





Preparatory School Lunch Menu Week 1



Week Commencing : 5th and 26th September, 17th October, 21st November and 12th of December	Monday	Tuesday	Wednesday	Thursday	Friday
Soup and Bakery	Tomato and Basil Soup with Homemade Bread	Vegetable and Pasta Soup with Homemade Bread	Leek and Potato Soup with Homemade Bread	Sweet Potato and Carrot Soup with Homemade Bread	Cream of Mushroom Soup with Homemade Bread
Home Comforts Main Meal Choice with Sides	Traditional Full English Breakfast with Pork Sausage, Grilled Bacon, Scrambled Egg, Hash Browns, Mushrooms, Tomatoes and Baked Beans	Mediterranean Chicken Pasta Bake served with a Slice of Garlic Bread, Steamed Broccoli and Buttered Sweetcorn 	Roast Beef served with Horseradish Sauce, Yorkshire Pudding with Roasted New Potatoes, Parsley Carrot Batons, Green Beans and Fresh Gravy	Chicken and Sweetcorn Pie, Topped with Puff Pastry and served with Creamy Mashed Potatoes, Cauliflower Cheese, White Cabbage and Fresh Gravy	Breaded Cod Fillet served with a Lemon Wedge, Tartare Sauce, Chipped Potatoes, Baked Beans or Garden Peas
Vegetarian Plant Based Main Meal Choice with Sides	Traditional Full Vegetarian English Breakfast with Meat Free Sausage,, Scrambled Egg, Hash Browns, Mushrooms, Tomatoes and Baked Beans	Mediterranean Vegetable Pasta Bake served with a Slice of Garlic Bread, Steamed Broccoli and Buttered Sweetcorn 	Lentil Roast served with Roasted Potatoes, Parsley Carrot Batons, Green Beans and Fresh Gravy 	Vegetarian Cottage Pie, Topped with Creamy Mashed Potatoes, and served with Cauliflower Cheese, White Cabbage and Fresh Gravy	Falafel served in a Pitta Bread with Hoummus, Tzatziki and Leafy Salad and served with Chipped Potatoes
Salad Market 	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 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, Chicken 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 Cucumber, Orange and Beetroot 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 Tomato, Red Onion and Green Lentils  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 Bulgur Wheat Salad and Coleslaw  Ham, 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 or Tuna Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls with Assorted Fillings
Dessert	Duo of Fresh Melon 	Slice of Rocky Road	Traditional Apple Cake with Fresh Cream	Chocolate Brownie	Lemon Syrup Sponge 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

Preparatory School Lunch Menu Week 2



Week Commencing: 12 th September, 3 rd October, 7 th and 28 th of November	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Soup and Bakery	Cream of Tomato Soup with Homemade Bread	Green Giant Soup with Homemade Bread	Red Lentil with Homemade Bread	Pea and Mint with Homemade Bread	Vegetable Soup 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 Herb Bread, Pesto Dressing and Steamed Broccoli 	Turkey a la King with Fresh Mixed Peppers and served with Brown and White Rice and Garden Peas	Roast Gammon served with Sage and Onion Stuffing, Pineapple Compote, Roasted Potatoes, Roasted Crushed Root Vegetables, Sauté Savoy Cabbage and Fresh Gravy	Chicken Tikka Masala served with Pilau Rice, Poppadum, Mango Chutney and Vegetable Samosa 	Loaded Hot Dogs served with Skinny Fries, Corn on the Cob, Onion Rings and Red Slaw
Vegetarian Plant Based Main Meal Choice	Vegemince Bolognese served with Spaghetti, Garlic and Herb Bread, Pesto Dressing & Steamed Broccoli 	Quorn a la King with Fresh Mixed Peppers and served with Brown and White Rice and Garden Peas	Quorn Roast served with Roasted New Potatoes & Crushed Root Vegetables, Sauté Savoy Cabbage and Fresh Gravy	Chickpea and Vegetable Tikka Masala served with Pilau Rice, Poppadum, Mango Chutney and Vegetable Samosa 	Loaded Vegetarian Hot Dogs served with Skinny Fries, Corn on the Cob, Onion Rings and Red Slaw
Salad Market 	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Greek Salad and Coleslaw Ham, 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 Bulgar Wheat Salad and Coleslaw 	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Tomato, Red Onion and Lentil Salad and Coleslaw 	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Potato and Chive Salad and Coleslaw Mackerel, Grated Cheddar 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 Black Bean and Quinoa Lime Salad & Coleslaw 
Refuel  Selection of Daily Fresh Filled Rolls	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls with Assorted Fillings
Dessert	Mixed Fruit Crumble with Fresh Custard 	White Chocolate and Raspberry Blondie	Pineapple Upside Down Pudding and Fresh Custard	Sticky Toffee Pudding with Fresh Toffee Sauce	Slice of Cherry Flapjack
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 19 th September, 10 th October, 14 th November and 5 th of December	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Soup and Bakery	Creamed Sweetcorn Soup with Homemade Bread	Carrot and Coriander Soup with Homemade Bread	Fresh Tomato Soup with Homemade Bread	Minestrone Soup with Homemade Bread	Sweet Potato Soup with Homemade Bread
Home Comforts Main Meal Choice	Moroccan Inspired Chicken and Vegetable Tagine served with Cous Cous and Sweetcorn and Peas	Traditional Toad in the Hole served with Herby Diced Potatoes, Sliced Green Beans and Sliced Carrots and Fresh Gravy	Roast Chicken Breast served with Sage and Onion Stuffing, Roasted New Potatoes, Roasted Root Vegetables, Red Cabbage and Fresh Gravy	Baked Beef Lasagne with Fresh Tomato and Herbs served with Seasoned Wedges, Fresh Mixed Leaf Salad and Steamed Sweetcorn	Homemade Pepperoni Pizza served with Chipped Potatoes, Red Slaw and Mixed Side Salad
Vegetarian Plant Based Main Meal Choice	Moroccan Inspired Vegetable Tagine served with Cous Cous and Sweetcorn and Peas	Traditional Vegetarian Toad in the Hole served with Herby Diced Potatoes, Sliced Green Beans and Sliced Carrots and Fresh Gravy	Vegetarian Moussaka served with a Mixed Leaf Salad 	Baked Vegetable Lasagne with Fresh Tomato and Herbs served with Seasoned Wedges, Fresh Mixed Leaf Salad and Steamed Sweetcorn 	Homemade Margarita Pizza served with Chipped Potatoes, Red Slaw and Mixed Side Salad
Salad Market 	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Roasted Pepper, Aubergine and Courgette Pasta Salad & Coleslaw Ham 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 Cucumber, Orange and Beetroot Salad and Coleslaw  Tuna, Chicken 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 Greek Salad and Coleslaw Ham, Tuna 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, Cheddar Cheese 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 and 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 or Tuna Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls with Assorted Fillings
Dessert	Square of Retro Sprinkle 	Chocolate Chip Bread and Butter Pudding served with Fresh Custard	Assorted Cold Mousses	Apple and Cinnamon Pie served with Fresh Custard	Sugared Jam Doughnut
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