



MAGDALEN COLLEGE SCHOOL MENUS – HILARY TERM 2020

Every day, there is a salad bar, soup and fresh fruit. No nuts are used in any dishes; a full list of allergens is available on request. Vegan dishes
Menus rotate on a 3-week basis. There is a new menu each term.



Week One

Monday	Tuesday	Wednesday	Thursday	Friday
Italian-style meatballs with red pepper and tomato sauce	Teriyaki chicken	Turkey, ham and leek pie	Braised brisket of beef	Hand-battered Pollock or fish fingers
Ham and mushroom pie	Cantonese-style sweet and sour pork	Moroccan lamb tagine	Pork stroganoff	Asian caramel chicken
Squash and spinach lasagne	Sweet potato and aubergine balti ✓	Lemon and mint couscous	Lentil and mixed bean loaf with tomato sauce ✓	Vegetable enchiladas ✓
Garlic bread	Sweet chilli sauce	Quorn and vegetable ragu	Yorkshire pudding	Tartar sauce and lemon wedges
Spaghetti	Egg fried rice	Champ mash	Gravy	Chips
Sweetcorn and green beans	Cabbage and cauliflower	Broccoli and carrots	Roast potatoes	Peas, mushy peas
Gnocchi with spinach and mushrooms ✓	Penne with tomato and chilli	Fusilli with roasted vegetable tomato sauce ✓	Mixed vegetables	Baked beans
Apple and raspberry crumble with custard	Sticky toffee pudding with cream	Eve's pudding with custard	Chocolate fudge cake with ganache topping	Meringue nest and fruit coulis
Yoghurt	Jelly	Yoghurt	Jelly	Yoghurt

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Chilli con carne	Gammon steak with pineapple	Cumberland sausage ring	Roast leg of chicken with herby stuffing	Hand-battered Pollock or fish fingers
Cajun chicken and mixed beans	Seafood paella	Minced beef and potato pie	Beef Rendang with spiced rice	Meatfeast pizza
Carrot and cumin burger ✓	Bunny chow ✓	Puy lentil and bean cassoulet with crispy kale ✓	Chickpea falafel pitta ✓	KFJ Jackfruit wrap with spicy mayo
Lime rice	Sweet potato wedges	Onion gravy	Red wine gravy	Tartar sauce and lemon wedges
Peas and Broccoli	Sweetcorn and green beans	Creamy mashed potato	Roast potatoes	Chips
Penne with Neapolitan sauce	Gnocchi with marinara sauce	Carrots and braised red cabbage	Mixed vegetables	Peas, mushy peas
		Penne with tomato and basil sauce		Baked beans
Canadian gingerbread with custard	Double chocolate sponge with chocolate sauce	Plum peasant pudding with custard	Lemon meringue pie	Chocolate cornflake cake
Yoghurt	Jelly	Yoghurt	Jelly	Yoghurt

Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
Jamaican jerk chicken	Fish burger with shredded iceberg lettuce	Theme day with ✓ option	Slow roasted pork	Hand-battered Pollock or fish fingers
Jackfruit jalfrezi ✓	Sausage casserole		Cottage pie	Southern fried chicken
Lemon yoghurt	Mac and cheese		Stir fried tofu and pak choi	NO steak and ale pie ✓
Rice and peas	Tartare sauce		Red wine gravy	Tartar sauce and lemon wedges
Broccoli	Lemon and paprika wedges		Apple sauce	Chips
Ratatouille	Peas and roasted root veg		Roast potatoes	Peas, mushy peas
Penne with tomato sauce	Gnocchi in arrabiata sauce ✓		Mixed vegetables	Baked beans
Banana and chocolate chip cake with custard	Apple streusel tart with custard		Wholemeal apricot and apple crumble with custard	Key lime pie
Yoghurt	Jelly		Jelly	Yoghurt