




















# Preparatory School Lunch Menu Week 1



| Week Commencing 25 <sup>th</sup> April, 16 <sup>th</sup> May, 13 <sup>th</sup> June and 4 <sup>th</sup> July                                      | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|---|
| <b>Soup and Bakery</b>  | Leek and Potato Soup with Homemade Bread   | Sweet Potato and Carrot Soup with Homemade Bread  | Tomato and Basil Soup with Homemade Bread   | Vegetable and Pasta Soup with Homemade Bread  | Cream of Mushroom Soup with Homemade Bread  |
| <b>Home Comforts Main Meal Choice with Sides</b>  | Traditional Full English Breakfast with Pork Sausage, Grilled Bacon, Scrambled Egg, Hash Browns, Mushrooms, Tomatoes and Baked Beans   | Minced Beef Chilli Con Carne served with Baked Tortilla, Skin on Oven Baked Potato Wedges, Chunky Tomato Salsa, Grated Cheddar Cheese, Steamed Broccoli and Buttered Sweetcorn               | Roast Gammon and Pineapple served with Roasted Potatoes, Parsley Carrot Batons, Green Beans and Fresh Gravy   | Mac and Cheese with BBQ Pulled Pork and served with a Slice of Garlic Bread, Sweetcorn and Mixed Leaves   | Breaded Cod Fillet served with a Lemon Wedge, Tartare Sauce, Chipped Potatoes, Baked Beans or Mushy Peas  |
| <b>Vegetarian Plant Based Main Meal Choice with Sides</b>   | Traditional Full Vegetarian English Breakfast with Meat Free Sausage, Scrambled Egg, Hash Browns, Mushrooms, Tomatoes and Baked Beans  | Bean Chilli served with Baked Tortilla, Skin on Oven Baked Potato Wedges, Chunky Tomato Salsa, Grated Cheddar Cheese Steamed Broccoli and Buttered Sweetcorn                                 | Lentil Roast served with Roasted Potatoes, Parsley Carrot Batons, Green Beans and Fresh Gravy    | Cheesy Mac and Cheese served with a Slice of Garlic Bread, Sweetcorn and Mixed Leaves   | Catch of The Day Fishless Quorn Taco served with Chipped Potatoes and Coleslaw  |
| <b>Salad Market</b>    | Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers<br><br>Cucumber, Orange and Beetroot Salad and Coleslaw <br><br>Roast Chicken, Boiled Eggs, Cheddar, Quinoa and Mixed Leaves<br><br>Bread Roll & Butter Portion<br><br>Selection of Dressings and Grains | Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers<br><br>Greek Salad and Coleslaw<br><br>Tuna, Ham or Grated Cheddar, Wholemeal Cous Cous and Mixed Leaves<br><br>Bread Roll & Butter Portion<br><br>Selection of Dressings and Grains | Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers<br><br>Black Bean and Quinoa Lime Salad and Coleslaw <br><br>Chicken, Boiled Eggs or Grated Cheddar, Puy Lentils and Mixed Leaves<br><br>Bread Roll & Butter Portion<br><br>Selection of Dressings and Grains | Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers<br><br>Bulgur Wheat Salad and Coleslaw <br><br>Tuna, Ham or Grated Cheddar, Chick Peas and Mixed Leaves<br><br>Bread Roll & Butter Portion<br><br>Selection of Dressings and Grains | Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers<br><br>Tomato, Red Onion and Green Lentil Salad and Coleslaw <br><br>Chicken, Boiled Eggs or Grated Cheddar, Mixed Beans and Mixed Leaves<br>Bread Roll & Butter Portion<br>Selection of Dressings and Grains |
| <b>Refuel</b> <br><b>Selection of Daily Fresh Filled Rolls</b> | Jacket Potato with the following fillings: Baked Beans<br>Grated Cheese<br><br>Selection of Filled Rolls with Ham, Cheese or Tuna Filling  | Jacket Potato with the following fillings: Baked Beans<br>Grated Cheese<br><br>Selection of Filled Rolls with Ham, Cheese or Tuna Filling   | Jacket Potato with the following fillings: Baked Beans<br>Grated Cheese<br><br>Selection of Filled Rolls with Ham, Cheese or Tuna Filling   | Jacket Potato with the following fillings: Baked Beans<br>Grated Cheese<br><br>Selection of Filled Rolls with Ham, Cheese or Tuna Filling   | Jacket Potato with the following fillings: Baked Beans<br>Grated Cheese<br><br>Selection of Filled Rolls with Ham, Cheese or Tuna Filling   |
