

(Week 1) KDR Menu

From 4/1/24 to 4/4/25



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/Gluten free	Sides
Mon	Lunch	Carbonara(M)(SD) Or Chicken in a Tomato and basil sauce (M)(G)	Roasted vegetables in a tomato sauce with spaghetti (M)(G) GF Carbonara (M)(SD)	Spaghetti (G) Garlic bread (G) Mixed roasted vegetables
	Dinner	Garlic and herb boneless crispy chicken thighs Or Gammon steak	Breaded garlic mushrooms (G)(E)(M) GF chicken thighs or gammon	Roasted new potatoes Seasonal vegetables
Tues	Lunch	Creamy chicken pie(M) Or Beef pie	Creamy vegetable pie (G)(M) GF chicken or beef pie	Squashed new potatoes(M) Puff pastry lid (G)(E) Broccoli Gravy
	Dinner	Panko breaded chicken (G)(E) Or Pork loin	Southern fried breaded escalope (G)(E)(M) GF Pork loin	Potato and cheese gratin (M) Seasonal vegetables Cheese sauce(M)(G)
Weds	Lunch	BBQ Pulled pork Or Chilli con Carne	Vegetable chilli GF chilli or pork	Vegetable Braised rice (M) Tortilla chips with melted cheese(G)(M) Guacamole (M)
	Dinner	Mini duck spring rolls(SE)(S)(G)(SD) Or Satay chicken	Mini vegetable spring rolls(G)(SE)(S)(SD) GF satay chicken	Noodles(G)(E) Stir fry vegetables Hoisin dipping sauce(SE)(S)(G)
Thurs	Lunch	Winter chicken stew Or Slow cooked beef stew	Spiced butternut squash and chickpea stew GF chicken or beef stew	Mash potato (M) Green beans
	Dinner	Mozzarella dippers(G)(M) Or Chicken goujons (G)(C)	Mozzarella dippers(G)(M) GF chicken strips	Ziggy fries Spaghetti hoops(G)
Fri	Lunch	Fish cake (G)(F)(MUS)(M) Or Jumbo sausage (G)(SD)	Fishless fingers(G) GF sausage (SD)	Chips Baked beans
	Dinner	Beef in black bean sauce (S) Or Sticky chicken (S)(SE)	Soy and garlic and sweet chilli infused tofu (S)	Assorted Rice Prawn crackers(CR)(SD)
Sat	Lunch	Boarders' choice	Boarders' choice	Boarders' choice
	Dinner	Boarders' choice	Boarders' choice	Boarders' choice
Sun	Lunch	Sexeys Brunch	Vegetable sausage(S)(G)	Hash browns Baked beans Mushrooms
	Dinner	Chefs' choice	Chefs' choice	Chefs' choice

All menus are subject to change due to stock availability.

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		

Listed allergens are in the dishes stated in red on the menu. Any off the 14 allergens that are not listed are still a may contain across the whole menu

(Week 2)

