

## PREP SCHOOL MENUS – Spring 2020

(Vg) denotes suitable for vegan & dairy free diets

WEEK 1	Monday (Meat free)	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Mac n cheese	Chicken korma	Fish fingers	Teriyaki chicken	Breaded cod fillet
<b>Veggie option</b>	Pasta with tomato & basil sauce	Sweet potato chick peas & spinach tikka	Quorn sausages	Giant vegetable spring roll	Omelette
<b>Side orders</b>	Garlic bread Rosemary roasted carrots Broccoli florets	Wholegrain rice Mini poppadum Mango chutney Diced roasted peppers	Mash potato Garden peas Baked beans	Special fried rice Stir-fried veg	Chipped potatoes Baked beans Garden peas
<b>Light lunch</b>	Jacket potato, baked beans cheese & homemade coleslaw	Jacket potato with various fillings	Tomato and basil soup with freshly baked baguette	Cheese & ham ciabatta melts (Please ask for plain cheese)	Pasta with tomato sauce (Vg) (g/f available on request)
<b>Daily</b>	<i>Pick &amp; mix salad bar, dried fruit, crudities and yogurts IN ADDITION every pupil is encouraged to enjoy a whole piece of fruit such as a banana, apple or satsuma</i>				
<b>Dessert</b>	Homemade flapjack	Lemon drizzle cake	Homemade shortbread biscuit	Homemade chocolate cake with chocolate sauce	Choc ice

*Allergen information is supplied but we ask any pupils with allergens to check with the catering team. Gluten free options also available on request*

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WEEK 2	Monday (Meat Free)	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Top your own cheese & tomato pizza	Homemade southern coated chicken goujons	Minced beef lasagne	Roast chicken	Chicken burger
<b>Veggie option</b>	Top your own vegan pizza made with gf base and vegan cheese (Vg/gf)	Southern coated halloumi	Moussaka (gf /dairy free)	Beef tomato stuffed with Mediterranean risotto	Spinach & falafel burger
<b>Side orders</b>	Sweetcorn Mixed leaf salad Homemade coleslaw	Herby roast potatoes Sweetcorn broccoli	Garlic bread Carrot crunches Cucumber sticks & mixed salad	Giant Yorkshire pudding Rosemary roasted carrots Cauliflower cheese	Chipped potatoes Baked beans Garden peas
<b>Light lunch</b>	Vegetable samosa (vg) Served with the above or choices from the salad bar	Pasta with tomato sauce (vg)	Leek and potato soup with freshly baked baguette	Jacket potato with various fillings and salad bar	Bacon baguette
<b>Daily</b>	<i>Pick &amp; mix salad bar, dried fruit, crudities and yogurts IN ADDITION every pupil is encouraged to enjoy a whole piece of fruit such as a banana, apple or satsuma</i>				
<b>Dessert</b>	Iced sponge	Chocolate rice crispy nests	Jam sponge and custard	Chocolate brownie	Chocolate or strawberry mousse

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