










LEWES OLD GRAMMAR SCHOOL


Mead Cafe Menu | Summer 1 2026








Week 1 20-04-26	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
Morning Break	Tater Tots with Ketchup	Cheese and Ham or Cheese and Tomato Toastie	Margarita Pizza Slice	Warm Pancakes with Maple Syrup or Lemon Wedge and Sugar.	Home Baked Sausage Roll or Vegan Sausage Roll
Meaty Main	<p><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</p>	<p><u>*New* BBQ Jerk Chicken</u> Mildly Spiced BBQ Jerk Chicken served with Jollof Rice and Steamed Sweetcorn and Homemade Coleslaw GF</p>	<p><u>Bangers and Mash!</u> Butcher's Handmade Sussex Sausages Served with Creamy Mash, Steamed Baton Carrots and Gravy. GF Available</p>	<p><u>Chilli Nachos!</u> Homemade, Mild, Beef Chilli con Carne loaded with Beans and Veggies, served with Steamed Brown Rice, Nachos and Salsa GF</p>	<p><u>Fish and Chip Fryday!</u> Battered Fillet of Cod served with Chunky Chips and a Choice of Baked Beans, Mushy Peas or Garden Peas with Ketchup and Lemon Wedge. GF Available.</p>
Veggie Main	Roasted Vegetable, Tomato and Mozzarella Macaroni Pasta Bake served with Garlic Bread and a Warm Green Bean Salad	Mildly Spiced BBQ Jerk Plant Strips served with Jollof Rice and Steamed Sweetcorn and Homemade Coleslaw	Best of British Quorn Sausages Served with Creamy Mash, Steamed Baton Carrots and Gravy	Homemade, Mild, Soya Mince Chilli con Carne loaded with Beans and Veggies, served with Steamed Brown Rice, Nachos and Salsa GF	Fishless Fingers served with Chunky Chips and a Choice of Baked Beans, Mushy Peas or Garden Peas with Ketchup and Lemon Wedge.
Pasta and Jacket Bar	<p><u>*New* Loaded Baked</u> Potato-topped with Bacon, Cheese and Chives or Plain Baked Potatoes served with a choice of Cheddar Cheese or Baked Beans. GF</p>	Tricolor Fusilli Pasta with a Tomato and Red Pepper Sauce- Top with Cheese if you please!	Organic Penne Pasta served with a Tomato and Basil Sauce.	<p><u>*New* Loaded Baked</u> Potato-topped with Spicy Chicken and Spring Onions or Plain Baked Potatoes served with a choice of Cheddar Cheese or Baked Beans. GF</p>	Organic Penne Pasta with a Tomato and Oregano Sauce.
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 Rhubarb and Apple Crumble and Custard GF.

Week 2 27-04-26	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
Morning Break	Oven Baked Hash Browns with Ketchup	Cheesy Garlic Dough Bites	Margarita Pizza Slice	Warm Waffles with Summer Berries and Cream	Steak Slice or Vegan S4us4ge Roll.
Meaty Main	<p align="center"><u>Simply the Best!</u></p> 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	<p align="center"><u>Katsu Curry!</u></p> 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	<p align="center"><u>Roast Day!</u></p> Maple Glazed Roast Gammon Ham served with Roast Potatoes, Roasted Parsnips and Carrots, Cauliflower Cheese and Gravy GF	<p align="center"><u>*New* Indian Feast!</u></p> Mildly Spiced Tandoori Chicken served on a Vegetable Biryani topped with a Rich Curry Sauce, Garlic and Coriander Naan and Mango Chutney. GF Available	<p align="center"><u>*New* Fun Friday!</u></p> Pulled Korean BBQ Beef Brisket in a Brioche Bun served with Chinese Leaf, Kimchi 'Slaw and Oven Baked Potato Wedges.
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.	Maple Glazed Quorn Fillet served with Roast Potatoes, Roasted Parsnips and Carrots, Cauliflower Cheese and Gravy	Mildly Spiced Tandoori Paneer (Indian Cheese) served on a Vegetable Biryani topped with a Rich Curry Sauce, Garlic and Coriander Naan and Mango Chutney.	Korean BBQ Garden Gourmet Fillet Pieces in a Brioche Bun served with a Kimchi 'Slaw and Oven Baked Potato Wedges.
Pasta and Jacket Bar	<p><u>*New* Loaded Baked</u> Potato-topped with BBQ Sausage Slices or Plain Baked Potatoes served with a choice of Cheddar Cheese or Baked Beans. GF</p>	<p><u>*New* Loaded Baked</u> Potato-topped with Bacon, Cheese and Chives or Plain Baked Potatoes served with a choice of Cheddar Cheese or Baked Beans. GF</p>	Organic Pasta Penne served with a Red Pepper and Tomato sauce, add cheese if you please!	<p><u>*New* Loaded Baked</u> Potato-topped with Ham and Cheese or Plain Baked Potatoes served with a choice of Cheddar Cheese or Baked Beans. GF</p>	Organic Penne Pasta with a Tomato and Basil Sauce- top 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 Tottenham Cake and Cream GF

