

PREP SCHOOL MENU



WEEK 1 MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

SOUP Chicken or Tomato Winter Vegetable Red Lentil Cream of Mushroom Broccoli

MAIN Penne Pasta / Spaghetti Pasta
Beef Bolognese Sauce
Cheese Sauce
Tomato & Basil Sauce
Garlic Bread / Garden Peas / Sweetcorn

Sweet Chilli Turkey
Steamed Rice
Baton Carrots / Sliced Green Beans

Roast Loin of Pork
Sage & Onion Stuffing
Home made Apple Sauce
Gravy
Roast Potatoes
Roast Root Vegetables
Saute Leeks

Breaded Chicken Mini Fillets
Gravy
Buttered New Potatoes
Green Beans
Cauliflower

Fish Fingers
Tomato Ketchup
Mini Battered Cod Fillet
Lemon Wedge
Chips / Peas / Baked Beans

VEGETARIAN Macaroni Cheese
Garlic Bread

Cheese & Tomato Quiche

Vegan Dippers BBQ Sauce

Quorn Sausage

BAKED POTATO Baked Potato
Grated Cheddar Cheese
Baked Beans
Tuna Mayonnaise

Baked Potato
Tuna Mayonnaise
Baked Beans

Baked Potato
Grated Cheese
Baked Beans

Baked Potato
Grated Cheese
Baked Beans

Baked Potato
Grated Cheese
Tuna Mayonnaise

COMPOSITE SALADS Rainbow Slaw
Watermelon & Peach Salsa

Rainbow Slaw
Pesto Pasta Salad with Feta & Olives

Rainbow Slaw
Nicoise Style Potato Salad

Rainbow Slaw
Tuna & Sweetcorn Pasta

Rainbow Slaw
Indian Carrot Salad

DESSERT Chocolate Brownie
Carrot & Apple Soft Oaty Bars
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

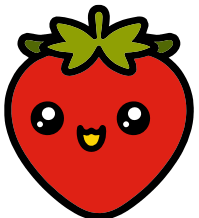
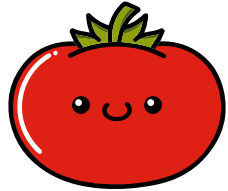
Banana Toffee Sponge
Jelly Pot
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

Apple Crumble & Custard
Trifle Pot
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

Blueberry Muffin
Strawberry Cheesecake Pot
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

Iced Vanilla Sponge
Angel Delight Pot
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

SALAD Mixed Leaves, Cucumber, Tomato, Grated Carrot, Sweetcorn, Beetroot, Sliced Peppers, Rainbow Coleslaw, Chefs Daily Salad



PREP SCHOOL MENU



WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

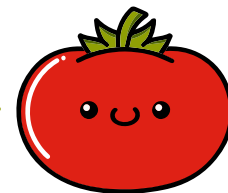
Chicken or Tomato

Broccoli

Creamy Sweetcorn

Leek & Potato

Tomato & Basil



MAIN

Sandwiches
Ham / Cheese / Tuna
Mayonnaise / Egg
Mayonnaise
Potato Wedges
Cucumber / Pepper / Carrot
Sticks

Beef Chilli
Steamed Rice
Tortilla Chips
Sliced Green Beans
Sweetcorn

Ham Chicken & Sweetcorn
Pie
Gravy
Garlic Roasted New
Potatoes
Carrots / Savoy Cabbage

