




Preparatory School Lunch Menu Week 1



Week Commencing : 4th and 25th September, 16th October , 20th November and 11th of December	Monday	Tuesday	Wednesday	Thursday	Friday
Soup and Bakery	French Onion Soup with Homemade Bread	Tomato and Basil 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	Quinton House School Brunch – Double Grilled Sausages, Grilled Bacon, Diced Oven Baked Potatoes, Grilled Half a Tomato and Baked Beans	Italian Chicken Pasta served with a Slice of Garlic Bread and a Mixed Leaf Seasonal Salad	Mexican Beef and Vegetable Burrito served with Oven Baked Seasoned Potato Wedges and Buttered Sweetcorn	Chicken and Sweetcorn Pie, Topped with Shortcrust Pastry and served with Crushed New Potatoes, Seasonal Fresh Vegetables and Fresh Gravy	Breaded Fishfingers served with a Lemon Wedge, Tartare Sauce, Chipped Potatoes, Baked Beans or Garden Peas
Vegetarian Plant Based Main Meal Choice with Sides	Quinton House School Vegetarian Brunch – Double Grilled Vegetarian Sausages,, Diced Oven Baked Potatoes, Grilled Half a Tomato, Mushrooms and Baked Beans	Traditional Mac and Cheese served with a Slice of Garlic Bread and a Mixed Leaf Seasonal Salad	Bean and Vegetable Burrito served with Oven Baked Seasoned Potato Wedges and Buttered Sweetcorn	Quorn and Sweetcorn Pie,, served with Crushed New Potatoes, Seasonal Fresh Vegetables and Fresh Gravy	Cheese Frittata served with Chipped Potatoes, Baked Beans or Garden Peas
Salad Market 	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Houmous and Crudities 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 Grated Carrot and Sultana 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 Lentil 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 Potato and Chive 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 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	Zesty Lemon Shortbread	Slice of Chocolate Tiffin	Traditional Apple Crumble with Fresh Custard	Chocolate Brownie	Slice of Fruited 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 2



Week Commencing: 11 th September, 2nd October, 6 th and 27 th of 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	Beef Bolognese finished with Roasted Cherry Tomatoes and Fresh Basil and served with Spaghetti, Garlic and Herb Bread, and Steamed Broccoli 	Chicken Tikka Masala served with Pilau Rice, Poppadum and Mango Chutney 	Roast Pork served with Sage and Onion Stuffing and Apple Sauce, Roasted Potatoes, Sliced Carrots and Peas and Fresh Gravy	Cottage Pie served with Seasonal Vegetables and Fresh Gravy	Chicken Wrap served with French Fried Potatoes and Mixed Leaf Salad
Vegetarian Plant Based Main Meal Choice	Vegemince Bolognese served with Spaghetti, Garlic and Herb Bread, Pesto Dressing & Steamed Broccoli 	Chickpea Tikka Masala served with Pilau Rice, Poppadum and Mango Chutney 	Quorn Roast served with Roasted Potatoes, Sliced Carrots and Peas and Fresh Gravy	Shepherdess Pie served with Seasonal Vegetables and Fresh Gravy	Halloumi Wrap served with French Fried Potatoes and Mixed Leaf Salad
Salad Market 	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 Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Bombay Potato Salad and Coleslaw  Chicken, Cheddar Cheese 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 Rice Salad and Coleslaw  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 Greek Salad and Coleslaw 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  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, 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	Banana Sponge Cake	Seasonal Fruit Meringue with Fresh Cream	Raspberry and Lemon Crumble Cake	Sticky Toffee Pudding with Fresh Toffee Sauce	Mini 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

Preparatory School Lunch Menu Week 3



Week Commencing 18 th September, 9 th October, 13 th November and 4 th of December	<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	Chicken and Oriental Stir Fry served with Egg Noodles and a Mini Pancake Roll 	Pork Sausages served with Mashed Potatoes, Peas and Sliced Carrots and Fresh Gravy	Baked Beef Lasagne with Fresh Tomato and Herbs served with Seasoned Wedges and Steamed Sweetcorn	BBQ Chicken Breast served with BBQ Sauce, Rice and Peas	Homemade Pepperoni Pizza served with Chipped Potatoes, Red Slaw and Mixed Side Salad
Vegetarian Plant Based Main Meal Choice	Oriental Vegetable Stir Fry served with Egg Noodles and a Mini Pancake Roll 	Quorn Vegetarian Sausages served with Mashed Potatoes, Peas and Sliced Carrots and Fresh Gravy	Vegetable Lasagne with Fresh Tomato and Herbs served with Seasoned Wedges and Steamed Sweetcorn	BBQ Quorn Pieces served with BBQ Sauce, Rice and Peas	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 Mixed Bean Salad and Coleslaw  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 Tuna and Sweetcorn Pasta 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, 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	Square of Retro Sprinkle Cake	Chocolate Chip Bread and Butter Pudding served with Fresh Custard	Slice of Lemon Drizzle Cake	Homemade Oat Cookie	Frosted Carrot Cake
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