



KDR Menu

At Sexeys, where possible, we use the finest local produce, using suppliers based within a 20-mile radius. Our Chefs pride themselves on cooking fresh daily produce to create delicious meals for our students. We strive to create a balanced diet and incorporate **Gluten Free**, **dairy free**, **Vegetarian** and **vegan** Meals as standard.

Meal		Main	Vegetarian	Sides
Mon	Lunch	Chicken tikka Masala (M,G) Or Chilli con carnie	Vegan/vegetable chilli con carnie	Braised Rice Naan bread(G) Assorted chutneys (MUS)
	Dinner	Assorted Pasta bakes(G,M,E)	Vegan/vegetable pasta Bakes(G)	Assorted salads Garlic bread(G)
Tues	Lunch	Lancashire hot pot or seasoned pork loin(G)	Vegan/vegetable hotpot	Sweet potato mash (M) Roasted beets/peas Creamy horseradish sauce (Mus,M,E)
	Dinner	Mexican chicken meatball stew or spaghetti bolognaise	Spicy falafel balls (G)	Pasta(G,E) Rustic roll(G)
Weds	Lunch	Roast chicken thigh or roast Gammon	Seasoned Quorn fillet(G)	Roast potato assorted roasted root vegetables Gravy (G,S)
	Dinner	Breaded scampi(G,M,CR,F,MOL) or beef pie(G)	Vegan/vegetable pie(G)	Chips, seasonal vegetables
Thurs	Lunch	Beef Lasagne (G,M,E) Or Sausages of the day (G)	Vegan/vegetable lasagne(G,M,E)	new potato Green beans/broccoli
	Dinner	Chicken new York (M) Or Breaded pork cutlet(G,M,E)	Quorn New York (M,G)	Boulangere potato/season vegetables
Fri	Lunch	Breaded or battered fish (G,E,M,F) Or Chicken nuggets (G,C,M,E)	Vegan chia nuggets (S,MUS,)	Chips peas
	Dinner	Steak medallions/brandy sauce(M) Or Southern fried chicken (G,C)	Buttermilk burger (G)	Potato gratin(M,G) Parsnip crisps Sugar snap peas
Sat	Lunch	Assorted pizza(G)	Vegan/vegetable Pizza(G)	Waffle fries/assorted salads
	Dinner	Hot and spicy chicken wings(G) or marinated salmon	Falafel burger(G)	Oven roasted garlic wedges Corn on the cob
Sun	Lunch	Sexeys special brunch	Vegan sausage(G) and bacon	Hash browns(G) Mushrooms Baked beans Egg (E)
	Dinner	Cottage pie Or Chicken leg	Vegan /vegetable pie	Seasonal veg,Mash potato(M) gravy(G,S)

N	Contains Nuts	SD	Sulphur Dioxide	P	Peanuts	E	Eggs	SE	sesame seeds
M	Milk	CR	Crustaceans	MOL	Molluscs	MUS	Mustard	G	Gluten
S	Soybeans	C	Celery	L	Lupin	F	Fish		

All dishes are subject to change due to availability

(Winter Menu week 2) from 31/10/22 to 31/3/23



SEXEY'S
SCHOOL

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Meal		Main	Vegetarian	Sides
Mon	Lunch	Carbonara(G,M) or Chicken breast in tomato/basil sauce	Vegan lemon/ pesto pasta(G)	Whole-wheat pasta(G) Garlic bread(G) Italian vegetables
	Dinner	chicken korma(M) or Sri Lankan beef curry(M)	Vegan/vegetable curry(M)	Boiled Rice Naan bread(G,M) Assorted chutneys(MUS)
Tues	Lunch	BBQ chicken thighs (G) Or Lamb leg chop	Spicy autumn vegan squash stew	Mash(M) potato, seasonal vegetables
	Dinner	Chicken fajita (G) Or Rump steak	Vegan/vegetarian fajita(G)	French fries grilled tomato/sugar snap peas
Weds	Lunch	Pot roast brisket of beef or pork chop	Vegetable or vegan roast loaf(G,E)	Honey and balsamic roasted vegetables(SD) Roast potato Gravy(G,S)
	Dinner	Salt and pepper chicken(E,S,SD) Or Firecracker salmon(F,S,SD)	Salt and pepper tofu	Noodles (E,G) Chinese sauce (S,SD) Mushroom stir-fry
Thurs	Lunch	Beef enchiladas (G) Or Cajun chicken breast	Cajun Quorn fillet	Braised rice/sour cream(M) salsa
	Dinner	Chipotle pulled pork burger(G) or beef burger(S,SD) with monetary jack cheese	Spicy falafel burger(G)	Spicy wedges(G) Brioche bun(G) Mixed salad
Fri	Lunch	Jumbo battered sausage(G,M,E) Or Thai style fishcake(CR,E,F,M)	Vegan vegetable Lincolnshire sausage(S)	Chip shop Curry sauce(M) Chips Mushy peas
	Dinner	Singapore noodles with prawns(S,MOL,CR,MOR) Or Slow roast five spice pork belly(G)	Bang bang cauliflower(G,E)	Noodles(G,E) Prawn crackers(SD,CR)
Sat	Lunch	Assorted omelettes (M,E)	Vegan/vegetarian (M,E) omelettes	French fries Spaghetti hoops(E,G)
	Dinner	Gammon steak or chicken leg	Vegan/vegetable cauliflower cheese(M,G)	Roasted new potato cauliflower cheese(M,G) peas
Sun	Lunch	Sexeys special brunch	Vegan sausage and bacon	Hash browns(G) Mushrooms Baked beans Egg (E)
	Dinner	Roast pork with apple sauce Or Roast beef with horseradish	Vegan vegetable roast(G,E)	Roast potato's Seasonal vegetable Yorkshire(G,M,E)