Oven Baked Pork Sausage
Gravy
Baked Hash Browns
Saute Leeks
Broccoli Florets

Pepperoni Pizza
Chips
Garden Peas
Baked Beans



VEGETARIAN

Vegetable & Bean Chilli
Steamed Rice
Tortilla Chips

Mediterranean Vegetable
Lasagne
Garlic Bread

Tomato & Basil Pasta
Garlic Bread

Cheese & Tomato Pizza



BAKED POTATO

Baked Potato
Grated Cheese
Baked Beans

Baked Potato
Grated Cheese
Baked Beans

Baked Potato
Grated Cheese
Tuna Mayonnaise

Baked Potato
Grated Cheese
Baked Beans

COMPOSITE SALADS

Rainbow Slaw
Pesto Pasta Salad with
Cherry Tomatoes &
Mozzarella

Rainbow Slaw
Tuna & Sweetcorn Pasta
Salad

Rainbow Slaw
Herb Pesto Potato Salad

Rainbow Slaw
Watermelon & Cucumber
Salad

Rainbow Slaw
Greek Salad



DESSERT

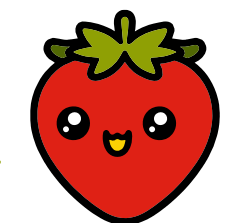
Carrot & Raisin Muffin
Mandarin Orange Jelly Pot
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

Honey & Lemon Sponge
Jelly Pot
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

Sticky Toffee Banana Muffin
Lemon Meringue Dessert
Pot
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

Chocolate & Orange
Brownie
Lime Cheesecake Pot
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

Chocolate Eclair
Angel Delight Pot
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt



SALAD

Mixed Leaves, Cucumber, Tomato, Grated Carrot, Sweetcorn, Beetroot, Sliced Peppers, Rainbow Coleslaw, Chefs Daily Salad

PREP SCHOOL MENU



WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

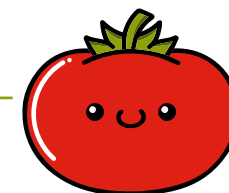
Chicken or Tomato

Tomato & Basil

Carrot & Coriander

Lentil Kale & Sweet
Potato

Cream of Vegetable



MAIN

Sandwiches
Ham / Cheese / Tuna
Mayonnaise / Egg
Mayonnaise
Potato Wedges
Cucumber / Pepper / Carrot
Sticks

Roast Turkey Breast
Sage & Onion Stuffing
Gravy
Mashed Potato
Country Veg Mix
Saute Leeks

Traditional Beef Lasagne
Garlic Bread
Broccoli / Roast Veg

Chicken Tikka
Steamed Rice
Mini Naan Bread
Peas
Honey Roast Butternut
Squash

Pork Meatballs BBQ Sauce
Noodles
Sweetcorn / Stir Fried
Vegetables



VEGETARIAN

Vegetable Crumble with
Sage & Onion Topping

Macaroni Cheese
Garlic Bread

Sweet Potato, Chick Pea &
Aubergine Channa Masala
Steamed Rice

Vegetable Mini Spring Rolls
BBQ Noodles

BAKED POTATO

Baked Potato
Grated Cheddar Cheese
Baked Beans

Baked Potato
Grated Cheddar Cheese
Tuna Mayonnaise

Baked Potato
Grated Cheddar Cheese
Baked Beans

Baked Potato
Grated Cheddar Cheese
Baked Beans



COMPOSITE SALADS

Rainbow Coleslaw
Tuna & Sweetcorn Pasta
Salad

Rainbow Coleslaw
Bombay Potato Salad with
Toasted Chickpeas

Rainbow Coleslaw
Caribbean Salad with Honey
& Lime Dressing

Rainbow Coleslaw
Pesto Pasta Salad

Rainbow Coleslaw
Caribbean Avocado Salad



DESSERT

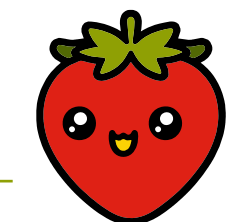
Lemon Drizzle Sponge &
Custard
Cheese & Biscuits
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

Raspberry Flapjack
Oreo Cheesecake Pot
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

Peach Crumble & Custard
Lemon Posset Pot
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

Victoria Sandwich Cake
Orange Jelly Pot
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

Jam Doughnut
Chocolate Muffin
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt



SALAD

Mixed Leaves, Cucumber, Tomato, Grated Carrot, Sweetcorn, Beetroot, Sliced Peppers, Rainbow Coleslaw, Chefs Daily Salads