KDR Menu



SEXEY'S
SCHOOL

From 15/11/24 to 11/12/24

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/Gluten free	Sides
Mon	Lunch	Creamy chicken korma (M)(MUS) Or Beef Rogan josh (MUS)	Vegetable korma (M)(MUS) GF chicken or beef curry	Garlic and coriander naan bread (G) Mixed vegetable braised rice (M)
	Dinner	Shepherd's pie (M) Or Sausages (G)(SD)(S)	Vegetable shepherd's pie (M) GF Shepherd's pie (M)	Mash potato (M) Seasonal vegetables Gravy
Tues	Lunch	Homemade garlic and herb beef Meatball (G)(E) Or Three cheese spaghetti (M)(E)	Roasted vegetables in a tomato sauce (G) GF Meatballs / Three cheese spaghetti (M)	Garlic bread (G)(M)(S) Mixed salad Parmesan cheese (M)(E) Spaghetti (G)
	Dinner	Chicken fajitas or Mexican pulled beef	Vegetable fajitas (G) GF tortilla chicken fajitas/beef pulled	Mixed vegetable rice (M) Salads Tortilla wraps (G)
Weds	Lunch	Roast chicken Or Roast beef	Cranberry and brie bake (M)(G) GF pork or beef	Roast potatoes Baby carrots and green beans Yorkshire pudding (G)(M)(E) Gravy
	Dinner	Mediterranean cod fillet (F) Or Marinated chicken wings (G)(S)(SD)(C)	Stuffed pepper GF Cajun chicken or cod fillet	Sauté potato Sweetcorn Peas
Thurs	Lunch	Chicken supreme (M)(SD) Or Meatballs (SD)(S)(G)	Vegetable con carne GF chicken supreme or Beef curry	Garlic bread (G) Braised garlic and coriander rice (M)
	Dinner	Pulled pork wraps Or Hot and kikin chicken wraps (G)	Sweetcorn fritters (G) GF Chicken supreme or beef chilli	French fries Salads Coleslaw (E)
Fri	Lunch	Cheese burger (S)(SD)(M) Or Chicken burger (G)(C)	Vegetable quarter pounder (G) GF Sausage (SD)	Chips Baked beans
	Dinner	Lasagne (G)(M)(E) Or Creamy chicken pasta bake (G)(M)	Vegetable Lasagne (G)(M) GF Lasagne (M)	Garlic bread (G)(M)(S) Mixed roasted vegetables
Sat	Lunch	Boarders' choice	Boarders' choice	Boarders' choice
	Dinner	Boarders' choice	Boarders' choice	Boarders' choice
Sun	Lunch	Sexeys brunch Sausages (G) Bacon	Vegetarian brunch (S) GF brunch	Scrambled egg (E) Hash browns Baked beans Tomato
	Dinner	Chefs' choice	Chefs' choice	Chefs' choice

All menus are subject to change due to stock availability.

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				

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(Week 3)

KDR Menu



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SCHOOL

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Meal		Main	Vegetarian/Gluten free	Sides
Mon	Lunch	Pepperoni pasta bake (G)(M) Or Macaroni cheese (G)(M)	Italian falafel pasta bake(G)(S) GF Pasta	Pasta(G) Garlic bread(G) Assorted salad
	Dinner	Thai green chicken curry (M)(MUS) Or Lamb Rogan josh	Vegetable curry (M) GF lamb or chicken curry	Braised rice (M) Samosas(S)(G)
Tues	Lunch	Toad in the hole (G)(M)(E) Or Garlic and herb chicken breast	Nutless roast (G) GF chicken	Roasted new potatoes Cabbage Carrots Gravy
	Dinner	Chicken meatballs in gravy(SD)(S)(G) Or Fish fillet (F) parsley sauce(M)	Vegetarian meatballs in gravy (S) GF Chicken in gravy	Mash potato (M) Seasonal vegetables
Weds	Lunch	Chicken fajita wrap Or Chipotle Pulled pork wrap	Vegetable Fajita(G) GF Chicken or pork	Braised vegetable Rice(M) Assorted salad Salsa Tortilla wrap (G)
	Dinner	Homemade assorted sausage rolls (SD)(G)(M)(E) Or BBQ chicken breast	Homemade vegetarian rolls (G)(M)(E) GF BBQ chicken	Crispy cubes (G) Spaghetti hoops (G)
Thurs	Lunch	Sweet and sour pork (SD)(S) Or Sweet chilli Chicken	Sweet chilli vegetable and tofu stir-fry(S) GF chicken stir fry or S&S pork	Noodles (G)(E) Stir fry vegetables (S)
	Dinner	Beef burgers with chilli jam (SD)(S) Or Chicken burgers (G)(C)	Vegetable burger(G) GF Beef burger	Wedges(G) Cheese(M) Salads Burger bun (G)
Fri	Lunch	Battered or breaded fish (F)(G) Or Chicken nuggets (G)(C)	Vegetable Nuggets(G)(S) GF chicken chunks	Chips Sweetcorn Peas
	Dinner	Cottage pie(M) Or Chicken leg	Vegetarian cottage pie (M) GF Cottage pie or chicken leg	Mash potato(M) Seasonal vegetables Gravy
Sat	Lunch	Boarding house choice	Boarding house choice	Boarding house choice
	Dinner	Boarding house choice	Boarding house choice	Boarding house choice
Sun	Lunch	Sexeys brunch Sausages(G) Bacon	Vegetarian brunch (S) GF brunch	Scrambled egg (E) Hash browns and Baked beans Mushrooms(M)
	Dinner	Chefs' choice	Chefs' choice	Chefs' choice

All menus are subject to change due to stock availability.