Week 3 04-05-26	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
Morning Break	Oven Baked Tater Tots with Ketchup	Margarita Pizza Slice	Cheese and Ham or Cheese and Tomato Croissant	Pork or Vegan Freshly Baked Sausage Roll.	Warm Waffles with Cream and Winter Berries
Meaty Main	<p align="center"><u>Lasagne Classico!</u></p> Rich Beef Bolognese loaded with Veggies layered with pasta sheets and Béchamel sauce topped with Mozzarella, served with Garlic Bread and Green Beans. GF Available	<p align="center"><u>*New* Malaysian Laksa Chicken Curry</u></p> A mild, fragrant , coconut based Chicken Curry with Sugar Snap Peas, Spring Onion and Coriander served with Steamed Basmati Rice and Prawn Crackers GF	<p align="center"><u>Homemade Pie of the day!</u></p> A choice of Slow Cooked Beef and Ale or Chicken, Leek and Sweetcorn Pie topped with Homemade Suet Pastry served with Mashed Potatoes and Steamed Baton Carrots. GF Available	<p align="center"><u>*New* Mediterranean Chicken</u></p> Tender Chicken Breast baked with Mediterranean Roast Veg', Olives and Tomatoes, served with Organic Penne Pasta and Steamed Broccoli GF Available	<p align="center"><u>Hot dogs!</u></p> Butcher's Handmade Jumbo Sausages- chose from Spicy Paprika or Herby Lincolnshire, served in a Brioche Hot Dog Roll with Chips, Corn on the Cob and Homemade Coleslaw. GF Available
Veggie Main	Rich Veggie mince Bolognese loaded with Veggies layered with pasta sheets and Béchamel sauce topped with Mozzarella, served with Garlic Bread and Green Beans	A mild, fragrant , coconut based Organic Tofu Curry with Sugar Snap Peas, Spring Onion and Coriander served with Steamed Basmati Rice and Prawn Crackers GF	Succulent Quorn, Leek and Sweetcorn Pie topped with Homemade Suet Pastry served with Mashed Potatoes and Steamed Baton Carrots.	Mediterranean Style Shakshuka A rich ragu of Mediterranean Roast Veg', Cannellini Beans, Olives and Tomatoes served with Organic Penne Pasta and Steamed Broccoli GF Available	Vegan Frankfurter Sausage served in a Brioche Hot Dog Roll with Chips, Corn on the Cob and Homemade Coleslaw. GF Available
Pasta and Jacket Bar	<p><u>*New* Loaded Baked</u> Potato-topped with Pulled Beef, Cheese and Chives or Plain Baked Potatoes served with a choice of Cheddar Cheese or Baked Beans. GF</p>	Organic Penne Pasta served with a Tomato and Basil Sauce.	Tricolor Fusilli Pasta with a Tomato and Olive Sauce.	<p><u>*New* Loaded Baked</u> Potato-topped with Bacon, Cheese and Chives or Plain Baked Potatoes served with a choice of Cheddar Cheese or Baked Beans. GF</p>	Organic Penne Pasta with a Tomato and Oregano Sauce.
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 Sticky Ginger Sponge and Custard.