N	Contains Nuts	SD	Sulphur Dioxide	P	Peanuts	E	Eggs	SE	Sesame Seeds
M	Milk	CR	Crustaceans	MOL	Molluscs	MUS	Mustard	G	gluten
S	Soybeans	C	Celery	L	Lupin	F	Fish		

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(Winter Menu Week 3) from 31/10/22 to 31/12/23



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Meal		Main	Vegetarian	Sides
Mon	lunch	Creamy Cajun chicken pasta bake(G,M) Spicy sausage pasta bake(G)	Vegan/vegetable pasta bake(G)	Garlic bread(G) Italian vegetables
	Dinner	Assorted Pizza(G)	Vegan/vegetable pizza(G)	Chips/assorted salad
Tues	Lunch	Beef stew and dumplings(G) Or Sausages of the day (G,SD)	Mixed bean vegan stew	New potato's Seasonal vegetables
	Dinner	breaded pork fillet(M,E) or Chicken breast	Vegan/vegetable sausage(G)	Cheesy mash potato(M) Seasonal vegetables Gravy(G,S)
Weds	Lunch	Roast chicken or roast lamb	Vegan/vegetable Stuffed pepper	Fondant potato Seasonal vegetables/Yorkshire pudding(M,E,G)/gravy(G,S)
	Dinner	Minute steak & caramelised onion ciabatta(G) Or Mustard chicken(MUS,G)	Vegan/vegetarian ciabatta	Seasoned wedges Corn on the cob
Thurs	Lunch	Shepherd's Pie Or Traditional cooked pork faggots(G)	Vegan/vegetable pie	Roast potato's Roasted root vegetables Gravy (G,S)
	Dinner	Chicken and chorizo paella (M,G)	Vegetable/vegan paella(M,G)	Hot crusty bread(G) Roasted seasoned baby vine tomato
Fri	Lunch	Gammon ham/fried egg(E) or Jumbo fish finger(F)	Vegetable/vegan fish finger(G)	Chips Spaghetti hoops(G,E)
	Dinner	Hot and kicking chicken wings(G) Or Seabass in chilli/ginger/spring onion(F)	Vegan vegetable portabella stuffed mushroom	Potato and cheese gratin(M) Seasonal vegetables
Sat	lunch	Hot chicken/avocado Caesar salad(M,F,E)	Vegan/vegetable hot Quorn Caesar salad	Wraps and Baguettes(G)
	Dinner	Boarding house choice	Boarding house choice	Boarding house choice
Sun	Brunch	Bacon baps/sausage baps(G)	Vegan/vegetable sausage baps(G)	Potato waffles(G) Baked beans Mushrooms Grilled tomato
	Dinner	Beef lasagne (G,M,E) or Spanish chicken	Vegetable lasagne (G,M,E)	Roasted new potato's Seasonal vegetables

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M	Milk	CR	Crustaceans	MOL	Molluscs	MUS	Mustard	G	Gluten
S	Soybeans	C	Celery	L	Lupin	F	Fish		

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(Week 1) Winter Lunch Dessert Menu

From 31/10/2022-31/03/2022

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Week 1		Main	Dietary: Vegan Gluten free, Dairy free	Alternatives
Mon	Dessert	Assorted Doughnuts (G)(E)(M)(S)	Assorted Doughnuts (SD)(S)	Assorted flavour yogurts (M) Assorted Fruits
Tues	Dessert	Assorted flavour yogurts (M) Assorted Fruits	Assorted flavour yogurts (M) Assorted Fruits	Assorted flavour yogurts (M) Assorted Fruits
Weds	Dessert	Apple Crumble (G)(S) Served with Custard (M)	Free apple crumble (SD)	Assorted flavour yogurts (M) Assorted Fruits
Thurs	Dessert	Assorted Fruit Fool (M)	Fruit compote	Assorted flavour yogurts (M) Assorted Fruits
Fri	Dessert	Fresh Fruit Salad	Fresh Fruit Salad	Assorted flavour yogurts (M) Assorted Fruits

