

LVS Ascot Breakfast Autumn Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot choice of the day	Boiled Eggs, Toasted Cheese Soldiers and Diced Sautéed Potatoes	Cumberland Sausages with Baked Hash Browns and Baked Beans	Back Bacon with Potato Waffles	Toasted Sour Dough, Chorizo, Potato Hash and Poached Eggs	Fluffy Pancakes, Golden Syrup, Lemon sugar and a Fruit Compote	<p>Breakfast in houses</p> <p>LVS Sunday Brunch</p> <p>This is a more informal way for the students to enjoy their Saturday mornings. Breakfast rations to be collected for the boarding houses and will include bread for toasting with preserves, honey and a large selection of cereals, pastries selection, fruit salad and fruit based yoghurt. Drinks to include tea, coffee and fruit juices</p>	<p>LVS Sunday Brunch</p> <p>Please see Sunday lunch for details</p>
Live Cook	Diced Sautéed Potatoes	Smoothie Bar	Roasted Flat Mushrooms	Free Range Poached Eggs	Pancakes		
Make your own Muesli or Porridge	Build your own bowl of Muesli with a choice of ingredients including toasted oats and bran. Banana chips, dried papaya, dried pineapple, dried fruit, toasted coconut and a selection of seeds. Rolled oat porridge						
Yogurt Bar	Probiotic natural yoghurt with fruit purees, selection of toppings, dried fruit and honey.						
Fresh Cut Fruits	Selection of home cut mixed fruits, Including Pineapple, Melon Selection and Segmented Grapefruit						
Cereals, toast and breakfast juices	Selection of cereals that include Shreddies, Weetabix, Cornflakes and Rice Krispies. Wholemeal and white breads for toasting with a selection of preserves and honey. Juices to include chilled apple, orange and multi-vitamin. Please help yourself to tea and coffee						



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LVS Ascot Lunch Autumn Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup, Fresh Breads and Cheese Board	Freshly made soup with a choice of handmade wholemeal and white loaves and a selection of croutons, dehydrated herb and mixed seeds. Chefs Choice British cheese board with handmade chutneys, crackers and grapes					Counter closed	<p>Sunday Brunch @ LVS Ascot</p> <p>The hot brunch choice consists of Locals sourced Cumberland Sausage, Back Bacon, Black Pudding, Baked Hash Browns, Baked Beans, Sautéed Mushrooms Roasted Vine Tomatoes, Lightly Scrambled Eggs and live cooked Fried or Poached Eggs to Order</p> <p>The continental choice of Croissant and pain au Chocolate and Raisin that can be enjoyed with freshly brewed coffee or Tea Selection</p> <p>Selection of cereals that include shreddies, bran flakes, Weetabix, cornflakes and rice krispies. Wholemeal and white breads for toasting with a selection of preserves and honey. Juices to include chilled apple, orange and multi-vitamin</p> <p>Probiotic natural yoghurt with a selection of toppings to include granola, fruit purees, dried fruit and honey.</p>
Hot Counter Main Choice and Side Salads	Spaghetti Bolognese, Roasted Vegetables and Gallic Bread Selection of side salads	Pork Schnitzel, Boiled Potato and Roasted Carrots Selection of side salads OR "LVS Ascot Deli Bar"	Sweet and Sour Chicken, Chinese Vegetables and Rice Selection of side salads	Shepherd's Pie, Peas and Sweetcorn, Roast Potatoes Selection of side salads OR "LVS Ascot Deli Bar"	"Fish and Chips" Battered White Fish or Chicken Nuggets, Chips, Mushy Peas, Peas And Beans Selection of side salads	"LVS Pastry Bar" Selection of Pasties, Slice and Rolls, with Baked Potato Wedges, Baked Beans and pea, sweetcorn medley	
Vegetarian Main Choice	Quorn Mince Bolognese	Southern Fried Quorn Fillet	Vegetable, Tofu Chow Mien	Glazed Onion and Goats Cheese Tart	Vegetable Nuggets	Cheese and Onions Pasties	
Pasta, Jacket, Sweet Potato and Chefs Choice Bar	Mixed jackets potatoes and Fillings	Pasta with Chicken Carbonara or Vegetable Carbonara and Mixed jackets potatoes, Fillings	Pasta with a pepper, pesto white sauce or olive, tomato sauce and mixed jacket potatoes, Fillings	Pasta with classic tomato and basil sauce or butternut squash sauce and Mixed jackets potatoes, Fillings	Pasta with Vegetables sauce or Three Cheese sauce and Mixed jackets with filling	Closed	
	All served with Handmade Nut Free Pesto, Marinated Olives, Parmesan Cheese and Mixed Oils to Dress						
Special Diets Main Counter and Dessert	Pasta Bolognese, Roasted Vegetables and Gallic Bread Apple and Almond Flavoured Cake, Custard	Char Grilled Pork, Boiled Potatoes and Carrots Spiced Honey Cupcake	Sweet and Sour Chicken, Chinese Vegetables and Rice Cornbread Muffins	Shepherd's Pie, Peas and Sweetcorn, Roast Potatoes Fruit Crumble, Vanilla Sauce	Battered Pollock or Sausage, peas, mushy peas and baked beans with chips Poached Autumn Fruits	Counter closed (please see a member of the catering team)	
Salad and Protein Bar	A selection of freshly sliced meats and vegetable options. All served with selection of freshly produced salad items to include basic, Tomato, Cucumber, Sweetcorn and Mixed Leafs Also a Selection of Complex Salad including Coleslaw, Potato Salad and Beetroot Salads.						
Hot Desserts	Apple and Almond Flavoured Cake with Custard	Spiced Honey Drizzle Cake with Cream	Cornbread with Sweet cream	Fruit Crumble with Vanilla Sauce	Poached Autumn Fruit	Cherry Delice	
Cold Desserts	Cranberry Fool	Billionaire Banana Mousse	Blackberry Trifle	Maple Pumpkin Cheesecake	Lime Chiffon Pie	Closed	
Jelly, Cut Fruit of the Day and Yoghurt	Jelly, Chunky cut extra sweet pineapple, natural yoghurt with a fruit puree and toppings	Jelly, Chunky cut Honeydew yellow melon, natural yoghurt with a fruit puree and toppings	Jelly, Chunky cut watermelon, natural yoghurt with a fruit puree and toppings	Jelly, Chunky cut green and red apples or extra sweet large orange, natural yoghurt with a fruit puree and toppings	Jelly, Chunky cut mixed fruit Salad, natural yoghurt with a fruit puree and toppings	Chunky cut extra sweet pineapple and melons, natural yoghurt with a fruit puree and toppings	