Week 4 11-05-26	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
Morning Break	Tater Tots with Ketchup	Cheese and Ham or Cheese and Tomato Toastie	Margarita Pizza Slice	Warm Pancakes with Maple Syrup or Lemon Wedge and Sugar.	Home Baked Sausage Roll or Vegan Sausage Roll
Meaty Main	<p><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</p>	<p><u>*New* BBQ Jerk Chicken</u> Mildly Spiced BBQ Jerk Chicken served with Jollof Rice and Steamed Sweetcorn and Homemade Coleslaw GF</p>	<p><u>Bangers and Mash!</u> Butcher's Handmade Sussex Sausages Served with Creamy Mash, Steamed Baton Carrots and Gravy. GF Available</p>	<p><u>Chilli Nachos!</u> Homemade, Mild, Beef Chilli con Carne loaded with Beans and Veggies, served with Steamed Brown Rice, Nachos and Salsa GF</p>	<p><u>Fish and Chip Fryday!</u> Battered Fillet of Cod served with Chunky Chips and a Choice of Baked Beans, Mushy Peas or Garden Peas with Ketchup and Lemon Wedge. GF Available.</p>
Veggie Main	Roasted Vegetable, Tomato and Mozzarella Macaroni Pasta Bake served with Garlic Bread and a Warm Green Bean Salad	Mildly Spiced BBQ Jerk Plant Strips served with Jollof Rice and Steamed Sweetcorn and Homemade Coleslaw	Best of British Quorn Sausages Served with Creamy Mash, Steamed Baton Carrots and Gravy	Homemade, Mild, Soya Mince Chilli con Carne loaded with Beans and Veggies, served with Steamed Brown Rice, Nachos and Salsa GF	Fishless Fingers served with Chunky Chips and a Choice of Baked Beans, Mushy Peas or Garden Peas with Ketchup and Lemon Wedge.
Pasta and Jacket Bar	<p><u>*New* Loaded Baked</u> Potato-topped with Bacon, Cheese and Chives or Plain Baked Potatoes served with a choice of Cheddar Cheese or Baked Beans. GF</p>	Tricolor Fusilli Pasta with a Tomato and Red Pepper Sauce- Top with Cheese if you please!	Organic Penne Pasta served with a Tomato and Basil Sauce.	<p><u>*New* Loaded Baked</u> Potato-topped with Spicy Chicken and Spring Onions or Plain Baked Potatoes served with a choice of Cheddar Cheese or Baked Beans. GF</p>	Organic Penne Pasta with a Tomato and Oregano Sauce.
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)				Lemon, Poppy Seed and Honey Sponge and Custard GF.

Week 5 18-05-26	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
Morning Break	Oven Baked Hash Browns with Ketchup	Cheesy Garlic Dough Bites	Margarita Pizza Slice	Warm Waffles with Summer Berries and Cream	Steak Slice or Vegan S4us4ge Roll.
Meaty Main	<p align="center"><u>Simply the Best!</u></p> 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	<p align="center"><u>Katsu Curry!</u></p> 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	<p align="center"><u>Roast Day!</u></p> Maple Glazed Roast Gammon Ham served with Roast Potatoes, Roasted Parsnips and Carrots, Cauliflower Cheese and Gravy GF	<p align="center"><u>*New* Indian Feast!</u></p> Mildly Spiced Tandoori Chicken served on a Vegetable Biryani topped with a Rich Curry Sauce, Garlic and Coriander Naan and Mango Chutney. GF Available	<p align="center"><u>*New* Fun Friday!</u></p> Pulled Korean BBQ Beef Brisket in a Brioche Bun served with Chinese Leaf, Kimchi 'Slaw and Oven Baked Potato Wedges.
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.	Maple Glazed Quorn Fillet served with Roast Potatoes, Roasted Parsnips and Carrots, Cauliflower Cheese and Gravy	Mildly Spiced Tandoori Paneer (Indian Cheese) served on a Vegetable Biryani topped with a Rich Curry Sauce, Garlic and Coriander Naan and Mango Chutney.	Korean BBQ Garden Gourmet Fillet Pieces in a Brioche Bun served with a Kimchi 'Slaw and Oven Baked Potato Wedges.
Pasta and Jacket Bar	<p><u>*New* Loaded Baked</u> Potato-topped with BBQ Sausage Slices or Plain Baked Potatoes served with a choice of Cheddar Cheese or Baked Beans. GF</p>	<p><u>*New* Loaded Baked</u> Potato-topped with Bacon, Cheese and Chives or Plain Baked Potatoes served with a choice of Cheddar Cheese or Baked Beans. GF</p>	Organic Pasta Penne served with a Red Pepper and Tomato sauce, add cheese if you please!	<p><u>*New* Loaded Baked</u> Potato-topped with Ham and Cheese or Plain Baked Potatoes served with a choice of Cheddar Cheese or Baked Beans. GF</p>	Organic Penne Pasta with a Tomato and Basil Sauce- top 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).				Chocolate Sponge with Chocolate Sauce. GF