

Prep School Lunch Menu Week 1

Week Commencing 10 th and 31 st of January, 28 th February and 28 th of March	Monday	Tuesday	Wednesday	Thursday	Friday
Soup and Bakery	Roasted Red Pepper, Plum Tomato and Basil Soup with Homemade Bread	Sweet Potato and Carrot Soup with Homemade Bread	Butternut Squash Soup with Homemade Bread	Harissa Roasted Carrot and Coriander Soup with Homemade Bread	Red Lentil, Chickpea and Chilli Soup with Homemade Bread
Home Comforts Main Meal Choice with Sides	Minced Beef Chilli Con Carne served with Baked Tortilla, Skin on Potato Wedges, Chunky Tomato Salsa, Grated Cheddar Cheese, Steamed Broccoli and Buttered Sweetcorn	Chicken Korma served with Steamed Brown and White Rice, Naan Bread, Mango Chutney and Stir Fried Kale, Chilli and Mangetout Halal Chicken option available	Roast Gammon and Pineapple Compote served with Roasted Potatoes, Parsley Carrot Batons, Spiced Apple Cabbage, Yorkshire Pudding and Fresh Gravy	Chicken and Leek Pie served with Parsley Potatoes, Steamed Cauliflower, Green Beans and Fresh Gravy	Breaded Cod Fillet served with a Lemon Wedge, Tartare Sauce, Chipped Potatoes, Baked Beans or Peas
Vegetarian Plant Based Main Meal Choice with Sides	Bean Chilli served with Baked Tortilla, Skin on Potato Wedges, Chunky Tomato Salsa, Grated Cheddar Cheese Steamed Broccoli and Buttered Sweetcorn	Vegetable Korma served with Steamed Brown and White Rice, Naan Bread, Mango Chutney and Stir Fried Kale and Mangetout	Sweet Potato and Chick Pea Roast served with Roasted Potatoes, Parsley Carrot Batons, Spiced Apple Cabbage, Yorkshire Pudding, Sage and Onion Stuffing and Fresh Gravy	Thatched Root Vegetable Pie served with Parsley Potatoes, Steamed Cauliflower, Green Beans and Fresh Gravy	Buttermilk Quorn Burger served with Chipped Potatoes, Baked Beans or Peas
Salad Market	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Roasted Pepper, Aubergine and Courgette Pasta Salad and Coleslaw Roast Chicken, Boiled Eggs, Cheddar, Quinoa and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Greek Salad and Coleslaw Tuna, Ham or Grated Cheddar, Wholemeal Cous Cous and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Pasta and Fried Courgette Salad and Coleslaw Chicken, Boiled Eggs or Grated Cheddar, Puy Lentils and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Beetroot, Spinach and Soya Bean Salad and Coleslaw Tuna, Ham or Grated Cheddar, Chick Peas and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Tomato,, Red Onion and Green Lentil Salad and Coleslaw Chicken, Boiled Eggs or Grated Cheddar, Mixed Beans and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains
Refuel Selection of Daily Fresh Filled Rolls	Jacket Potato with the following fillings: Baked Beans Grated Cheese Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Jacket Potato with the following fillings: Baked Beans Grated Cheese Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Jacket Potato with the following fillings: Baked Beans Grated Cheese Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Jacket Potato with the following fillings: Baked Beans Grated Cheese Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Jacket Potato with the following fillings: Baked Beans Grated Cheese Selection of Filled Rolls with Ham, Cheese or Tuna Filling
Dessert	Ginger and Pineapple Sponge with Fresh Custard	Blueberry and Apple Crumble with Fresh Custard	Chocolate Tiffin Slice	Slice of Traditional Flapjack	Apple Pie with Custard
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