| <b>Dessert</b>  | Pear Crumble with Fresh Pouring Cream   | Slice of Traditional Flapjack   | Moist Chocolate and Beetroot Cake   | Raspberry and Lemon Crumble Cake  | Meringue Nest filled with Whipped Cream and Seasonal Fruit  |
| <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 2 <sup>nd</sup> May, 23 <sup>rd</sup> May, 20 <sup>th</sup> June and 11 <sup>th</sup> July  | <u>Monday</u>   | <u>Tuesday</u>   | <u>Wednesday</u>   | <u>Thursday</u>   | <u>Friday</u>  |
|---|---|--|--|---|--|
| <b>Soup and Bakery</b>  | Cream of Tomato Soup with Homemade Bread  | Pea and Mint Soup with Homemade Bread  | French Onion Soup with Homemade Bread  | Red Lentil with Homemade Bread  | Green Giant Soup with Homemade Bread   |
| <b>Home Comforts Main Meal Choice with Sides</b>  | Oven Baked Ratatouille Chicken served with Fusilli Pasta and Steamed Green Beans   | Chicken Shawarma with Red Cabbage, Khobez, Chilli Potato Wedges, Minted Yogurt and Cucumber Dressing and Smashed Hummus  | Roast Beef served with Horseradish Sauce, Yorkshire Pudding, Roasted Potatoes, Roasted Crushed Root Vegetables, Sauté Savoy Cabbage and Fresh Gravy  | Beef Bolognese finished with Roasted Cherry Tomatoes and Fresh Basil and served with Spaghetti, Garlic and Herb Bread, Pesto Dressing and Steamed Broccoli                                 | Chefs Special Homemade Pepperoni Pizza served with Chipped Potatoes and Garden Peas  |
| <b>Vegetarian Plant Based Main Meal Choice</b>  | Oven Baked Quorn Ratatouille served with Fusilli Pasta and Steamed Green Beans   | Halloumi Shawarma with Red Cabbage, Khobez, Chilli Potato Wedges, Minted Yogurt and Cucumber Dressing and Smashed Hummus   | Quorn Roast served with Roasted New Potatoes & Crushed Root Vegetables, Sauté Savoy Cabbage and Fresh Gravy  | Vegemince Bolognese served with Spaghetti, Garlic and Herb Bread, Pesto Dressing & Steamed Broccoli    | Chefs Special Homemade Margherita Pizza served with Chipped Potatoes and Garden Peas   |
| <b>Salad Market</b>    | Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers<br><br>Greek Salad and Coleslaw<br><br>Chicken, Cheddar, Quinoa and Mixed Leaves<br><br>Bread Roll & Butter Portion<br><br>Selection of Dressings and Grains | Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers<br><br>Bulgar Wheat Salad  and Coleslaw<br><br>Tuna or Ham, Wholemeal Cous Cous and Mixed Leaves<br><br>Bread Roll & Butter Portion<br><br>Selection of Dressings and Grains | Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers<br><br>Tomato, Red Onion and Lentil Salad  and Coleslaw<br><br>Chicken or Grated Cheddar, Puy Lentils and Mixed Leaves<br><br>Bread Roll & Butter Portion<br><br>Selection of Dressings and Grains | Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers<br><br>Potato and Chive Salad and Coleslaw<br><br>Mackerel or Boiled Eggs, Chick Peas and Mixed Leaves<br><br>Bread Roll & Butter Portion<br><br>Selection of Dressings and Grains | Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers<br><br>Black Bean and Quinoa Lime Salad  and Coleslaw<br><br>Ham or Grated Cheddar, Mixed Beans and Mixed Leaves<br><br>Bread Roll & Butter Portion<br><br>Selection of Dressings and Grains |
| <b>Refuel</b> <br><b>Selection of Daily Fresh Filled Rolls</b> | Jacket Potato with the following fillings: Baked Beans Grated Cheese<br><br>Selection of Filled Rolls with Ham, Cheese or Tuna Filling  | Jacket Potato with the following fillings: Baked Beans Grated Cheese<br><br>Selection of Filled Rolls with Ham, Cheese or Tuna Filling   | Jacket Potato with the following fillings: Baked Beans Grated Cheese<br><br>Selection of Filled Rolls with Ham, Cheese or Tuna Filling   | Jacket Potato with the following fillings: Baked Beans Grated Cheese<br><br>Selection of Filled Rolls with Ham, Cheese or Tuna Filling  | Jacket Potato with the following fillings: Baked Beans Grated Cheese<br><br>Selection of Filled Rolls with Ham, Cheese or Tuna Filling   |
