

# Preparatory School Lunch Menu Week 1



Week Commencing 20th April, 11th May, 8th June and 29th June	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup and Bakery</b>	Fresh Homemade Vegetable Soup served with Homemade Bread	Fresh Tomato and Roasted Red Pepper Soup served with Homemade Bread	Fresh Homemade Potato and Watercress Soup served with Homemade Bread	Fresh Homemade Spiced Cauliflower Soup served with Homemade Bread	Fresh Homemade Carrot and Coriander Soup served with Homemade Bread
<b>Hero Dish Choice with Sides</b> GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF	Chicken and Vegetable Korma served with Steamed Rice, Slice of Naan, Mango Chutney and Stir Fried Greens	Macaroni and BBQ Pulled Chicken Cheese served with Jalapenos and Crispy Onions, Slice of Garlic Bread and Mixed Leaf Salad	Homemade Pork Sausage Roll served with Baked Potato Wedges and Baked Beans	Sweet Chilli Chicken and Oriental Vegetable Noodles served with a Pancake Roll	Breaded Fish Fillet served with a Lemon Wedge, Tartare Sauce, Chipped Potatoes, Peas and Sweetcorn
<b>Kitchen Garden Choice with Sides</b> GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF	Vegetable Korma served with Steamed Rice, Slice of Naan, Mango Chutney and Stir Fried Greens	Cheesy Macaroni Cheese served with a Jalapenos and Crispy Onions, Slice of Garlic Bread and a Mixed Leaf Salad	Homemade Spinach and Feta Quiche served with Baked Potato Wedges and Baked Beans	Oriental Vegetable Noodles served with a Pancake Roll	Halloumi Shawarma Wrap served with Chipped Potatoes and Peas and Sweetcorn
<b>Salad Market</b>  GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Black Bean and Quinoa Lime Salad and Coleslaw  Ham, Boiled Eggs, Cheddar, Quinoa and Mixed Leaves  Homemade Bread Slice & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Greek Salad and Coleslaw  Tuna, Chicken or Grated Cheddar, Wholemeal Cous Cous and Mixed Leaves  Homemade Bread Slice & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Cucumber, Orange and Beetroot Salad and Coleslaw  Chicken, Boiled Eggs or Grated Cheddar, Puy Lentils and Mixed Leaves  Homemade Bread Slice & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Pesto Boccioni Salad and Coleslaw  Tuna, Ham or Grated Cheddar, Chick Peas and Mixed Leaves  Homemade Bread Slice & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Pickled Onions and Gherkins and Coleslaw  Ham, Boiled Eggs or Grated Cheddar, Mixed Beans and Mixed Leaves  Homemade Bread Slice & Butter Portion Selection of Dressings and Grains
<b>Refuel</b>  Selection of Daily Fresh Filled Rolls	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Sandwiches/Rolls/Baguettes/Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Sandwiches/Rolls/Baguettes/Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Sandwiches/Rolls/Baguettes/Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Sandwiches/Rolls/Baguettes/Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Sandwiches/Rolls/Baguettes/Wraps with Assorted Fillings
<b>Dessert</b> 	Chocolate Sponge with Chocolate Drizzle	Fruit Filled Meringue Nest	Raspberry Arctic Roll Slice/Strawberry Slice?	Slice of Banana and Caramel Traybake	Homemade Lemon Shortbread Biscuit
<b>Fruit, Jellies &amp; Yoghurt Pots</b>	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots

# Preparatory School Lunch Menu Week 2

Week Commencing 27 <sup>th</sup> April, 18 <sup>th</sup> May, 15 <sup>th</sup> June and 6 <sup>th</sup> July	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup and Bakery</b>	Fresh Homemade Spring Vegetable Soup served with Homemade Bread	Fresh Homemade Tomato Soup served with Homemade Bread	Fresh Homemade Fiery Chickpea and Harissa Soup served with Homemade Bread	Fresh Homemade Italian Style Minestrone Soup served with Homemade Bread	Fresh Homemade French Onion Soup served with Homemade Bread
<b>Hero Dish Choice with Sides</b> <b>GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF</b>	Italian Style Beef Spaghetti Bolognese served with a Slice of Garlic and Herb Bread and Spring Vegetables 	Chicken Fajita with Sliced Mixed Peppers and served with Mexican Rice, Chunky Tomato Salsa, Soured Cream and Fresh Guacamole	Roast Chicken Breast served with Sage and Onion Stuffing, Roasted New Potatoes, Seasonal Vegetables and Fresh Gravy	Baked Beef Lasagne with Fresh Tomato and Herbs, served with a Slice of Home baked Bread, and Steamed Sweetcorn	Homemade Ham Pizza served with Chipped Potatoes, Garden Peas or Baked Beans
<b>Kitchen Garden Choice with Sides</b> <b>GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF</b>	Italian Style Vegemince Bolognese served with a Slice of Garlic and Herb Bread and Spring Vegetables 	Five Bean Fajita with Sliced Mixed Peppers and served with Mexican Rice, Chunky Tomato Salsa, Soured Cream and Fresh Guacamole	Butternut Squash, Spinach and Mushroom Wellington served with Roasted New Potatoes, Seasonal Vegetables and Fresh Gravy	Baked Vegetable Lasagne with Fresh Tomato and Herbs, served with a Slice of Home baked Bread and Steamed Sweetcorn	Homemade Margarita Pizza served with Chipped Potatoes, Garden peas or Baked Beans
<b>Salad Market</b> <b>GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF</b> 	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers   Watercress Salad and Coleslaw  Ham, Cheddar, Quinoa and Mixed Leaves  Homemade Bread Slice & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers   Cannellini Bean Salad and Coleslaw  Chicken, Cheddar Cheese or Ham, Wholemeal Cous Cous and Mixed Leaves  Homemade Bread Slice & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers   Tomato, Red Onion and Lentil Salad and Coleslaw  Tuna or Grated Cheddar, Puy Lentils and Mixed Leaves  Homemade Bread Slice & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers   Caprese Salad and Coleslaw  Mackerel, Grated Cheddar or Boiled Eggs, Chick Peas and Mixed Leaves  Homemade Bread Slice & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers   Mixed Leaf Salad and Coleslaw  Ham or Grated Cheddar, Mixed Beans and Mixed Leaves  Homemade Bread Slice & Butter Portion  Selection of Dressings and Grains
<b>Refuel</b>  <b>Selection of Daily Fresh Filled Rolls</b>	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Sandwiches/Rolls/Baguettes/Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Sandwiches/Rolls/Baguettes/Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Sandwiches/Rolls/Baguettes/Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Sandwiches/Rolls/Baguettes/Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Sandwiches/Rolls/Baguettes/Wraps with Assorted Fillings
<b>Dessert</b>	Slice of Orange Polenta Cake	Ice Cream Sundae	Vanilla Crispy Square Slice	Apple and Summer Berry Oatley Crumble served with Fresh Custard 	Chocolate Brownie Slice
<b>Fruit, Jellies &amp; Yoghurt Pot</b> 	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots

