






Preparatory School Lunch Menu Week 1

Week Commencing 22 nd April, 13 th May, 10 th June and 1 st July	Monday	Tuesday	Wednesday	Thursday	Friday
Soup and Bakery	Homemade French Onion Soup served with Homemade Bread	Homemade Tomato and Roasted Red Pepper Soup served with Homemade Bread	Homemade Potato and Watercress Soup served with Homemade Bread	Homemade Spiced Cauliflower Soup served with Homemade Bread	Homemade Carrot and Coriander Soup served with Homemade Bread
Hero Dish Choice with Sides GLUTEN FREE OPTIONS AVAILABLE—PLEASE ASK A MEMBER OF THE CATERING STAFF	Mac and Cheese served with Sliced Pepperoni Steamed Sweetcorn and Mixed Side Salad	Chicken Chow Mein served with Cocktail Spring Roll and Oriental Vegetables	Minced Beef Lasagne al Forno served with a Slice of Garlic Bread and a Mixed Leaf Salad	Chicken and Vegetable Korma served with Steamed Rice, Naan and Fresh Mango Chutney	Breaded Fish Finger Sandwich with Lettuce and Tartare Sauce, Chipped Potatoes and Garden Peas
Kitchen Garden Choice with Sides GLUTEN FREE OPTIONS AVAILABLE—PLEASE ASK A MEMBER OF THE CATERING STAFF	Mac and Cheese served with BBQ Jackfruit, Steamed Sweetcorn and Mixed Side Salad	Vegetable Chow Mein served with Cocktail Spring Roll and Oriental Vegetables	Mediterranean Vegetable Lasagne al Forno served with a Slice of Garlic Bread and a Mixed Leaf Salad	Spiced Vegetable Korma served with Steamed Rice, Naan and Fresh Mango Chutney	Breaded Halloumi Sandwich with Lettuce and Tartare Sauce, Chipped Potatoes and Garden Peas
Salad Market  GLUTEN FREE OPTIONS AVAILABLE—PLEASE ASK A MEMBER OF THE CATERING STAFF	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Traditional Greek Salad and Coleslaw Ham, Boiled Eggs, Cheddar and Mixed Leaves Bread Roll & Butter Portion Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Chicken Caesar 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 Potato and Chive 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 Bulgur Wheat 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/Sandwiches or Wraps GLUTEN FREE OPTIONS AVAILABLE—PLEASE ASK A MEMBER OF THE CATERING STAFF	 Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls or Sandwiches or Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls or Sandwiches or Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls or Sandwiches or Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls or Sandwiches or Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls or Sandwiches or Wraps with Assorted Fillings
Dessert	Slice of Orange Polenta Cake	Sticky Toffee Pudding with Fresh Toffee Sauce	Slice of Raspberry Ripple Arctic Roll	Oatie Cookie	Slice of Chocolate Tiffin
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 29 th April, 20 th May, 17 th June and 8 th July	Monday	Tuesday	Wednesday	Thursday	Friday
Soup and Bakery	Fresh Homemade Tomato Soup served with Homemade Bread	Homemade Carrot and Ginger Soup served with Homemade Bread	Homemade Pea and Mint Soup served with Homemade Bread	Homemade Italian Style Minestrone Soup served with Homemade Bread	Homemade Mushroom Soup served with Homemade Bread
Hero Dish Choice with Sides GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Oven Baked Chicken Pasta Bake served with a Ratatouille of Vegetables and a Slice of Garlic 	Homemade Sausage Roll served with Oven Baked Herby Diced Potatoes and Baked Beans	Roast Chicken served with Sage and onion Stuffing, Roasted New Potatoes, Roasted Crushed Root Vegetables, Peas and Fresh Gravy	Chilli Con Carne served with Mexican Rice, Taco Shells, Guacamole and Salsa	Chefs Special Homemade Pepperoni Pizza served with Chipped Potatoes and Steamed Sweetcorn
Kitchen Garden Choice with Sides GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Oven Baked Feta and Ratatouille Pasta Bake served with a Slice of Garlic Bread 	Individual Roasted Vegetable Quiche served with Oven Baked Herby Diced Potatoes and Baked Beans	Quorn Roast served with Roasted New Potatoes, Roasted Crushed Root Vegetables, Peas and Fresh Gravy	Bean and Vegetable Chilli served with Mexican Rice, Taco Shells, Guacamole and Salsa 	Chefs Special Homemade Margarita Pizza served with Chipped Potatoes and Steamed Sweetcorn
Salad Market GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF 	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Greek Salad and Coleslaw  Ham, Cheddar 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  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 Lettuce 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  Ham, 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 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/Sandwiches or Wraps GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls or Sandwiches or Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls or Sandwiches or Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls or Sandwiches or Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls or Sandwiches or Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls or Sandwiches or Wraps with Assorted Fillings
Dessert	Ice Cream Sundae	Banoffee Pie	Traditional Flapjack Slice	Mixed Fruit Oatley Crumble served with Fresh Custard	Freshly Baked Chocolate Chip Cookie
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 6 th May, 3 rd of June and 24 th of June	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Soup and Bakery	Homemade Vegetable Soup served with Homemade Bread	Homemade Mexican Bean Soup served with Homemade Bread	Homemade Butternut and Coriander Soup served with Homemade Bread	Homemade Sweet Potato Soup served with Homemade Bread	Homemade Cream of Tomato Soup served with Homemade Bread
Hero Dish Choice with Sides GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Tuna and Sweetcorn Pasta Bake served with Mixed Side Salad	BBQ Roasted Chicken served with Minted Baby New Potatoes and a Medley of Seasonal Vegetables	Beef Meatballs in a Fresh Tomato Sauce served with Seasoned Parmentier Potatoes and Poached Sweetcorn	Crispy Chicken Strips served with Steamed Rice, Mild Curry Sauce and Peas	Urban Style Hot Dogs served with Fries, Fried Onions and BBQ Baked Beans
Kitchen Garden Choice with Sides GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Pasta Penne in a Rich Tomato Sauce served with a Mixed Side Salad	Falafel in a Pitta Bread with Hummus served with Minted Baby New Potatoes and a Medley of Seasonal Vegetables	Veggie Meatballs in a Fresh Tomato Sauce served with Seasoned Parmentier Potatoes and Poached Sweetcorn	Quorn Dippers served with Steamed Rice, Mild Curry Sauce and Peas	Urban Style Vegetarian Hot Dogs served with Fries, Fried Onions and BBQ Baked Beans
Salad Market GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers Pesto Pasta Salad & Coleslaw Ham or Cheddar Cheese 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 & 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 Tuna Niçoise 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/Sandwiches or Wraps GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls or Sandwiches or Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls or Sandwiches or Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls or Sandwiches or Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls or Sandwiches or Wraps with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna Selection of Filled Rolls or Sandwiches or Wraps with Assorted Fillings
Dessert	Square of Retro Sponge Cake	Key Lime Pie	Rice Pudding served with Warmed Jam	Homemade Lemon Shortbread	White Chocolate and Raspberry Blondie
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