

## Outline of Daily Lunch Service

### **Sutton Timmis Hall**

11.45-12.15 Pre Prep

12.15-12.50 Prep School

### **Menu Structure**

A 4 week cycle of nutritionally balanced daily menus comprising 2 homecooked entrees (of which at least one is vegetarian) and a homebaked dessert can be viewed on the College website [here](#).

In addition the daily offer also includes;

- ❖ Pasta Bar; with vitamin enhanced pasta with a variety of toppings including meat free options
- ❖ Jacket Bar; offering at least 3 toppings daily
- ❖ Sandwich Bar; traditional favourites on a variety of breads.
- ❖ Dessert Counter; which in addition to the dessert of the day offers Frozen Yogurt in a variety of flavours, fresh Yoghurt, whole fruit and fruit pots.
- ❖ Beverages; Fresh Drinking water is always available

### **Main Dining Hall**

13.00-13.20 Year 7 “Family service” of pre ordered lunches

13.00-13.40 Year 8 & 9 Cafeteria style lunch

### **Year 7**

Pre-selected meals from the weekly menu which comprises of 2 main meals (one vegetarian), vitamin enriched Pasta with Tomato Sauce and Garlic Bread, Fresh Homemade Soup and a Sandwich or a School Packed Lunch.

This service enables the Year 7 Students to be served by their housemates and sit in house groups.

### **Years 8 & 9**

A 4 week cycle of nutritionally balanced daily menus comprising 3 homecooked entrees (of which at least one is vegetarian) and a homebaked dessert can be viewed on the College website [here](#).

In addition the daily offer also includes;

- ❖ A fresh homemade soup
- ❖ Pasta Bar; with vitamin enhanced pasta with a variety of toppings including meat free options
- ❖ Jacket Bar; offering at least 3 toppings daily

- ❖ Sandwich Bar; Deli sandwiches which include daily “specials” and more traditional favourites on a variety of breads.
- ❖ Salad Bar; freshly prepared salad items for to make customised side or main course salads
- ❖ Dessert Counter; which in addition to the dessert of the day offers Frozen Yogurt in a variety of flavours, fresh Yoghurt, whole fruit and fruit pots.
- ❖ Beverages; In addition to tap water, which is always available, a range of school compliant drinks are offered.

### **Mossley Vale**

13.00-13.40    Years 10-13

Pupils have the option of eating in the Main Dining Hall or at Mossley Vale.

The Daily Menu at Mossley Vale consists of:

- ❖ A fresh homemade soup
- ❖ Pasta Bar; with vitamin enhanced pasta, a variety of toppings including meat free options
- ❖ Jacket Bar; offering at least 3 toppings daily
- ❖ Sandwich Bar; Deli sandwiches which include daily “specials” and more traditional favourites on a variety of breads.
- ❖ Panini Bar; A selection of the popular toasted sandwich with a variety of fillings and a Daily Special Panini
- ❖ A selection of cold desserts, fresh Yoghurt, whole fruit and fruit pots.
- ❖ Beverages; In addition to tap water which is always available, a range of school compliant drinks are offered. A “Bean to Cup” Coffee machine provides quality hot beverages.