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		

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Week 1	Desserts	Main	Gluten free Dairy free	Alternatives
Mon	lunch	Assorted Doughnuts (M)(E)(G)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
	Dinner	Sticky toffee pudding (G)(M)(E)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
Tues	Lunch	Assorted cake (G)(M)(E)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
	Dinner	Cookies(G)(M)(E)(S)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
Weds	Lunch	Syrup sponge pudding (G)(M)(E) custard(M)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
	Dinner	Watermelon or grapes	Daily chef choice (E)(S)	Yogurt (M)loose fruit
Thurs	Lunch	Flapjack (M)(G)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
	Dinner	Assorted cake (M)(G)(E)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
Fri	Lunch	Fresh fruit platter	Daily chef choice (E)(S)	Yogurt (M)loose fruit
	Dinner	Eton mess (E)(M)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
Sat	Lunch	Boarders' choice	Daily chef choice (E)(S)	Yogurt (M)loose fruit
	Dinner	Boarders' choice	Daily chef choice (E)(S)	Yogurt (M)loose fruit
Sun	Brunch	Assorted yogurts (M)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
	Dinner	Chefs' choice	Daily chef choice (E)(S)	Yogurt (M)loose fruit

Week 2	Desserts	Main	Gluten free Dairy free	Alternatives
Mon	lunch	Assorted cake (G)(M)(E)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
	Dinner	Lemon posset with shortbread (M)(G)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
Tues	Lunch	Cookies (G)(E)(S)(M)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
	Dinner	Honeydew melon and pineapple	Daily chef choice (E)(S)	Yogurt (M)loose fruit
Weds	Lunch	Assorted cake (M)(G)(E)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
	Dinner	Warm chocolate fudge cake with cream (M)(E)(S)(G)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
Thurs	Lunch	Assorted fruit crumble (M)(G) Custard(M)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
	Dinner	Dorset apple cake (G)(M)(E)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
Fri	Lunch	Fresh fruit salad	Daily chef choice (E)(S)	Yogurt (M)loose fruit
	Dinner	Churros (G)(E)(M)(S)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
Sat	Lunch	Boarders' choice	Daily chef choice (E)(S)	Yogurt (M)loose fruit
	Dinner	Boarders' choice	Daily chef choice (E)(S)	Yogurt (M)loose fruit
Sun	Lunch	Assorted yogurts (M)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
	Dinner	Chefs' choice	Daily chef choice (E)(S)	Yogurt (M)loose fruit

Week 3	Desserts	Main	Gluten free Dairy free	Alternatives
Mon	lunch	Carrot cake (G)(M)(E)(S)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
	Dinner	Cantaloupe melon and grapes	Daily chef choice (E)(S)	Yogurt (M)loose fruit
Tues	Lunch	Flapjack (G)(M)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
	Dinner	Warm ginger cake(G)(M)(E) with cinnamon crème fraiche (M)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
Weds	Lunch	Cocoa sponge with cocoa custard (G)(M)(E)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
	Dinner	Tres leches cake (M)(G)(E)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
Thurs	Lunch	Chocolate eclairs (G)(M)(E)(S)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
	Dinner	Warm Dorset apple cake with cream (M)(G)(M)(E)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
Fri	Lunch	Fresh fruit and yogurts (M)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
	Dinner	Chefs' choice	Daily chef choice (E)(S)	Yogurt (M)loose fruit
Sat	Lunch	Boarders' choice	Daily chef choice (E)(S)	Yogurt (M)loose fruit
	Dinner	Boarders' choice	Daily chef choice (E)(S)	Yogurt (M)loose fruit
Sun	Lunch	Assorted yogurts(M)	Daily chef choice (E)(S)	Yogurt (M)loose fruit
	Dinner	Chefs choice	Daily chef choice (E)(S)	Yogurt (M)loose fruit

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	MC may contain