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LVS Ascot Supper Autumn Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot main course	Chunky Chicken Pie, Mash Potatoes and Greens with Bacon	Chicken Kiev, Sautéed Potatoes, Sweetcorn and Diced Carrots	Meatballs in Tomato and Red Pepper Sauce, Tagliatelle and Garlic Bread	"Oriental Bar" Chinese Beef Curry, Sticky Rice, Stir Fried Vegetables and Prawn Crackers	"LVS Street Food" Waffles Filled with Crispy Chicken Bits, Diced Potato, Sweetcorn and Southwest Sauce	"House Choice" Giving each boarding house students the opportunity to come up with their own food menu. (To be Approved by house HMs and KO)	"English Roast" Chicken legs or Breast, Roast Potatoes, Root Vegetables and Greens with Gravy
Live Cook	Greens and Bacon	Sautéed Potatoes	Potato Gnocchi	Stir Fried Vegetables	Closed		
Vegetarian hot choice	Cauliflower Cheese Pie	Vegetables Kiev	potato Gnocchi, Pesto and Vegetables	Sweet Chilli Chinese Vegetable Dim Sum	Crispy Chilli Cheese Bits with Southwest Sauce	"House Choice"	Vegetable and lentil Moussaka
Pasta, Jacket Potato Bar	Jacket Potatoes served with one hot meat filling and a choice of English mature cheddar cheese, Flaked Tuna mayonnaise or baked Beans	Pasta with a choice of two sauces	Jacket Potatoes served with one hot meat filling and a choice of English mature cheddar cheese, Flaked Tuna mayonnaise or baked Beans	Pasta with a choice of two sauces	Closed	Closed	Closed
	All Pasta served with handmade nut free pesto, marinated olives, parmesan cheese, and mixed oils to dress						
Salad and Protein Bar	A selection of freshly sliced meats and vegetable options. All served with selection of freshly produced salad items to include basic, Tomato, Cucumber, Sweetcorn and Mixed Leafs Also a Selection of Complex Salad Including Coleslaw, Potato Salad and Beetroot Salads.						
Desserts	Fig Baked Cheesecake	Mint Chocolate Brownie	Egg Custard Tarts	Plum Upside Down Cake	Churros with Chocolate dip	"House Choice"	Apple and Pear Pie with Custard
	Freshly sliced selection of seasonal fruits, yoghurt with toppings to include handmade granola, crumbled biscuit and shortbread, a selection of fruit pulps and compotes,						



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