

PREP SCHOOL MENU

Week 1



| | <i>Meat Free Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|--------------------------|---------------------------------------------------|------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|---------------------|
| <i>Main - Meat</i> | Meat Free Monday | Chilli con carne, grated cheese | Roast of the day or oven baked sausages with gravy | Meatballs in a tomato and vegetable sauce | Oven baked cod |
| <i>Main - Vegetarian</i> | Vegetable and chickpea sauce, grated cheese | Vegetable and bean chilli, grated cheese | Lentil and roasted vegetable bake with vegetarian gravy | Quorn balls in a tomato and vegetable sauce | Vegetable burger |
| <i>Vegetables</i> | Peas Sweetcorn | Broccoli Green beans | Carrots Cauliflower | Green beans Mixed vegetables | Baked beans Peas |
| <i>Carbohydrates</i> | Pasta Garlic bread | Rice Tortilla chips | Roast potatoes Yorkshire pudding | Spaghetti | Chips |
| <i>Dessert</i> | Cheese and crackers | Banana muffin | Welsh cakes | Greek yogurt, honey and blueberries | Fruit pots |



Available every day: jacket potatoes with a variety of fillings
 (always including baked beans, cheese and tuna mayonnaise),
 salad cart and fresh fruit for dessert



PREP SCHOOL MENU

Week 2



| | <i>Meat Free Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|--------------------------|-----------------------------------------------------|-------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------|---------------------|
| <i>Main - Meat</i> | Meat Free Monday | Smokey bacon and tomato sauce | Roast of the day or oven baked sausages with Yorkshire pudding and gravy | Chicken breast in breadcrumbs with korma curry sauce | Beefburger |
| <i>Main - Vegetarian</i> | Wholewheat cheese, tomato and hidden broccoli pizza | Vegetable and lentil sauce | Quorn sausages with Yorkshire pudding and gravy | Butter beans and butternut squash with korma curry sauce | Falafel burger |
| <i>Vegetables</i> | Green beans Sweetcorn | Broccoli Mixed vegetables | Peas Carrots | Lettuce bowl Cucumber Carrot sticks Cauliflower | Baked beans Peas |
| <i>Carbohydrates</i> | Wholewheat spaghetti rings | Tagliatelle | Roast potatoes | Rice | Chips |
| <i>Dessert</i> | Cheese and crackers | Frozen yogurt | Welsh cakes | Blueberry muffin | Fruit pots |



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 (always including baked beans, cheese and tuna mayonnaise),
 salad cart and fresh fruit for dessert



PREP SCHOOL MENU

Week 3



| | <i>Meat Free Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|--------------------------|--------------------------------------------------------|-----------------------------------|-------------------------------------|-------------------------------------|---------------------|
| <i>Main - Meat</i> | Meat Free Monday | Chicken curry | Roast chicken with gravy | Beef bolognaise with grated cheese | Oven baked cod |
| <i>Main - Vegetarian</i> | Tomato, broccoli and butterbean sauce Grated cheese | Vegetable and bean curry | Quorn roast with gravy | Neapolitan sauce with grated cheese | Vegetable burger |
| <i>Vegetables</i> | Peas Mixed vegetables | Sweetcorn and roasted red peppers | Cauliflower Carrots | Broccoli Green beans | Baked beans Peas |
| <i>Carbohydrates</i> | Tricolour pasta Garlic bread | Rice Naan bread | Roast potatoes Yorkshire pudding | Spaghetti | Chips |
| <i>Dessert</i> | Welsh cakes | Frozen yogurt | Cheese and crackers | Homemade flapjack | Fruit pots |



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 salad cart and fresh fruit for dessert

