

# Holiday Club - Sample Menu

# BERKHAMPSTEAD SCHOOL - PALMER & HOWELLS

## MONDAY

**MORNING SNACK**  
**Breadsticks, Sultanas**  
 Rice Cakes Fresh Fruit

### LUNCH

Wholemeal Sourdough Bread  
 Roasted Vegetable Wholemeal Pasta Bake with Seasonal Vegetables and Grated Cheddar  
 G/F Pasta  
 Yoghurt and Fruit Coulis  
 D/F Yoghurt  
 Fresh Fruit

### TEA CLUB SUPPER

Jacket Potato served with Baked Beans and Cheese



Tomato Pasta Bake

## TUESDAY

**MORNING SNACK**  
**Fresh Fruit**  
 Rich Tea Biscuit

### STARTER

Butternut Squash Soup and Wholemeal Sourdough Bread

### LUNCH

Wholemeal Sourdough Bread  
 Homemade Cottage Pie with Broccoli and Green Beans  
 Mushroom and Leek Pie

### TEA CLUB SUPPER

A selection of Sandwiches  
 Vegetable sticks and Satsuma



Homemade Cottage Pie

## WEDNESDAY

**MORNING SNACK**  
**Carrot Sticks/Yoghurt**  
 Fresh Fruit

### LUNCH

Wholemeal Sourdough Bread  
 Roast Gammon served with Roasted New Potato, Cabbage, Carrots and Gravy  
 Quorn Fillet topped with Roasted Vegetables  
 Fruit Cake  
 GG/F Jam Sponge  
 Fresh Fruit

### TEA CLUB SUPPER

Macaroni Cheese



Honey Roast Gammon

## THURSDAY

**MORNING SNACK**  
**Fresh Fruit**  
 Rich Tea Biscuit

### LUNCH

Wholemeal Sourdough Bread  
 Cajun Chicken Wraps with Wholegrain Rice, Peppers, Sweetcorn, Guacamole and Sour Cream  
 Cajun Vegan Strips  
 Banana Bread  
 G/F Banana Bread  
 Fresh Fruit

### TEA CLUB SUPPER

A selection of Cut Baps, Vegetable stick and Dried Fruit



Chicken Tacos with Wholegrain Rice

## FRIDAY

**MORNING SNACK**  
**Cheese and Crackers**  
 Fresh Fruit

### LUNCH

Wholemeal Sourdough Bread  
 G/F Battered Fish served with Chips, Peas and Sauces  
 Vegetable Gratin  
 Apple Crumble and Custard  
 G/F Crumble and Vegan Custard  
 Fresh Fruit

### TEA CLUB SUPPER

Hot Sausage Roll  
 Mixed Salad



Battered Fish served with Chips

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b> <b>Fresh Fruit</b> Rich Tea Biscuit	<b>MORNING SNACK</b> <b>Flapjack</b> G/F Shortbread Fresh Fruit	<b>MORNING SNACK</b> <b>Cheese Wraps</b> G/F Wrap Fresh Fruit	<b>MORNING SNACK</b> <b>Fresh Fruit</b> Rich Tea Biscuit	<b>MORNING SNACK</b> <b>Carrot Sticks/Yoghurt</b> Fresh Fruit
<b>LUNCH</b> Wholemeal Sourdough Bread  Chicken Korma served with Wholegrain Rice Green Beans and Mango Chutney  Spinach and Chickpea Masala Mango and Vanilla Yoghurt D/F Yoghurt Fresh Fruit	<b>STARTER</b> Vegetable Sticks and Hummus  <b>LUNCH</b> Wholemeal Sourdough Bread  Macaroni Cheese served with Broccoli and Carrots G/F Tomato and Roasted Vegetable Pasta	<b>LUNCH</b> Wholemeal Sourdough Bread  Sausage and Mashed Potatoes with Cabbage and Gravy  Vegan Sausage G/F Sausage Fruit Wedges	<b>LUNCH</b> Wholemeal Sourdough Bread  Slow Cooked Beef Pastitsio served with Seasonal Vegetables  Aubergine Parmigiana G/F Pasta Carrot Cake G/F Jam Sponge Fresh Fruit	<b>LUNCH</b> Wholemeal Sourdough Bread  Fish Fingers served with Chipped Potatoes, Garden Peas and Sauces  Red Pepper and Butternut Squash Frittata G/F Fish Finger Chocolate Mousse D/F Yoghurt
<b>TEA CLUB SUPPER</b> Tomato Pasta Bake	<b>TEA CLUB SUPPER</b> Jacket Potato Beans and Cheese	<b>TEA CLUB SUPPER</b> A selection of Wraps Vegetable sticks and Banana	<b>TEA CLUB SUPPER</b> A selection of cut Baps, Vegetable sticks and Dried Fruit	<b>TEA CLUB SUPPER</b> Sandwiches and Homemade Soup

Menu is subject to change dependent on stock availability.



# Holiday Club - Sample Menu

# BERKHAMPSTEAD SCHOOL - PALMER & HOWELLS

## MONDAY

**MORNING SNACK**  
**Fresh Fruit**  
 Rich Tea Biscuit

### LUNCH

Wholemeal Sourdough Bread

Baked Potato served with Baked Beans, Cheese, Tuna mayo and a Rainbow Salad

Strawberry Yoghurt  
 D/F Yoghurt

Fresh Fruit

### TEA CLUB SUPPER

Fishcakes and Mushy Peas



Baked Potatoes

## TUESDAY

**MORNING SNACK**  
**Oat Bake**  
 G/F Shortbread Fresh Fruit

### STARTER

Tortilla Chips and Tomato Salsa

### LUNCH

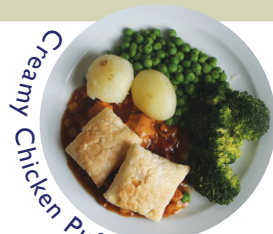
Wholemeal Sourdough Bread

Creamy Chicken Puff Pastry Pie with Carrots and Parsnips

Butternut Squash and Lentil Pie

### TEA CLUB SUPPER

A selection of Wraps  
 Vegetable Sticks and Apple



Creamy Chicken Puff Pastry Pie

## WEDNESDAY

**MORNING SNACK**  
**Carrot Sticks/Yoghurt**  
 Fresh Fruit

### LUNCH

Wholemeal Sourdough Bread

Beef Bolognese served with Wholegrain Pasta, Cavallo Nero and Peas

Quorn Bolognese

G/F Pasta

Lemon and Courgette Drizzle

Fresh Fruit

### TEA CLUB SUPPER

Quorn Nuggets served with New Potatoes and Sweetcorn



Beef Bolognese

## THURSDAY

**MORNING SNACK**  
**Cheese Pinwheels**  
 G/F Wrap Fresh Fruit

### LUNCH

Wholemeal Sourdough Bread

Fisherman's Pie served with Broccoli and Green beans

Mixed Bean and Red Pepper Gratin

Banana and Custard  
 Vegan Custard

Fresh Fruit

### TEA CLUB SUPPER

A selection of Sandwiches  
 Vegetable sticks and Dried Fruit



Fisherman's Pie

## FRIDAY

**MORNING SNACK**  
**Fresh Fruit**  
 Rich Tea Biscuit

### LUNCH

Wholemeal Sourdough Bread

Berky Hot Dog served with Wedges, Sweetcorn and Sauces

Vegan Hot dog  
 G/F Pattie

Beetroot Brownie  
 G/F Banana Bread

Fresh Fruit

### TEA CLUB SUPPER

Tomato Pasta Bake



Berky Hot Dogs