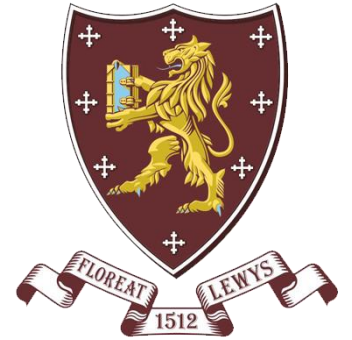

LEWES OLD GRAMMAR SCHOOL

Mead Cafe Menu. Winter 1, 2025



Week 1 03-11-2025	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
Morning Break	Oven Baked Tater Tots with Ketchup	Cheesy Garlic Dough Balls	Belgian Waffles served with Cream and Berries	Margarita Pizza Slice	Oven Baked Steak Slice or Vegan Sausage Roll
Meaty Main	Mac Attack! Homemade Macaroni Cheese with Smoked Bacon, Sundried Tomatoes and Baby Leaf Spinach. Served with Garlic Bread and a Warm Green Bean Salad GF Available	Curry Time! Chicken Dhansak, Tender chunks of Chicken in a Medium Hot and Sour Masala with Lentils, served with Basmati Rice, Naan and Mango Chutney. GF Available	Bonfire Night! School finishes at 12:30pm.	“Con-fusion!” Sticky Korean Beef Bao Buns served with Fragrant Asian Rice, Homemade Kimchi and Steamed Edamame. GF Available	Fish and Chips! Battered Fillet of Cod served with Chunky Chips, Mushy Peas, Baked Beans or Petit Pois, Tartare Sauce and Lemon Wedge. GF Available
Veggie Main	Roasted Vegetable, Tomato and Mozzarella Macaroni Pasta Bake served with Garlic Bread and a Warm Green Bean Salad	Roasted Cauliflower, Spinach and Paneer Dhansak served with Basmati Rice, Naan and Mango Chutney.		Sticky Korean Tofu Bao Buns served with Fragrant Asian Rice, Homemade Kimchi and Steamed Edamame.	Moving Mountains Fishless Fingers served with Chunky Chips, Mushy Peas, Baked Beans or Petit Pois, Tartare Sauce and Lemon Wedge.
Pasta and Jacket Bar	Baked Potatoes served with a choice of Cheddar Cheese, Tuna Mayo or Baked Beans. GF	Organic Fusilli Pasta served with Tomato and Basil sauce, topped with Cheese if you please! Baked Potato with a choice of toppings. GF		Baked Potatoes served with a choice of Cheddar Cheese, Tuna Mayo or Baked Beans. GF Organic Penne Pasta with a Tomato and Basil Sauce.	Courgette, Watercress and Pea Risotto served with Parmesan. GF
Sides and Desserts	A House Mixed Salad and Homemade Coleslaw are available daily to help yourself to. Fresh Cut Fruit Pots or Whole Fruit, Homemade Yoghurts with Fruit Coulis and Homemade Granola, Special Cold Dessert Pots (Wednesdays)				Wk1 Toffee Apple and Pear Crumble with Custard

