

## **Lunch Service 2017-18**

### **Daily Times**

<b>Main Dining Hall</b>	Pre Prep 1140-1210
	Prep School 1210-1240
	Senior School 1300-1340
<b>Mossley Vale</b>	Sixth Form and Upper School 1300-1330

### **Menu Structure**

#### **Main Dining Hall**

A 4 week cycle of nutritionally balanced daily menus comprising 3 homecooked entrees (of which at least one is vegetarian) and a homebaked dessert is attached to this page.

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.
- Yr 7 Students select their meals in advance and sit in house groups for lunch.

#### **Mossley Vale**

Year 10-13 students have the option of eating here or over in the Main Dining Hall. 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.