



# Prep School Lunch Menu Week 1 (Pre Order Menu)

WK 08-03-21	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup and Fresh Bread</b>	Tomato & Basil	Potato & Leek	Butternut Squash	Carrot & Coriander	Roasted Red Pepper
Hot Plate 1 All Mains Available as a separate sauce and protein option	Mild beef chilli with nachos, grated cheese and garden peas  Halal Beef Chilli	Sausages with mashed Potato, green beans & Onion Gravy  Halal Chicken Sausage Option	Chicken Korma with rice, steamed sweetcorn and poppadum  Halal Chicken Korma Option  Separate Chicken and sauce option	Cheese and tomato deep pan pizza with wedges & corn on the cob	Freshly battered fish bites with chips, peas and tartare sauce
Hot Plate 2 (v.)	Vegan meatballs, with Spaghetti & Green Salad  Separate Meatball and sauce option	Quorn Cottage Pie with Citrus Carrot Batons and Gravy	Vegetable Korma with Rice, Steamed Sweetcorn and poppadum	Penne pasta with tomato & herb sauce garlic bread & rocket leaves  Separate Pasta and sauce option	Macaroni & cheese with cherry tomatoes and green leaves  Separate Macaroni and sauce option
Salad Bar Bread Roll & Butter portion	Lettuce, tomatoes, sweetcorn, cucumber, mixed pepper, carrot and beetroot Smoked Mackerel Pot Mixed Bean Salad Coleslaw Sliced Ham Grated Cheese	Lettuce, tomatoes, sweetcorn, cucumber, mixed pepper, carrot and beetroot Smoked Mackerel Salad Chickpea salad Cous Cous with pea and spring onion Sliced Ham Grated Cheese	Lettuce, tomatoes, sweetcorn, cucumber, mixed pepper, carrot and beetroot Smoked Mackerel Salad Pasta & Fried Courgette Salad Classic coleslaw Sliced Ham Grated Cheese	Lettuce, tomatoes, sweetcorn, cucumber, mixed pepper, carrot and beetroot Smoked Mackerel Salad Coleslaw Pasta Salad Sliced Ham Grated Cheese	Lettuce, tomatoes, sweetcorn, cucumber, mixed pepper, carrot and beetroot Smoked Mackerel Salad Quinoa with lemon & mint Savoury rice salad Sliced Ham  Grated Cheese
Jacket Potato & Fillings Selection of filled Rolls & Baguettes	Baked Beans Grated Cheese Tuna Mayonnaise Chicken Mayonnaise	Baked Bean Grated Cheese Tuna Mayonnaise Chicken Mayonnaise	Baked Beans Grated Cheese Tuna Mayonnaise Chicken Mayonnaise	Baked Beans Grated Cheese Tuna Mayonnaise Chicken Mayonnaise	Baked Beans Grated Cheese Tuna Mayonnaise Chicken Mayonnaise
Dessert Pot	Classic apple crumble and custard or assorted Jellies	Chocolate cake slice with Jam or assorted jellies	Assorted Cookies or mixed jellies	Eves pudding with custard or assorted jellies	Buttermilk Cupcakes or assorted jellies
Fruit & Yoghurt Pot always available as an alternative or alongside dessert	Fresh Fruit, & Strawberry Yoghurt Pots	Fresh Fruit & Strawberry Yoghurt Pots	Fresh Fruit & Strawberry Yoghurt Pots	Fresh Fruit & Strawberry Yoghurt Pots	Fresh Fruit & Strawberry Yoghurt Pots



# Prep School Lunch Menu Week 2 (Pre Order Menu)

WK 15.03.20	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Red Lentil	Tomato & Vegetable Soup	Mushroom soup	Cream of Chicken	<b>Leek and Potato</b>
<b>Hot Plate 1</b> All Mains Available as a separate sauce and protein option	Italian Pork Stew, Rice and sweetcorn	Enchilada meatball bake with Mexican rice and corn on the cob <b>Halal Meatball option</b>	Chicken and leek pie with individual puff pastry lid, Creamed Potato & Broccoli <b>Halal Chicken Option</b>	Hot Dog , Potato Wedges and Baked Beans	Katsu Chicken with Katsu Curry Sauce, Rice and babycorn <b>Halal Chicken option and separate chicken and sauce option</b>
<b>Hot Plate 2 (v.)</b>	Pulled oat vegan bolognaise with spaghetti <b>Separate Sauce and Pasta option</b>	Penne Pasta with Tomato Sauce & Grated Cheese <b>Separate Pasta &amp; Sauce option</b>	Cherry Tomato and red onion puff pastry tart	Quorn Hot Dog, Potato Wedges and Baked Beans	Cheese Frittata, rocket and cherry tomato
<b>Salad Bar</b> <b>Bread Roll &amp; Butter portion</b>	Lettuce, tomatoes, sweetcorn, cucumber, mixed pepper, carrot and beetroot Smoked Mackerel Pot Mixed Bean Salad Coleslaw Sliced Ham Grated Cheese	Lettuce, tomatoes, sweetcorn, cucumber, mixed pepper, carrot and beetroot Smoked Mackerel Salad Chickpea salad Cous Cous with pea and spring onion Sliced Ham Grated Cheese	Lettuce, tomatoes, sweetcorn, cucumber, mixed pepper, carrot and beetroot Smoked Mackerel Salad Pasta & Fried Courgette Salad Classic coleslaw Sliced Ham Grated Cheese	Lettuce, tomatoes, sweetcorn, cucumber, mixed pepper, carrot and beetroot Smoked Mackerel Salad Coleslaw Pasta Salad Sliced Ham Grated Cheese	Lettuce, tomatoes, sweetcorn, cucumber, mixed pepper, carrot and beetroot Smoked Mackerel Salad Quinoa with lemon & mint Savoury rice salad Sliced Ham Grated Cheese
<b>Jacket Potato &amp; Fillings</b> <b>Selection of filled Rolls &amp; Baguettes</b>	Baked Beans Grated Cheese Tuna Mayonnaise Chicken Mayo	Baked Beans Grated Cheese Tuna Mayonnaise Chicken Mayo	Baked Beans Grated Cheese Tuna Mayonnaise Chicken Mayo	Baked Beans Grated Cheese Tuna Mayonnaise Chicken Mayo	Baked Beans Grated Cheese Tuna Mayonnaise Chicken mayo
<b>Dessert</b>	Glazed Cherry Flapjack or Assorted Jelly	Mexican Chocolate Cookie or assorted jelly	Golden Rice Krispy Barn or Assorted Jelly	Orange, Sultana and Vanilla Yeast Cake or Assorted Jelly	Buttermilk Cupcakes or Assorted Jelly
<b>Fruit &amp; Yoghurt Pots Available Alongside Dessert</b>	Fresh Fruit & Strawberry Yoghurt Pots	Fresh Fruit & Strawberry Yoghurt Pots	Fresh Fruit & Strawberry Yoghurt Pots	Fresh Fruit & Strawberry Yoghurt Pots	Fresh Fruit & Strawberry Yoghurt Pots