# Preparatory School Lunch Menu Week 3

Week Commencing: 4 <sup>th</sup> May, 1 <sup>st</sup> June and 22 <sup>nd</sup> June	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup and Bakery</b>	Fresh Homemade Tomato Soup served with Homemade Bread	Fresh Homemade Mexican Bean Soup served with Homemade Bread	Fresh Homemade Butternut Squash and Coriander Soup served with Homemade Bread	Fresh Homemade Courgette, Pea and Pesto Soup served with Homemade Bread	Fresh Homemade Leek and Potato Soup served with Homemade Bread
<b>Hero Dish Choice with Sides</b> GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Grilled Sausages served with Mashed Potatoes, Glazed Carrots, Garden Peas and Fresh Gravy	Chicken, Tomato and Fresh Basil Fusilli served with a Slice of Garlic Bread and Mixed Leaf Salad	Chilli con Carne served with Steamed Rice, Nacho Chips and Lemon and Garlic Broccoli	Pork Meatball Pasta Bake in a Fresh Tomato Sauce served with Homemade Doughballs and Steamed Sweetcorn	Prime Chicken Burger in a Bap served with Assorted Relishes, Chipped Potatoes, Red Slaw and Mixed Side Salad
<b>Kitchen Garden Choice with Sides</b> GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Grilled Vegetarian Sausages served with Mashed Potatoes, Glazed Carrots, Garden Peas and Fresh Gravy	Gnocchi with a Fresh Tomato Sauce and served with a Slice of Garlic Bread and Mixed Leaf Salad	Bean Chilli served with Steamed Rice, Nacho Chips and Lemon and Garlic Broccoli	Meatless Meatball Pasta Bake in a Fresh Tomato Sauce served with Homemade Doughballs and Steamed Sweetcorn	Homemade Spicy Bean Burger in a Bap served with Assorted Relishes, Chipped Potatoes, Red Slaw and Mixed Side Salad
 <b>Salad Market</b> GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Apple and Celery Salad & Coleslaw   Ham or Cheddar Cheese, Quinoa and Mixed Leaves  Homemade Bread Slice & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Watercress, Spinach, Chard and Radish Salad and Coleslaw   Tuna, Chicken or Grated Cheddar, Wholemeal Cous Cous and Mixed Leaves  Homemade Bread Slice & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Superfood Salad and Coleslaw   Ham, Tuna or Grated Cheddar, Puy Lentils and Mixed Leaves  Homemade Bread Slice & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Watermelon, Mint, Cucumber and Feta Salad and Coleslaw   Cheddar Cheese or Boiled Eggs, Chick Peas and Mixed Leaves  Homemade Bread Slice & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Seasonal Mixed Leaf Salad and Coleslaw   Ham or Grated Cheddar, Mixed Beans and Mixed Leaves  Homemade Bread Slice & Butter Portion  Selection of Dressings and Grains
<b>Refuel</b>  <b>Selection of Daily Fresh Filled Rolls</b> 	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Sandwiches/Rolls/Baguettes/Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Sandwiches/Rolls/Baguettes/Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Sandwiches/Rolls/Baguettes/Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Sandwiches/Rolls/Baguettes/Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Sandwiches/Rolls/Baguettes/Wraps with Assorted Fillings
<b>Dessert</b>	Sweet Waffle with Butterscotch Sauce	Key Lime Pie	Slice of Traditional Flapjack	Lemon and Raspberry Victoria Sandwich	Homemade Chocolate Chip Cookie 93407311
<b>Fruit, Jellies &amp; Yoghurt Pots</b> 	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots