



Dorset House School - Three Week Menu Autumn Term 2025

In addition to the published choices, we offer the following every day:

Breakfast

White or brown toast – butter or Flora – Marmite, jam, or marmalade
Whole apple, Satsuma, or banana or
Cut melon, orange, pineapple, grapes
Greek yoghurt and honey
Cereals - Shreddies, Cheerios, Rice Krispies, Cornflakes

Lunch and Supper

Cut carrots, peppers, cucumber, cherry tomatoes, beetroot, leaves
Salad selection: coleslaw, potato salad, Greek Salad, Cous Cous
Grated cheese, Brie or Goat's cheese
Ham
Tuna
Hard boiled eggs
Chicken (plain and shredded)
Brown or white bread rolls with Flora or butter
Homemade vegetable soup of the day (tomato, leek and potato, sweet potato and butternut squash, root vegetable, mushroom, lentil)
Whole fruits – apple, Satsuma, banana, pear
Cut fruits – melon (water and honeydew), pineapple, Kiwi, grapes, oranges
Greek yoghurt and honey
Yeo Valley Strawberry yoghurt

The above can be chosen alongside main courses and most children have a dish of fruit in addition to the pudding of the day.

For Reception and Year 1, a dish of cut salad items and fruit is handed to the children in addition to the main course/pudding

We cater for a wide variety of diets including vegetarian, vegan, gluten free, fructose free and lactose free.

We are a nut and sesame free site.

Week One Menu

MONDAY

Lunch

Chicken and vegetable Korma with rice or vegan curry with rice
Baked potatoes with cheese and/or baked beans
Iced vanilla sponge cake.

Supper

Butcher's beefburger in bun with cheese, chips and beans

TUESDAY

Breakfast

Belgian waffles, boiled eggs, homemade smoothies

Lunch

Homemade shepherd's or vegan pie, green beans, carrots, gravy
Mexican rice and cheese stuffed peppers
Rice Krispie cake

Supper

Chicken and red pepper fajitas, nachos, salad

WEDNESDAY

Breakfast

Bacon, hash browns, grilled tomatoes

Lunch

Macaroni cheese or pasta with tomato and herb sauce, broccoli, garlic bread
Quiche with selection of fillings
Jelly Pots

THURSDAY

Lunch

Beef casserole, roast potatoes, carrots, cauliflower and gravy
Vegan sausages or casserole and veg as above
Homemade chocolate chip shortbread

Supper

Barbecue chicken drumsticks, potato wedges, sweetcorn

FRIDAY

Breakfast

American pancakes, scrambled eggs, homemade smoothies

Lunch

Fish or vegan fingers or oven baked battered cod, chips and peas or baked beans
Omelette
DH brownie

Week Two Menu

MONDAY

Lunch

Chilli con-carne with rice and peas or five bean vegan chilli
Tortelloni pasta, tomato and herb sauce and cheese
Homemade flapjack

Supper

Cod and chips, baked beans or sweetcorn

TUESDAY

Breakfast

Scrambled eggs, potato waffle, beans, mushrooms

Lunch

Homemade pepperoni or cheese and tomato pizza, potato wedges, sweetcorn
Cauliflower and lentil spiced warm salad
Homemade apple crumble and custard

Supper

Spanish chicken and rice with salad

WEDNESDAY

Breakfast

Croissants, eggs

Lunch

Beef or vegan meatballs in tomato sauce, garlic bread, spaghetti, peas
Roasted vegetable tarts
Ice cream tubs

THURSDAY

Lunch

Roast pork or gammon, roast potatoes, carrots, broccoli, Yorkshire pudding, gravy
Vegan sausages and veg as above
Quiches
Homemade chocolate and vanilla sponge

Supper

Cheesy beef and tomato pasta bake, garlic bread, salad

FRIDAY

Breakfast

Bacon, eggs, hash browns, grilled tomatoes, beans

Lunch

Chicken breast or Quorn goujons, chips and sweetcorn
Mushroom risotto
Homemade cookies

Week Three Menu

MONDAY

Lunch

Chicken and vegetable or Quorn stir fry and rice
Pasta with herb and tomato sauce, cheese
Homemade toffee sponge cake and custard

Supper

Ham, egg and chips with baked beans

TUESDAY

Breakfast

Belgian waffles, eggs

Lunch

Pork butcher's or vegan sausages, mashed potatoes, carrots, peas, gravy
Five bean chilli and rice
Homemade lemon drizzle cake

Supper

Chicken goujon, potato wedges, beans

WEDNESDAY

Breakfast

Bacon, potato waffles, beans

Lunch

Beef or vegan bolognese, spaghetti, garlic bread, sweetcorn
Roasted vegetable tarts
Homemade DH 'mess' (fruit, cream and meringue)

THURSDAY

Lunch

Roast chicken or vegan roast, roast potatoes, Yorkshire pudding, carrots, broccoli, gravy
5 bean chilli
Homemade Victoria sponge

Supper

Tuna or veggie pasta bake, garlic bread, peas

FRIDAY

Breakfast

Scrambled eggs, potato waffles, mushrooms, beans

Lunch

Oven baked cod, chips and beans or sweetcorn
Vegan fingers and veg as above
Omelette
Homemade muffin

Our meat comes from Michael Courtney Family Butchers (Midhurst)

(Please note that due to supply issues, there may be changes to this menu from time to time. If you have any questions, please call the school office and we will be happy to help)