Week 2		Main	Dietary: Vegan Gluten free, Dairy free	Alternatives
Mon	Dessert	Vanilla sponge topped with vanilla buttercream(E)(G)(M)(S)	Free Vanilla cake	Assorted flavour yogurts (M) Assorted Fruits
Tues	Dessert	Assorted flavour yogurts(M) Assorted Fruits	Assorted flavour yogurts(M) Assorted Fruits	Assorted flavour yogurts(M) Assorted Fruits
Weds	Dessert	Syrup sponge (E)(M)(G) with custard (M)	Cake of the week	Assorted flavour yogurts (M) Assorted Fruits
Thurs	Dessert	Fruit compote with Natural yogurt(M)	Fruit compote	Assorted flavour yogurts (M) Assorted Fruits
Fri	Dessert	Sliced Fruit Platter Melon, Grapes, Pineapple	Sliced Fruit Platter Melon, Grapes, Pineapple	Assorted flavour yogurts (M) Assorted Fruits

Week 3		Main	Dietary: Vegan Gluten free, Dairy free	Alternatives
Mon	Dessert	Flapjack (G)(M)(E)(S)	Flapjack	Assorted flavour yogurts (M) Assorted Fruits
Tues	Dessert	Assorted flavour yogurts (M) Assorted Fruits	Assorted flavour yogurts (M) Assorted Fruits	Assorted flavour yogurts (M) Assorted Fruits
Weds	Dessert	Cocoa sponge with cocoa sauce (G)(M)(E)(S)	Cake of the week	Assorted flavour yogurts (M) Assorted Fruits
Thurs	Dessert	Pear and blueberry galette (G)(M)(E)	Pear and blueberries	Assorted flavour yogurts (M) Assorted Fruits
Fri	Dessert	Assorted Fruits	Assorted flavour yogurts (M) Assorted Fruits	Assorted flavour yogurts (M) Assorted Fruits

N	Contains Nuts	SD	Sulphur Dioxide	P	Peanuts	E	Eggs
M	Milk	CR	Crustaceans	MOL	Molluscs	MUS	Mustard
S	Soybeans	C	Celery	L	Lupin	F	Fish
SE	Sesame Seeds	G	gluten				

Allergen Awareness Matrix

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Meal		Main	Vegetarian	Sides
Mon lunch	Cold option	Assorted cold compounds <i>Please see salad bar list daily for allergens</i>	Assorted compounds <i>Please see salad bar list daily for allergens</i>	Assorted salads,pastas,baguettes,wraps(G)
	Hot option	Assorted savoury pastries(G,M,E) Jacket potatoes/assorted hot fillings	Assorted pastries Assorted hot fillings <i>Please see salad bar list daily for allergens</i>	Assorted options <i>Please see salad bar list daily for allergens</i>
Tues lunch	Cold option	Assorted cold compounds <i>Please see salad bar list daily for allergens</i>	Assorted compounds <i>Please see salad bar list daily for allergens</i>	Assorted salads,pastas,baguettes,wraps(G)
	Hot option	Jacket potato	Roasted vegetables/Italian sauce	Assorted options <i>Please see salad bar list daily for allergens</i>
Weds week1 lunch	Cold option	Assorted cold compounds <i>Please see salad bar list daily for allergens</i>	Assorted compounds <i>Please see salad bar list daily for allergens</i>	assorted salads,pastas,baguettes,wraps(G)
	Hot option	Beef/chicken burger/(G,S,SD)	Vegan/vegetable burger(S)	
Wed week2 lunch	Cold option	Assorted cold compounds <i>Please see salad bar list daily for allergens</i>	Assorted compounds <i>Please see salad bar list daily for allergens</i>	Assorted salads,pastas,baguettes,wraps(G)
	Hot option	Assorted pizza(G)	Vegan/vegetable pizza (G)	
Wed week 3 lunch	Cold option	Assorted cold compounds <i>Please see salad bar list daily for allergens</i>	Assorted compounds <i>Please see salad bar list daily for allergens</i>	Assorted salads,pastas,baguettes,wraps(G)
	Hot option	Chicken/beef meatball subs(G)	Vegan/ vegetable meatball subs(G)	
Thurs lunch	Cold option	Assorted cold compounds <i>Please see salad bar list daily for allergens</i>	Assorted compounds <i>Please see salad bar list daily for allergens</i>	Assorted salads,pastas,baguettes,wraps(G)
	Hot option	Jacket potato	Beans/cheese(M)	Assorted options <i>Please see salad bar list daily for allergens</i>
Fri lunch	Cold option	Assorted cold compounds <i>Please see salad bar list daily for allergens</i>	Assorted compounds <i>Please see salad bar list daily for allergens</i>	Assorted salads,pastas,baguettes,wraps(G)
	Hot option	As Main Menu	As Main Menu	As Main Menu

N	Contains Nuts	SD	Sulphur Dioxide	P	Peanuts	E	Eggs
M	Milk	CR	Crustaceans	MOL	Molluscs	MUS	Mustard
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SE	Sesame Seeds	G	gluten				

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