Week 2 10-11-2025	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
Morning Break	Oven Baked Hash Browns with Ketchup	"Proper Cornish" Sausage Roll or Vegan S4us4ge Roll.	Margarita Pizza Slice	Cheesy Garlic Focaccia Bread	French Crepe Pancakes with Maple Syrup or Lemon and Sugar
Meaty Main	Simply the Best! Spaghetti Bolognese, Rich Beef Ragù, loaded with Veggies served with Garlic Bread and Steamed Florets of Broccoli. Add Parmesan Cheese if you please. GF Available	Katsu Curry! Crunchy, Spicy Breaded Chicken Breast topped with a Mild Curry Sauce served with Soy Glazed Noodles (or Basmati Rice) Beansprouts and Pak Choy. GF Available	Bangers and Mash! Butcher's Cumberland Sausages served with Creamy Mashed Potatoes, Steamed Baton Carrots & Savoy Cabbage and Gravy. GF Available	Tex Mex! Beef Chilli con Carne loaded with Veggies and Beans, served with Steamed Brown Rice, Nachos and Salsa. GF	Burger Time! Cajun Marinated Chicken Breast served in a Brioche Style Bun served with Chunky Chips, Coleslaw and PYO Salad.
Veggie Main	Spaghetti Bolognese, Rich, Vegan Mince Ragù, loaded with Veggies served with Garlic Bread and Steamed Florets of Broccoli. Add Parmesan Cheese if you please.	Crunchy, Breaded Vegan Escalope Breast topped with a Mild Curry Sauce served with Soy Glazed Noodles (or Basmati Rice) Beansprouts and Pak Choy.	Veggie Sausages served with Creamy Mashed Potatoes, Steamed Baton Carrots & Savoy Cabbage and Gravy. GF Available	5 Bean Chilli non Carne loaded with Veggies, served with Steamed Brown Rice, Nachos and Salsa. GF	Spicy Bean Burger served in a Brioche Style Bun served with Chunky Chips, Coleslaw and PYO Salad.
Pasta and Jacket Bar	Baked Potatoes served with a choice of Cheddar Cheese, Tuna Mayo or Baked Beans. GF	Organic Pasta Penne served with a Red Pepper and Tomato sauce, add cheese if you please! Baked Potato with a choice of toppings.	Organic Pasta Penne with Homemade Sundried Tomato Pesto topped with cheese if you please!	Baked Potato topped with Tuna Mayonnaise, Baked Beans or Cheddar Cheese. GF	Tricolor Fusilli Pasta served with a Tomato and Oregano Sauce, topped with cheese if you please.
Sides and Desserts	A House Mixed Salad and Homemade Coleslaw are available daily to help yourself to. Fresh Cut Fruit Pots or Whole Fruit, Homemade Yoghurts with Fruit Coulis and Homemade Granola, Special Cold Dessert Pot (Wednesdays).				Wk2 Chocolate Orange Pudding served with Chocolate Custard GF

Week 3 17-11-2025	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
Morning Break	Oven Baked Tater Tots with Ketchup	Margarita Pizza Slice	Warm Waffles with Cream and Chocolate Sauce	Cheesy Garlic Dough Balls	Pork or Vegan Freshly Baked Sausage Roll.
Meaty Main	<u>*NEW* Lasagne Classico!</u> Homemade, Rich Beef Ragu layered with Pasta Sheets and Bechamel Sauce topped with Cheddar and Mozzarella, served with Garlic Bread and Steamed Broccoli. GF Available.	<u>Garlic, Lemon and Thyme Roasted Chicken Leg</u> served with a Truffle Potato Gratin, Steamed Baby Vegetables and Gravy. GF	<u>Hot Dogs!</u> Jumbo, Butcher's Cumberland Sausage in a Freshly Baked Mini Baguette served with Crispy Onions, Corn on the Cob and Steakhouse Chips. Ketchup and French's Mustard.	<u>Pie Day!</u> A choice of Steak, Chicken and Mushroom or Vg/GF Spiced Cauliflower and Lentil Pies, all served with Creamy Mash and Roasted Root Vegetables & Gravy.	<u>Japanese Style Donburi Rice Bowl.</u> Crunchy Sweet Chilli Chicken Pieces on a bed of Sushi Rice with Pink Pickled Ginger, Crispy Seaweed Sprinkles and a Warm Miso and Vegetable Broth. GF Available
Veggie Main	Vegetarian Lasagne, Rich Soya Mince Ragu, loaded with Veggies layered with Pasta Sheets and Bechamel Sauce topped with Cheddar and Mozzarella, served with Garlic Bread and Steamed Broccoli.	Quorn Fillet served with a Truffle Potato Gratin, Steamed Baby Vegetables and Gravy.	Best of British Quorn Sausages in a Freshly Baked Mini Baguette served with Crispy Onions, Corn on the Cob and Steakhouse Chips. Ketchup and French's Mustard.	Vg/GF Spiced Cauliflower and Lentil Pies, all served with Creamy Mash and Roasted Root Vegetables & Gravy.	Sweet Chilli Chia Pieces on a bed of Sushi Rice with Pink Pickled Ginger, Crispy Seaweed Sprinkles and a Warm Miso and Vegetable Broth.
Pasta and Jacket Bar	Baked Potatoes served with a choice of Cheddar Cheese, Tuna Mayo or Baked Beans. GF	Organic Penne Pasta served with a Tomato and Oregano Sauce. Baked Potato with Toppings.	Organic Pasta Pesto with Basil, Pea Shoots and Sugar Snap Peas.	Organic Pasta Penne served with a Basil and Tomato sauce topped with Cheese if you Please! Baked Potato with Toppings.	Baked Potatoes served with a choice of Cheddar Cheese, Tuna Mayo or Baked Beans. GF
Sides and Desserts	A House Mixed Salad and Homemade Coleslaw are available daily to help yourself to. Fresh Cut Fruit Pots or Whole Fruit, Homemade Yoghurts with Fruit Coulis and Homemade Granola, Special Cold Dessert Pots (Wednesdays).				Wk3 Syrup Sponge Pudding and Custard.