QUINTON HOUSE SCHOOL

# Prep School Lunch Menu Week

## 3 Pre Order



WK 22-03-21	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Creamed Sweetcorn Soup	Minestrone Soup	Pea & Courgette Soup	Carrot & Coriander	Roasted Red Pepper
<b>Hot Plate 1</b> All Mains Available as a separate sauce and protein option	Beef burger in a soft roll with ketchup, Potato Wedges and Peas <i>Halal Beef Burger Option</i>	Traditional Cottage Pie Chunky Peas and Gravy <i>Halal Beef Pie Option</i>	Roast Turkey Breast Roast Gammon, Roast Potatoes,, Carrot & Swede Batons with Gravy	BBQ Chicken with Egg Noodles and Broccoli <i>Halal BBQ Chicken Option</i>	Freshly Battered Fish Bites Chips, Garden Pea or, Baked Beans and Tartare Sauce
<b>Hot Plate 2 (v.)</b>	BBQ Vegetable Wrap, Potato Wedges and Peas	Quorn Tikka Masala with Steamed Rice, Mini Poppadom and Mango Chutney	Bean & Vegetable Chilli with Mexican Rice and Tortilla Chips	Pomodoro Penne Pasta & Garlic Bread <i>Pasta and Sauce served Separately</i>	Tomato Beany Burger in a soft Roll with Chips and Baked Beans
<b>Salad Bar</b> <b>Bread Roll &amp; Butter portion</b>	Lettuce, tomatoes, sweetcorn, cucumber, mixed pepper, carrot and beetroot Smoked Mackerel Pot Mixed Bean Salad Coleslaw Sliced Ham Grated Cheese	Lettuce, tomatoes, sweetcorn, cucumber, mixed pepper, carrot and beetroot Smoked Mackerel Salad Chickpea salad Cous Cous with pea and spring onion Sliced Ham Grated Cheese	Lettuce, tomatoes, sweetcorn, cucumber, mixed pepper, carrot and beetroot Smoked Mackerel Salad Pasta & Fried Courgette Salad Classic coleslaw Sliced Ham Grated Cheese	Lettuce, tomatoes, sweetcorn, cucumber, mixed pepper, carrot and beetroot Smoked Mackerel Salad Coleslaw Pasta Salad Sliced Ham Grated Cheese	Lettuce, tomatoes, sweetcorn, cucumber, mixed pepper, carrot and beetroot Smoked Mackerel Salad Quinoa with lemon & mint Savoury rice salad Sliced Ham Grated Cheese
<b>Jacket Potato &amp; Fillings</b> <b>Selection of filled Rolls &amp; Baguettes</b>	Baked Beans Grated Cheese Tuna Mayonnaise Chicken & Bacon	Baked Beans Grated Cheese Tuna Mayonnaise Chicken & Bacon	Baked Beans Grated Cheese Tuna Mayonnaise Chicken & Bacon	Baked Beans Grated Cheese Tuna Mayonnaise Chicken & Bacon	Baked Beans Grated Cheese Tuna Mayonnaise Chicken & Bacon
<b>Dessert Pot</b>	Coconut and Vanilla Rice pudding or assorted Jellies	Lemon Drizzle Cake or assorted jellies	Sticky Toffee Pudding with Custard or assorted jellies	Steamed Chocolate Sponge with Double Chocolate Sauce or assorted jellies	Vegan Coconut Panna Cotta or assorted jellies
<b>Fruit &amp; Yoghurt Pots</b> Available Alongside Dessert	Fresh Fruit & Strawberry Yoghurt Pots	Fresh Fruit & Strawberry Yoghurt Pots	Fresh Fruit & Strawberry Yoghurt Pots	Fresh Fruit & Strawberry Yoghurt Pots	Fresh Fruit & Strawberry Yoghurt Pots
<b>Fresh Bread Baked Daily</b>	Fresh Bread Baked Daily	Fresh Bread Baked Daily	Fresh Bread Baked Daily	Fresh Bread Baked Daily	Fresh Bread Baked Daily

