

Preparatory School Lunch Menu Week 1

Week Commencing : 31st August, 21st September, 12th October, 16th November and 7th December	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Soup and Bakery	Fresh Tomato Soup with Homemade Bread	Celeriac Soup with Homemade Bread	Vegetable Soup with Homemade Bread	Leek and Potato Soup with Homemade Bread	Sweet Potato and Carrot Soup with Homemade Bread
Home Comforts Main Meal Choice with Sides GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF	Mac and Cheese with Sliced Pepperoni served with a Slice of Garlic Bread and Mixed Leaf Salad	Chilli con Carne served with Steamed Rice, Crispy Tortilla Chips, Salsa and Guacamole	BBQ Chicken Thigh served with Oven Baked Potato Wedges and Chipotle Sweetcorn	Sweet Potato topped Cottage Pie with Crispy Onions served with Steamed Seasonal Vegetables and Fresh Gravy	Chef's Special Ham and Tomato Pizza served with Chipped Potatoes, Baked Beans or Garden Peas
Vegetarian Plant Based Main Meal Choice with Sides GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF	Traditional Mac and Cheese served with a Slice of Garlic Bread and Mixed Leaf Salad	Vegetable Chilli served with Steamed Rice, Crispy Tortilla Chips, Salsa and Guacamole	Vegetable and Paneer Skewer served with Oven Baked Potato Wedges and Chipotle Sweetcorn	Sweet Potato topped Veggie Cottage Pie with Crispy Onions served with Steamed Seasonal Vegetables and Fresh Gravy	Chef's Special Margarita Pizza served with Chipped Potatoes, Baked Beans or Garden Peas
Salad Market GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Houmous and Crudities and Coleslaw Boiled Eggs, Cheddar, Quinoa and Mixed Leaves Sliced Homemade Bread & 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 Sliced Homemade Bread & 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 Sliced Homemade Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Crushed Pea and Mint with Charred Courgette and Bulgar Wheat Salad and Coleslaw Tuna, Ham or Grated Cheddar, Chick Peas and Mixed Leaves Sliced Homemade Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Potato and Chive Salad and Coleslaw Ham, Boiled Eggs or Grated Cheddar, Mixed Beans and Mixed Leaves Sliced Homemade Bread & Butter Portion Selection of Dressings and Grains
Refuel GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF Selection of Daily Fresh Filled Rolls or Sandwich or Wrap	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings
Dessert	Carnival Sweet Finger 9346675	Lemon and Coconut Cake	Carrot Sponge served with Fresh Custard 93412860	Oatie Cookie	Chocolate Brownie
Fruit, Jellies & Yoghurt Pots	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: 7 th and 28 th of September, 2 nd November and 23 rd November	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Soup and Bakery	Cream of Mushroom Soup with Homemade Bread	Cream of Tomato Soup with Homemade Bread	Green Giant Soup with Homemade Bread	Red Lentil and Chickpea Soup with Homemade Bread	Roasted Butternut Squash Soup with Homemade Bread
Home Comforts Main Meal Choice with Sides GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF	Beef Bolognaise finished with Fresh Basil and served with Spaghetti, Garlic and Herb Bread, and Steamed Broccoli	Baked Paprika and Lime Chicken Thigh served with New Potatoes and Sliced Green Beans	Pork Meatballs in a Fresh Tomato Sauce served with Mashed Potatoes and Steamed Seasonal Vegetables	Mangalorean Chicken Curry served with Pilau Rice, Mango Chutney and Mini Onion Bhaji	Breaded Fish served with a Lemon Wedge, Tartare Sauce, French Fried Potatoes and Baked Beans or Peas
Vegetarian Plant Based Main Meal Choice GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF	Vegemince Bolognaise served with Spaghetti, Garlic and Herb Bread, and Steamed Broccoli	Butternut Squash and Corn Taco served with Coriander and Avocado, New Potatoes and Sliced Green Beans	Meatless Meatballs in a Fresh Tomato Sauce served with Mashed Potatoes and Steamed Seasonal Vegetables	Tofu and Spinach Curry served with Pilau Rice, Mango Chutney and Mini Onion Bhaji	Mediterranean Frittata served with French Fried Potatoes and Baked Beans and Peas