| <b>Dessert</b>  | Mixed Fruit Crumble with Fresh Custard   | Eton Mess  | White Chocolate and Raspberry Blondie  | Slice of Chocolate Crispy Cake  | Square of Homemade Carrot Cake   |
| <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 3



| Week Commencing 9 <sup>th</sup> May, 6 <sup>th</sup> June and 27 <sup>th</sup> June   | <u>Monday</u>  | <u>Tuesday</u>  | <u>Wednesday</u>  | <u>Thursday</u>   | <u>Friday</u>  |
|---|--|---|---|---|--|
| <b>Soup and Bakery</b>  | Tomato Soup with Homemade Bread  | Roasted Sweet Potato Soup with Homemade Bread   | Creamed Sweetcorn Soup with Homemade Bread  | Carrot and Coriander Soup with Homemade Bread   | Minestrone Soup with Homemade Bread  |
| <b>Home Comforts Main Meal Choice</b>   | Oriental Chicken Chow Mein served with Wok Tossed Oriental Vegetables and a Vegetable Spring Roll  | 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, Roasted Potatoes, Roasted Root Vegetables, Red Cabbage and Fresh Gravy   | Chicken Korma served with Steamed Brown and White Rice,, Onion Bhaji and Poppadum's   | Chicken Fillet Burger served with Thin Fries, Red Slaw and Mixed Side Salad  |
| <b>Vegetarian Plant Based Main Meal Choice</b>  | Oriental Vegetable Chow Mein served with Wok Tossed Oriental Vegetables and a Vegetable Spring Roll  | Baked Vegetable Lasagne with Fresh Tomato and Herbs served with Seasoned Wedges, Fresh Mixed Leaf Salad and Steamed Sweetcorn   | BBQ Vegetable Skewers with Mexican Rice, Corn on the Cob and Green Salad  | Chickpea Curry served with Steamed Brown and White Rice, Onion Bhaji and Poppadum's   | Buttermilk Quorn Burger served with Thin Fries, Red Slaw and Mixed Side Salad  |
| <b>Salad Market</b>    | Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers<br><br>Roasted Pepper, Aubergine and Courgette Pasta Salad & Coleslaw<br><br>Chicken or Cheddar Cheese, Quinoa and Mixed Leaves<br><br>Bread Roll & Butter Portion<br><br>Selection of Dressings and Grains | Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers<br><br>Cucumber, Orange and Beetroot Salad  and Coleslaw<br><br>Tuna, Ham or Grated Cheddar, Wholemeal Cous Cous and Mixed Leaves<br><br>Bread Roll & Butter Portion<br><br>Selection of Dressings and Grains | Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers<br><br>Greek Salad & Coleslaw<br><br>Chicken or Grated Cheddar, Puy Lentils and Mixed Leaves<br><br>Bread Roll & Butter Portion<br><br>Selection of Dressings and Grains | Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers<br><br>Beetroot, Spinach and Soy Bean Salad<br>Freshly Made Coleslaw<br><br>Mackerel or Boiled Eggs, Chick Peas and Mixed Leaves<br><br>Bread Roll & Butter Portion<br><br>Selection of Dressings and Grains | Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers<br><br>Tomato, Red Onion & Green Lentil Salad  and Coleslaw<br><br>Ham or Grated Cheddar, Mixed Beans and Mixed Leaves<br><br>Bread Roll & Butter Portion<br><br>Selection of Dressings and Grains |
| <b>Refuel</b> <br><b>Selection of Daily Fresh Filled Rolls</b> | Jacket Potato with the following fillings:<br>Baked Beans<br>Grated Cheese<br><br>Selection of Filled Rolls with Ham, Cheese or Tuna Filling   | Jacket Potato with the following fillings:<br>Baked Beans<br>Grated Cheese<br><br>Selection of Filled Rolls with Ham, Cheese or Tuna Filling  | Jacket Potato with the following fillings:<br>Baked Beans<br>Grated Cheese<br><br>Selection of Filled Rolls with Ham, Cheese or Tuna Filling  | Jacket Potato with the following fillings:<br>Baked Beans<br>Grated Cheese<br><br>Selection of Filled Rolls with Ham, Cheese or Tuna Filling  | Jacket Potato with the following fillings:<br>Baked Beans<br>Grated Cheese<br><br>Selection of Filled Rolls with Ham, Cheese or Tuna Filling   |
| <b>Dessert</b>  | Duo of Melon    | Banoffee Pie  | Homemade Morello Cherry Cheesecake  | Slice of Rocky Road   | Orange Drizzle Cake  |
| <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  |