Week 4 24-11-25	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
Morning Break	Oven Baked Tater Tots with Ketchup	Cheesy Garlic Dough Balls	Belgian Waffles served with Cream and Berries	Margarita Pizza Slice	Oven Baked Steak Slice or Vegan Sausage Roll
Meaty Main	<u>Mac Attack!</u> Homemade Macaroni Cheese with Smoked Bacon, Sundried Tomatoes and Baby Leaf Spinach. Served with Garlic Bread and a Warm Green Bean Salad GF Available	<u>Curry Time!</u> Chicken Dhansak, Tender chunks of Chicken in a Medium Hot and Sour Masala with Lentils, served with Basmati Rice, Naan and Mango Chutney. GF Available	<u>Roast Dinner!</u> Roast Loin of Pork served with Roast Potatoes, Steamed Carrots and Cabbage, Mini Yorkshire Pudding , Apple Sauce and Gravy GF Available	<u>“Con-fusion!”</u> <u>Sticky Korean Beef Bao Buns</u> served with Fragrant Asian Rice, Homemade Kimchi and Steamed Edamame. GF Available	<u>Fish and Chips!</u> Battered Fillet of Cod served with Chunky Chips, Mushy Peas, Baked Beans or Petit Pois, Tartare Sauce and Lemon Wedge. GF Available
Veggie Main	Roasted Vegetable, Tomato and Mozzarella Macaroni Pasta Bake served with Garlic Bread and a Warm Green Bean Salad	Roasted Cauliflower, Spinach and Paneer Dhansak served with Basmati Rice, Naan and Mango Chutney.	Vegan Sausages served with Roast Potatoes, Steamed Carrots and Cabbage, Mini Yorkshire Pudding , Apple Sauce and Gravy	Sticky Korean Tofu Bao Buns served with Fragrant Asian Rice, Homemade Kimchi and Steamed Edamame.	Moving Mountains Fishless Fingers served with Chunky Chips, Mushy Peas, Baked Beans or Petit Pois, Tartare Sauce and Lemon Wedge.
Pasta and Jacket Bar	Baked Potatoes served with a choice of Cheddar Cheese, Tuna Mayo or Baked Beans. GF	Organic Fusilli Pasta served with Tomato and Basil sauce, topped with Cheese if you please! Baked Potato with a choice of toppings. GF	Organic Pasta Penne tossed with Homemade Basil Pesto, Rocket and Pea Shoots.	Baked Potatoes served with a choice of Cheddar Cheese, Tuna Mayo or Baked Beans. GF Organic Penne Pasta with a Tomato and Basil Sauce.	Courgette, Watercress and Pea Risotto served with Parmesan. GF
Sides and Desserts	A House Mixed Salad and Homemade Coleslaw are available daily to help yourself to. Fresh Cut Fruit Pots or Whole Fruit, Homemade Yoghurts with Fruit Coulis and Homemade Granola, Special Cold Dessert Pots (Wednesdays)				Winter Berry and Apple Crumble and Custard GF.