Salad Market GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Italian Style Rocket Salad with Balsamic Dressing and Coleslaw Ham, Cheddar, Quinoa and Mixed Leaves Sliced Homemade Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Caesar Salad and Coleslaw Chicken, Cheddar Cheese or Ham, Wholemeal Cous Cous and Mixed Leaves Sliced Homemade Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Bocconcini Salad and Coleslaw Tuna or Grated Cheddar, Puy Lentils and Mixed Leaves Sliced Homemade Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Bombay Potato Salad and Coleslaw Grated Cheddar or Boiled Eggs, Chick Peas and Mixed Leaves Sliced Homemade Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Orzo Salad & Coleslaw Ham or Grated Cheddar, Mixed Beans and Mixed Leaves Sliced Homemade Bread & Butter Portion Selection of Dressings and Grains
Refuel Selection of Daily Fresh Filled Rolls, Sandwich or Wrap GLUTEN FREE OPTIONS AVAILABLE –PLEASE ASK A MEMBER OF THE CATERING STAFF	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings
Dessert	Raspberry and Peach Traybake	Blackberry and Apple Pie served with Fresh Custard	Tiffin Slice	Zesty Orange Shortbread	Biscoff Cheesecake
Fruit, Jellies & Yoghurt Pots	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: 14 th September, 5 th October, 9 th and 30 th of November	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Soup and Bakery	Minestrone Soup with Homemade Bread	Creamed Sweetcorn Soup with Homemade Bread	Carrot and Coriander Soup with Homemade Bread	Fresh Tomato Soup with Homemade Bread	Cauliflower Cheese Soup with Homemade Bread
Home Comforts Main Meal Choice GLUTEN FREE OPTIONS AVAILABLE -PLEASE ASK A MEMBER OF THE CATERING STAFF	Chicken in a Fresh Tomato and Basil Sauce served with Penne Pasta, Garlic Bread and Fresh Mixed Salad	Toad in the Hole served with Mashed Potatoes, Seasonal Vegetables and Fresh Gravy	Oriental Chicken and Vegetable Stir Fry served with Egg Noodles and a Mini Pancake Roll	Baked Beef Lasagne with Fresh Tomato and Herbs served with a Slice of Garlic Bread and Minted Peas	Breaded Chicken Wrap with Crisp Lettuce and Mayonnaise and served with Chipped Potatoes and Steamed Sweetcorn
Vegetarian Plant Based Main Meal Choice GLUTEN FREE OPTIONS AVAILABLE -PLEASE ASK A MEMBER OF THE CATERING STAFF	Fresh Tomato Pasta Penne served with a Slice of Garlic Bread and Fresh Mixed Salad	Vegetarian Toad in The Hole served with Mashed Potatoes, Seasonal Vegetables and Fresh Gravy	Oriental Vegetable Stir Fry served with Egg Noodles and a Mini Pancake Roll	Vegetable Lasagne with Fresh Tomato and Herbs served with a Slice of Garlic Bread and Minted Peas	Halloumi Wrap with Crisp Lettuce and Mayonnaise served with Chipped Potatoes and Steamed Sweetcorn
Salad Market GLUTEN FREE OPTIONS AVAILABLE -PLEASE ASK A MEMBER OF THE CATERING STAFF	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Roasted Pepper, Aubergine and Courgette Mezze & Coleslaw Ham or Cheddar Cheese, Quinoa and Mixed Leaves Sliced Homemade Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Fresh Beetroot and Feta Salad and Coleslaw Tuna, Chicken or Grated Cheddar, Wholemeal Cous Cous and Mixed Leaves Sliced Homemade Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Moroccan Cous Cous Salad and Coleslaw Ham, Tuna or Grated Cheddar, Puy Lentils and Mixed Leaves Sliced Homemade Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Mixed Bean Salad and Coleslaw Cheddar Cheese or Boiled Eggs, Chick Peas and Mixed Leaves Sliced Homemade Bread & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Tuna and Sweetcorn Pasta Salad and Coleslaw Ham or Grated Cheddar, Mixed Beans and Mixed Leaves Sliced Homemade Bread & Butter Portion Selection of Dressings and Grains
Refuel Selection of Daily Fresh Filled Rolls, Sandwich or Wrap GLUTEN FREE OPTIONS AVAILABLE -PLEASE ASK A MEMBER OF THE CATERING STAFF	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings
Dessert	Sticky Toffee Pudding served with Toffee Sauce	Homemade Ginger Biscuit	Lemon Drizzle Cake	Cherry and Apple Crumble served with Fresh Custard	Chocolate Mousse
Fruit, Jellies & Yoghurt Pots	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