

**MENU CYCLE**  
Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	<p>Selection of cereals including Bran flakes, All Bran, Weetabix and Cornflakes served with Full fat and Low fat milk.            Whole fresh fruit &amp; cut fruit with probiotic natural yoghurt with a selection of toppings including home-made granola, dried and fresh fruit pieces, honey and preserves            Build your own bowl of muesli or rolled oats porridge with a choice of toppings: Toasted oats and bran, natural honey, dried fruit, toasted coconut and selection of seeds</p>						
	Scrambled Egg with Smoked salmon	Large Croissant	French Toast	Freshly Cut Fruit Pieces	Roasted Potatoes with Chorizo (Spanish Style)	Pancakes with Fruit Compote	Full Irish Breakfast
<b>Lunch</b>	Freshly made leek & potato soup	Homemade Vegetable Soup	Cream of Tomato Soup	Freshly made Chicken & Sweetcorn soup	Potato, Onion & Herb soup	Tomato & Roast red pepper soup	Juice & Infused Water
	Pork & Vegetable stir fry	Loin of Bacon served with a Creamy parsley sauce	Chicken Madras served with Naan breads & poppadum's	Roast Beef Homemade Yorkshire Puddings Thyme Jus	"Friday Lasagne" with ground beef, béchamel cheese & garlic bread	Chicken Breast Wrapped in Crispy Bacon	Full Irish Breakfast Brunch
	Rosemary & Garlic breast of chicken served with gravy	Beef & Vegetable Casserole	Creamy Seafood Pie topped with mash potato	Sweet & Sour Pork stir fry dressed with Pineapple			Filled Irish mature cheddar, beef tomato & red onion panini
	Grilled Vegetable Frittata	Veg & Chickpea Curry	Vegetarian Lasagne	Risotto Cakes on a bed of Ratatouille	Vegetable Bolognese	Vegetable & Blue Cheese Tartlet	
	Roast Baby Potatoes	Mash Potato	Champ Mash	Roast Potatoes	Parmentier Potato Cubes	Roast Potatoes	
	Rice	Rice	Rice	Rice	Roast Carrot & Parsnip mix	Peppered Turnip	
	Glazed Carrots	Buttered Cabbage	French Beans	Mixed Vegetables			
	Self-serve Salad Bar with a varied selection of Composite, Simple, Protein, Carb & Green Salads						
Fruit & Cut Fruit Bar	Lemon Drizzle Cake	Fruit & Cut Fruit bar	Banana Cake	Sticky Toffee Pudding	Fruit & Cut Fruit Bar	Profiteroles with Chocolate Sauce	
<b>Teas</b>	Roast Turkey served with Mash Potato, Stuffing & Gravy	Breaded Pork Steak in a rich mushroom sauce Lyonnaise Potatoes Cauliflower Gratin	Guinness & Leek Sausage Creamy mash Potatoes Glazed Carrots	Homemade Chicken Kiev in a garlic butter dressing Baked Potato Wedges Garden Peas	Cajun Grilled Salmon Roast Potatoes French Beans	Spaghetti Bolognese Garlic Bread	Roast Turkey with sage & onion stuffing, Sweet Potato Mash, Veg + Gravy
	Crisp Puff Pastry & Feta Cheese Tartlet	Vegetable Crostini	Vegetarian Pasta Bake	Vegetable Crepe	Vegetarian Quiche	Vegetable Bhaji in a tomato & coriander salsa	Veg Noodle stir fry

## CATERING IN THE KING'S HOSPITAL SCHOOL

Sodexo has worked in partnership with many fee-paying schools in Ireland for more than 50 years, providing best in class catering to boys and girls every day. Our specialist schools team are dedicated solely to delivering catering and a range of other service solutions to clients in the private and fee-paying school market and we work with each school to develop a bespoke vision for pupil and teacher dining to deliver a catering concept that is unique in a school environment.

Now entering the second year of our partnership with The King's Hospital School, our team lead by Catering Manager Caroline Logan, is committed to delivering the very best care to each and every boarding & day student that dines in the school.

Ensuring pupils receive healthy nutritious food every day is of paramount importance. Sodexo takes seriously our responsibility to assist the students in being able to make healthy choices. We offer nutritionally balanced menus that promote healthy options and educate young people on the importance of eating a balanced diet. Sodexo's "Fresh Food from Scratch" ethos is the backbone of our approach to healthy eating and it means that all dishes are freshly prepared from scratch using the freshest, most seasonal, ingredients, bought from sustainable accredited sources.

We have included a sample menu cycle for your information overleaf and you will also be able to access our weekly menu cycles the school website.

Sodexo's Ethos & Commitment in The King's Hospital is to:

- Provide the fuel that students need to learn
- Ensure that young people have the nutrition they need to maintain their active lives and grow
- Provide the environment & the food they need to feel at home

Specialist Nutritionists and Dieticians have educated Sodexo's teams in healthy methods of preparing, cooking and serving food.

- Where practical we will use fruit sugars and honey as sweeteners
- Rapeseed oil is used if frying, is required
- Vegetables are included in dishes to improve the nutritional content.
- Fish is served to provide Omega 3 to support growth and mental well being
- Semi skimmed and Soy milk are promoted
- Salt and fat content of dishes are reduced with herbs and spices added for extra flavour

The foundation of Fresh Foods from Scratch is based on using only the best quality, locally sourced ingredients and is of the highest importance to the success of this unique school's food offer

- 100% of meat and poultry are sourced in Ireland
- All suppliers are Bord Bia approved
- Fish and seafood is MSC accredited
- Sodexo are fully engaged with "LEAF" to ensure quality, seasonality and local sourcing