Week 5 01-12-25	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
Morning Break	Oven Baked Hash Browns with Ketchup	"Proper Cornish" Sausage Roll or Vegan S4us4ge Roll.	Margarita Pizza Slice	Cheesy Garlic Focaccia Bread	French Crepe Pancakes with Maple Syrup or Lemon and Sugar
Meaty Main	<u>Simply the Best!</u> Spaghetti Bolognese, Rich Beef Ragù, loaded with Veggies served with Garlic Bread and Steamed Florets of Broccoli. Add Parmesan Cheese if you please. GF Available	<u>Katsu Curry!</u> Crunchy, Spicy Breaded Chicken Breast topped with a Mild Curry Sauce served with Soy Glazed Noodles (or Basmati Rice) Beansprouts and Pak Choy. GF Available	<u>Bangers and Mash!</u> Butcher's Cumberland Sausages served with Creamy Mashed Potatoes, Steamed Baton Carrots & Savoy Cabbage and Gravy. GF Available	<u>Tex Mex!</u> Beef Chilli con Carne loaded with Veggies and Beans, served with Steamed Brown Rice, Nachos and Salsa. GF	<u>Burger Time!</u> Cajun Marinated Chicken Breast served in a Brioche Style Bun served with Chunky Chips, Coleslaw and PYO Salad.
Veggie Main	Spaghetti Bolognese, Rich, Vegan Mince Ragù, loaded with Veggies served with Garlic Bread and Steamed Florets of Broccoli. Add Parmesan Cheese if you please.	Crunchy, Breaded Vegan Escalope Breast topped with a Mild Curry Sauce served with Soy Glazed Noodles (or Basmati Rice) Beansprouts and Pak Choy.	Veggie Sausages served with Creamy Mashed Potatoes, Steamed Baton Carrots & Savoy Cabbage and Gravy. GF Available	5 Bean Chilli non Carne loaded with Veggies, served with Steamed Brown Rice, Nachos and Salsa. GF	Spicy Bean Burger served in a Brioche Style Bun served with Chunky Chips, Coleslaw and PYO Salad.
Pasta and Jacket Bar	Baked Potatoes served with a choice of Cheddar Cheese, Tuna Mayo or Baked Beans. GF	Organic Pasta Penne served with a Red Pepper and Tomato sauce, add cheese if you please! Baked Potato with a choice of toppings.	Organic Pasta Penne with Homemade Sundried Tomato Pesto topped with cheese if you please!	Baked Potato topped with Tuna Mayonnaise, Baked Beans or Cheddar Cheese. GF	Tricolor Fusilli Pasta served with a Tomato and Oregano Sauce, topped with cheese if you please.
Sides and Desserts	A House Mixed Salad and Homemade Coleslaw are available daily to help yourself to. Fresh Cut Fruit Pots or Whole Fruit, Homemade Yoghurts with Fruit Coulis and Homemade Granola, Special Cold Dessert Pot (Wednesdays).				Wk5 Sticky Toffee and Banana Pudding with Custard GF

Week 6 08-12-2025	Monday		Tuesday		Wednesday	Thursday	Friday
Morning Break	Oven Baked Tater Tots with Ketchup		Margarita Pizza Slice		Warm Waffles with Cream and Chocolate Sauce	Cheesy Garlic Dough Balls	Pork or Vegan Freshly Baked Sausage Roll.
Meaty Main	<u>Christmas Lunch for Yr's 7,8 & 9</u> Pre-booking Only via Evolve £5.50 including pudding and squash. VG/GF Available		<u>Christmas Lunch for Yr's 10, 11 & 6th Form</u> Pre-booking Only via Evolve £5.50 including pudding and squash. VG/GF Available		<u>*NEW* Lasagne Classico!</u> Homemade, Rich Beef Ragu layered with Pasta Sheets and Bechamel Sauce topped with Cheddar and Mozzarella, served with Garlic Bread and Steamed Broccoli. GF Available.	<u>Chicken Makhani Biryani</u> Spiced, Roasted Chicken Thighs on a Vegetable Biryani topped with a Makhani Butter Sauce served with Mini Naan Bread and Mango Chutney. GF Available	School Finishes at 12:30pm.
Veggie Main					Vegetarian Lasagne, Rich Soya Mince Ragu, loaded with Veggies layered with Pasta Sheets and Bechamel Sauce topped with Cheddar and Mozzarella, served with Garlic Bread and Steamed Broccoli.	Spiced, Roasted Sweet Potato and Chick Peas on a Vegetable Biryani topped with a Makhani Butter Sauce served with Mini Naan Bread and Mango Chutney. GF Available	Wishing all our pupils, parents and staff a Happy Christmas and New Year!
Pasta and Jacket Bar					Baked Potatoes served with a choice of Cheddar Cheese, Tuna Mayo or Baked Beans. GF	Organic Pasta Penne served with a Basil and Tomato sauce topped with Cheese if you Please! Baked Potato with Toppings.	
Sides and Desserts	A House Mixed Salad and Homemade Coleslaw are available daily to help yourself to. Fresh Cut Fruit Pots or Whole Fruit, Homemade Yoghurts with Fruit Coulis and Homemade Granola, Special Cold Dessert Pots (Wednesdays).						