Choice
Seniors Main Slow Cooked Beef Curry	Seniors Main Greek style Chicken Wrap Bar	Seniors Main Pork Sausages	Seniors Main Traditional Lasagne	Seniors Main Breaded Haddock	Seniors Main Meat Dumpling Soy sauce	Seniors Main Sunday Brunch
Vegetarian Main Mushroom & Leek Stroganoff Potato	Vegetarian Main Feta & Roast Vegetable Wraps Potato	Vegetarian Main Floret stuffed roasted peppers	Vegetarian Main Spinach & Lentil Dahl	Vegetarian Main Traditional Samosas	Vegetarian Main Gnocchi with broccoli, courgettes & leeks Potato	Vegetarian Main Sunday Brunch
Steamed Rice Cauliflower Green beans	Potato Wedges Sweetcorn	Potato Mashed Potatoes Carrots	Potato Garlic bread Medley of vegetables	Potato Chipped Potatoes Baked Beans Garden Peas	Steamed baby potatoes Roast vegetables Salad Bar	
Hot Dessert Syrup Tart Custard	Hot Dessert Bread & Butter pudding Vanilla Sauce	Hot Dessert Jam Sponge Custard	Hot Dessert Creamy Rice Pudding	Hot Dessert Eves Pudding Custard	Hot Dessert Chef Choice	Hot Dessert Chefs Choice
Cold Dessert Yoghurt Pot Fruit Platter	Cold Dessert Yoghurt Pot Fruit Platter	Cold Dessert Yoghurt Pot Fruit Platter	Cold Dessert Yoghurt Pot Fruit Platter	Cold Dessert Yoghurt Pot Fruit Platter	Cold Dessert Yoghurt Pot Fruit Platter	Cold Dessert Yoghurt Pot Fruit Platter
<b>EVENING MEAL</b>						
Vegetarian Soup Chefs Choice	Vegetarian Soup Chefs choice	Vegetarian Soup Chefs Choice	Vegetarian Soup Chefs Choice	Vegetarian Soup Chefs Choice	Vegetarian Soup Chefs Choice	Vegetarian Soup Chefs Choice
Seniors Main Grilled Pork Loin Steak Optional Honey & Mustard Sauce	Seniors Main Steamed Citrus Salmon	Seniors Main Marinated Flank Steak	Seniors Main BBQ Chicken Wings And thighs	Seniors Main Bavarian Sausages Pretzel Rolls	Seniors Main KFC Style Chicken KFC Style Gravy	Seniors Main Kartofel Knobel wit Scweinebraten  <b>Crispy pork roast with onions &amp; potatoes</b>
Vegetarian Main Macaroni Cheese	Vegetarian Main Layered Aubergine with Tomato & Parmesan cheese	Vegetarian Main Feta Cheese & Roast Vegetables	Vegetarian Main Vegetable chow mein	Vegetarian Main Veggie Sausages	Vegetarian Main Deep fried courgettes	Vegetarian Main Falafels
Sides Crushed Potatoes Sautee Cabbage Salad bar	Sides Marinated Cous Cous Garden Peas	Sides Potato Dauphinoise Broccoli Salad Bar	Sides Egg Fried Rice Spring rolls/Soy Sauce dip Cauliflower	Sides Potato Bravas Salads Coleslaw	Sides Skinny Fries Tossed salad Corn on the cob	Sides Potatoes & shallots Carrots
Dessert Muffin	Dessert Fruit Pot	Dessert Brownie	Dessert Fruit Pie & Cream	Dessert Cheese & Biscuits	Dessert Chefs Choice	Dessert 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.