



# Preparatory School Lunch Menu Week 1

Week Commencing 8 <sup>th</sup> of January, 29 <sup>th</sup> January, 26 <sup>th</sup> February and 18 <sup>th</sup> March	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Soup and Bakery</b>	Fresh Homemade Vegetable Soup served with Homemade Bread	Fresh Homemade Tomato and Basil served with Homemade Bread	Fresh Homemade Spicy Butternut Squash Soup served with Homemade Bread	Fresh Homemade Spring Vegetable Soup served with Homemade Bread	Fresh Homemade Potato and Leek Soup served with Homemade Bread
<b>Hero Dish Choice with Sides</b>	Cheesy Bacon Mac and Cheese served with a Slice of Garlic Bread and Baked Beans	Katsu Chicken Curry served with Steamed Rice, Katsu Curry Sauce and Sliced Green Beans	Toad in The Hole served with Mashed Potatoes, Glazed Carrots, Garden Peas and Fresh Gravy	Chilli Con Carne served with Steamed Rice, Crispy Tortilla Chips and Tomato Salsa	Chicken Wrap served with Chipped Potatoes, Sweetcorn and Mixed Salad
<b>Kitchen Garden Choice with Sides</b>	Cheesy Mac and Cheese served with a Slice of Garlic Bread and Baked Beans	Quorn Katsu Curry served with Steamed Rice, Katsu Curry Sauce and Sliced Green Beans	Vegetarian Toad in The Hole served with Mashed Potatoes, Glazed Carrots, Garden Peas and Fresh Gravy	Vegetable and Bean Chilli served with Steamed Rice, Crispy Tortilla Chips and Tomato Salsa	Southern Fried Quorn Dipper Wrap served with Chipped Potatoes, Sweetcorn and Mixed Salad
<b>Salad Market</b> 	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Pasta 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 Lentil Salad    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
<b>Refuel</b> 	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna
<b>Selection of Daily Fresh Filled Rolls</b>	Selection of Filled Rolls or Sandwiches or Wraps or Baguettes with Assorted Fillings	Selection of Filled Rolls or Sandwiches or Wraps or Baguettes with Assorted Fillings	Selection of Filled Rolls or Sandwiches or Wraps or Baguettes with Assorted Fillings	Selection of Filled Rolls or Sandwiches or Wraps or Baguettes with Assorted Fillings	Selection of Filled Rolls or Sandwiches or Wraps or Baguettes with Assorted Fillings
<b>Dessert</b>	Chocolate Sponge with Chocolate Sauce	Fruit Filled Meringue Nests	Apple and Pear Oatly Crumble with Fresh Custard	Slice of Glace Cherry Flapjack	Sliced of Frosted 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










QUINTON HOUSE SCHOOL



# Preparatory School Lunch Menu Week 2



Week Commencing 15 <sup>th</sup> January, 5 <sup>th</sup> February, 6 <sup>th</sup> March and 25 <sup>th</sup> March	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Soup and Bakery</b>	Fresh Homemade French Onion Soup served with Homemade Bread	Fresh Homemade Green Giant Soup served with Homemade Bread	Fresh Homemade Lentil Daal Soup served with Homemade Bread	Fresh Homemade Cream of Tomato Soup served with Homemade Bread	Fresh Homemade Roasted Root Vegetable Soup served with Homemade Bread
<b>Hero Dish Choice with Sides</b>	Italian Style Beef Bolognese served with Spaghetti, Garlic and Herb Bread, and Steamed Broccoli 	Buffalo Chicken Thigh served with Savoury Rice and Sweetcorn	Roast Gammon served with Roasted Potatoes, Roasted Parsnips, Seasonal Vegetables and Fresh Gravy	Chicken Rogan Josh served with Pilau Rice, Poppadum and Mango Chutney 	Homemade BBQ Chicken Pizza served with Chipped Potatoes, Garden Peas or Baked Beans
<b>Kitchen Garden Choice with Sides</b>	Italian Style Vegemince Bolognese served with Spaghetti, Garlic and Herb Bread and Steamed Broccoli 	Buffalo Quorn Pieces served with Savoury Rice and Sweetcorn	Sweet Potato and Chick Pea Roast served with Roasted Potatoes, Roasted Parsnips, Seasonal Vegetables and Fresh Gravy 	Roast Cauliflower and Chickpea Rogan Josh served with Pilau Rice, Poppadum, and Mango Chutney 	Homemade Margarita Pizza served with Chipped Potatoes, Garden peas or Baked Beans
<b>Salad Market</b> 	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Italian Leaves with Balsamic Dressing 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  Sweet Chilli Roasted Pepper Pasta 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  Tomato, Red Onion and Lentil 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  Potato and Chive 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  Mixed Bean Salad & Coleslaw   Ham or Grated Cheddar, Mixed Beans and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains
<b>Refuel</b>  <b>Selection of Daily Fresh Filled Rolls</b>	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls or Sandwiches or Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls or Sandwiches or Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls or Sandwiches or Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls or Sandwiches or Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls or Sandwiches or Wraps or Baguettes with Assorted Fillings
<b>Dessert</b>	Orange Shortbread	Syrup Sponge served with Fresh Custard	Chocolate Rice Crispy Slice	Jam and Coconut Sponge served with Fresh Custard	Assorted Home Baked Cookie
<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 22 <sup>nd</sup> of January, 12 <sup>th</sup> February and 11 <sup>th</sup> March	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Soup and Bakery</b>	Fresh Homemade Tomato Soup served with Homemade Bread	Fresh Homemade Spicy Chickpea and Coconut Soup served with Homemade Bread	Fresh Homemade Roasted Cauliflower Soup served with Homemade Bread	Fresh Homemade Vegetable Soup served with Homemade Bread	Fresh Homemade Tomato and Red Pepper Soup served with Homemade Bread
<b>Hero Dish Choice with Sides</b>	Pork Meatballs in a Fresh Tomato Sauce served with Penne Pasta, A Slice of Garlic Bread and Salad	Sliced BBQ Chicken Breast served with Oven Baked Jacket Wedge Potatoes and Peas and Sweetcorn	Savoury Minced Beef Pie served with Creamed Potatoes, Seasonal Vegetables and Fresh Gravy	Sweet and Sour Chicken with Oriental Vegetables served with Egg Fried Rice and a Mini Vegetable Pancake Roll	Prime Beef Burger served with Chipped Potatoes, Tomato Relish and Mixed Side Salad
<b>Kitchen Garden Choice with Sides</b>	Penne Pasta in a Fresh Tomato Sauce served with A Slice of Garlic Bread and Salad	BBQ Quorn Pieces served with Oven Baked Jacket Wedge Potatoes and Peas and Sweetcorn	Savoury Quorn Pie served with Creamed Potatoes, Seasonal Vegetables and Fresh Gravy	Sweet and Sour Quorn and Vegetables served with Egg Fried Rice and a Mini Vegetable Pancake roll	Homemade Bean Burger served with Chipped Potatoes, Tomato Relish and Mixed Side Salad
<b>Salad Market</b> 	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  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   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
<b>Refuel</b>  <b>Selection of Daily Fresh Filled Rolls</b> 	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls or Sandwiches or Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls or Sandwiches or Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls or Sandwiches or Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls or Sandwiches or Wraps or Baguettes with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls or Sandwiches or Wraps or Baguettes with Assorted Fillings
<b>Dessert</b>	Eve's Pudding served with Fresh Custard	Slice of Toffee Marble Cake	Cheesecake Slice	Raspberry and Lemon Crumble Cake	Chocolate Brownie Square
<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