

MENU CYCLE
Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Selection of cereals including Bran flakes, All Bran, Weetabix and Cornflakes served with Full fat and Low fat milk. Whole fresh 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						
	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
Lunch	Freshly made potato, onion & herb soup	Freshly made leek & potato soup	Cream of Vegetable Soup	Cream of Tomato soup	Onion & Thyme soup	Tomato & Roast red pepper soup	Juice & Infused Water
	Spicy chorizo pasta in a rich tomato sauce	Irish ground Beef Burger, Brioche bun	Homemade selection of Pizza slices	Oven baked Chicken breast in a wild mushroom sauce	Friday Fish & Chip Shop Hand battered fish and all the sea side extras	Italian style Chicken Parmigiana	Full Irish Breakfast Brunch
	Beef Massaman	Cajun Chicken burger, Brioche bun	Chicken & vegetable Stir Fry	Homemade Fishcakes			Filled Irish mature cheddar, beef tomato & red onion panini
	Mushroom Wellington	Vegetarian Burger	Courgette & goats cheese pie	Vegetable & chickpea casserole	Ricotta & spinach cannellini	Leek & Mushroom pie	
	Garlic Bread	Baked Potato Wedges	Cajun Diced Potatoes	Champ Mash	Baked Potato Wedges	Spaghetti	
	Rice	"All the burger trimmings"	Rice	Cauliflower Gratin	Mushy Peas	Garlic bread	
	Pea & Sweetcorn mix						
	Self-serve Salad Bar with a varied selection of Composite, Simple, Protein, Carb & Green Salads						
	Fruit & Cut Fruit Bar	Chocolate Brownie	Fruit & Cut Fruit bar	Sticky Toffee Pudding in a homemade caramel sauce	Vanilla Cheesecake	Fruit & Cut Fruit Bar	Profiteroles with Chocolate Sauce
Teas	Pork steaks Potato Bravos Peppercorn sauce Honey glazed carrots	Chicken carbonara Garlic bread	Turkey Bolognaise Rice Garlic Bread	Beef Rogan Josh curry Rice Mixed Vegetables	Spiced mini meatballs served in a rich tomato sauce Penne Pasta Garlic Bread	Roast loin of bacon Parsley sauce Creamy mash potato Buttered Cabbage	Homemade southern fried chicken pieces Roast potatoes Mixed Vegetables
	Vegetable Fritters	Paella	Vegetable Korma	Vegetable Bhaji in a curry sauce	Bruschetta	Vegetable Gateaux	Tomato & Mozzarella Bruschetta

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