Prep School Lunch Menu Week 2

W/C 17 th January, 7 th February and 28 th of March	Monday	Tuesday	Wednesday	Thursday	Friday
Soup and Bakery	Creamed Sweetcorn Soup with Homemade Bread	Pea and Mint Soup with Homemade Bread	Tomato and Mediterranean Vegetable Soup with Homemade Bread	Red Lentil with Homemade Bread	Leek and Potato with Homemade Bread
Home Comforts Main Meal Choice with Sides	Beef Bolognese finished with Roasted Cherry Tomatoes and Fresh Basil and served with Spaghetti, Garlic and Herb Bread, Pesto Dressing and Steamed Broccoli	Chicken Shawarma with Red Cabbage, Khobez, Potato Wedges, Minted Yogurt and Cucumber Dressing and Smashed Humus with Roasted Chick Peas	Herb Marinated Roast Loin of Pork served with Sage and Onion Stuffing, Apple Sauce, Roasted New Potatoes & Crushed Root Vegetables, Sauté Savoy Cabbage and Fresh Gravy	Katsu Chicken served with Katsu Sauce, Basmati Rice, Spring Rolls and Ginger, Garlic and Soy Green Beans	Margharita Pizza served with Chipped Potatoes, Garden Peas or Mushy Peas
Vegetarian Plant Based Main Meal Choice	Vegemince Bolognese served with Spaghetti, Garlic and Herb Bread, Pesto Dressing & Steamed Broccoli	Zaatar Squash with Khobez, Potato Wedges, Minted Yogurt and Cucumber Dressing and Smashed Humus with Roasted Chick Peas	Quorn Roast served with Roasted New Potatoes & Crushed Root Vegetables, Sauté Savoy Cabbage and Fresh Gravy	Quorn Katsu served with Katsu Sauce, Basmati Rice, Spring Rolls and Ginger, Garlic and Soy Green Beans	Baked Falafel served in a Tortilla Wrap with Beetroot, Spinach and Lemon Slaw with a Tzatziki Dressing, Chipped Potatoes, Garden or Mushy Peas
Salad Market	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Greek Salad and Coleslaw Chicken, Cheddar, Quinoa and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Spicy Rice and Bean Salad and Coleslaw Tuna or Ham, Wholemeal Cous Cous and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Roasted Pepper, Aubergine and Courgette Pasta Salad and Coleslaw Chicken or Grated Cheddar, Puy Lentils and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Beetroot, Spinach and Soy Bean Salad and Coleslaw Mackerel or Boiled Eggs, Chick Peas and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Spicy Chick Pea and Red Onion Salad & Coleslaw Ham or Grated Cheddar, Mixed Beans and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains
Refuel Selection of Daily Fresh Filled Rolls	Jacket Potato with the following fillings: Baked Beans Grated Cheese Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Jacket Potato with the following fillings: Baked Beans Grated Cheese Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Jacket Potato with the following fillings: Baked Beans Grated Cheese Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Jacket Potato with the following fillings: Baked Beans Grated Cheese Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Jacket Potato with the following fillings: Baked Beans Grated Cheese Selection of Filled Rolls with Ham, Cheese or Tuna Filling
Dessert	Mixed Fruit Crumble with Fresh Vanilla Custard	Chocolate Bread and Butter Pudding with Pouring Cream	Ginger Sponge Cake with Custard	Apple Crumble with Chantilly Cream	Warm Treacle Tart with Custard
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

Prep School Lunch Menu Week 3

W/C 24 th of January, 21 st of February and 14 th of March	Monday	Tuesday	Wednesday	Thursday	Friday
Soup and Bakery	Roasted Red Pepper and Tomato Soup with Homemade Bread	Sweet Potato and Onion Soup with Homemade Bread	Butternut, Chilli and Coconut Soup with Homemade Bread	Carrot and Coriander Soup with Homemade Bread	Mushroom and Garlic Soup with Homemade Bread
Home Comforts Main Meal Choice	Grilled Cumberland Sausages with Onions, Mashed Potatoes, Glazed Carrots and Garden Peas and Fresh Gravy	Baked Beef Lasagne with Fresh Tomato and Herbs served with Seasoned Wedges, Fresh Mixed Leaf Salad and Steamed Sweetcorn	Roast Turkey served with Cranberry Sauce, Sage and Onion Stuffing, Yorkshire Pudding Roasted Potatoes, Roasted Root Vegetables, Red Cabbage and Fresh Gravy	Chicken Korma served with Steamed Brown and White Rice, Mango Chutney, Onion Bhaji and Poppadum	Oven Baked Salmon served with a Lemon Wedge, Tartare Sauce, Chipped Potatoes, Mushy Peas or Garden Peas
Vegetarian Plant Based Main Meal Choice	Grilled Veggie Sausages with Onions, Mashed Potatoes, Glazed Carrots and Garden Peas and Fresh Gravy	Baked Vegetable Lasagne with Fresh Tomato and Herbs served with Seasoned Wedges, Fresh Mixed Leaf Salad and Steamed Sweetcorn	Roasted Vegetable Wellington served with Sage and Onion Stuffing, Yorkshire Pudding Roasted Potatoes, Roasted Root Vegetables, Red Cabbage and Fresh Gravy	Vegetable Biryani served with Mango Chutney, Onion Bhaji and Poppadum	Mac and Cheese Bake served with Garlic and Herb Bread and Garden Peas or Mushy Peas
Salad Market	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Roasted Pepper, Aubergine and Courgette Pasta Salad & Coleslaw Chicken or Cheddar Cheese, Quinoa and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Greek Salad & Coleslaw Tuna, Ham or Grated Cheddar, Wholemeal Cous Cous and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Pasta and Fried Courgette Salad & Coleslaw Chicken or Grated Cheddar, Puy Lentils and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Beetroot, Spinach and Soy Bean Salad Freshly Made Coleslaw Mackerel or Boiled Eggs, Chick Peas and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Tomato, Red Onion and Green Lentil Salad & Coleslaw Ham or Grated Cheddar, Mixed Beans and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains
Refuel Selection of Daily Fresh Filled Rolls	Jacket Potato with the following fillings: Baked Beans Grated Cheese Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Jacket Potato with the following fillings: Baked Beans Grated Cheese Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Jacket Potato with the following fillings: Baked Beans Grated Cheese Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Jacket Potato with the following fillings: Baked Beans Grated Cheese Selection of Filled Rolls with Ham, Cheese or Tuna Filling	Jacket Potato with the following fillings: Baked Beans Grated Cheese Selection of Filled Rolls with Ham, Cheese or Tuna Filling
Dessert	Lemon Syrup Sponge with Fresh Custard	Pineapple Fruit Pot	Strawberry and Vanilla Cheesecake	Sticky Toffee Pudding with a Toffee Sauce	Pineapple Upside Down Pudding with Fresh Custard
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