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| **Prep School Menu**Week 1 March 15th – 19th April 2024 |
| Monday 15th  | Tuesday 16th  | Wednesday 17th  | Thursday 18th  | Friday 19th  |
| **Tomato & Basil Soup served with Rustic Bread** | **Mint & Pea Soup served with Rustic Bread** |  **Sweetcorn Soup served with Rustic Bread** | **Carrot & Coriander Soup served with Rustic Bread** | **Green Vegetable Soup served with Rustic Bread** |
| **(V) Quorn Bolognaise**  | **(V) Katsu Aubergine Curry** | **(V) Vegetable Burger served with Garlic Mayo** | **(V) Halloumi, Peppers & Red Onions**  | **(V) Cheese Panini**  |
| **(H) (NH) Chunkey Beef Bolognaise**  | **(H) (NH) Katsu Chicken Curry** | **(H) (NH) Beef Burger served with Ketchup**  | **(H)(NH) Nando’s Style Lemon, Peri Peri Chicken with a Selection of Sauces**  | **Pepperoni Panini** **Breaded Pollock with Lemon Mayo** |
| **Garlic Focaccia****Mixed Vegetables****Coleslaw****Wholemeal Pasta** **Penne Pasta** | **Wholemeal Rice****Southeast Asian Vegetables****Chilli Sweetcorn**  | **Chunky Chips****Slaw****Mixed Carrots & Peas** | **Sweet Potato Wedges** **Spicy Brown Rice** **Macho Peas****Rainbow Slaw**  | **Fries** **Mushy Peas****Lemon Broccoli****Caramelised Carrots**  |
|  **Mixed Jacket – Tuna, Cheese, or Baked Beans** | **Pasta with Spinach & Cheddar Pesto**  | **Mixed Jacket – Tuna, Cheese, or Baked Beans** | **Pasta with Tomato Sauce & Cheese**  | **Mixed Jacket – Tuna, Cheese, or Baked Beans** |
| **Prep Salad Bar**  | **Prep Salad Bar** | **Prep Salad Bar**  | **Prep Salad Bar** | **Prep Salad Bar** |
| **Apricot & Sunflower Flap Jack****Vegan Jelly****Yoghurt Bar with Granola & Fruit** **Whole Fresh Fruit** | **Apple & Cherry Pie Served with Custard****Yoghurt Bar with Granola & Fruit****Whole Fresh Fruit** | **Beetroot Brownie****Yoghurt Bar with Granola & Fruit****Whole Fresh Fruit** |  **Pineapple & Syrup Sponge** **Yoghurt Bar with Granola & Fruit****Assorted Jelly Pots****Whole Fresh Fruit** | **Sweet Treat Friday****Yoghurt Bar with Granola & Fruit****Assorted Jelly Pots****Whole Fresh Fruit** |
| V = Vegetarian / H =Halal/ NH +Non-Halal If you suffer from a food allergy or intolerance, you are advised to consult with the Catering Manager |

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| **Prep School Menu**Week 2 April 22nd – 26th April 2024 |
| Monday 22nd  | Tuesday 23rd  | Wednesday 24th  | Thursday 25th  | Friday 26th  |
| **Tomato & Red Pepper Soup served with Rustic Bread** | **Carrot & Green Lentil Soup served with Rustic Bread** | **Sweet Potato & Chilli Soup served with Rustic Bread** | **Broccoli & Cheddar Soup served with Rustic Bread** | **Cream of Tomato Soup served with Rustic Bread** |
| **(V) Spinach, Chickpea & Paneer Curry**  | **(V) Sweet Chilli Vegetable Noodles,****Add Tofu or Thai Green Sauce**  | **(V)Onion Bhaji Burger**  | **(V) Mixed Bean & Chickpea Chilli**  | **Plant Based Sausages served with Mashed Potato** |
| **(H) (NH) Tandoori Chicken** | **(H)(NH) Build your own Noodle Bar, Lamb or Salmon** | **Southern Fried Chicken (H/NH)** | **Tex Mex Chilli Beef served with Nacho’s (H/NH)** | **Pork Sausage served with Mashed Potato****Halal Chicken Sausage** |
| **Mixed Rice’n’Peas****Oven Baked Broccoli** **Naan Bread** | **Pea****Stir fried Vegetables & Water chestnuts.** | **Fries** **Wok Fried Cabbage****Baked Beans** | **Corn on the Cob****Roasted Peppers & Courgettes**  | **Sauté Cabbage** **Carrots** **Bubble & Squeak** |
| **Pasta served with or without Tomato Sauce & Cheese**  | **Mixed Jackets – Tuna Mayo- Cheese or Baked Beans**  | **Pasta served with or without Tomato Sauce**  | **Mixed Jackets-Tuna Mayo, Cheese, or Baked Beans**  | **Mac & Cheese**  |
| **Prep Salad Bar**  | **Prep Salad Bar**  | **Prep Salad Bar** | **Prep Salad Bar** | **Prep Salad Bar** |
| **Chocolate & Blueberry Muffin****Fruit Pots****Vegan Jelly Pots****Whole Fresh Fruit** | **Apple Pie & Custard****Fruit Pots****Vegan Jelly Pots****Whole Fresh Fruit** | **Carrot Cake****Fruit Pots****Vegan Jelly Pots****Whole Fresh Fruit**  | **Syrup Sponge served with Custard.****Fresh Fruit Pots****Vegan Jelly Pots****Whole Fresh Fruit** | **Sweet Treat Friday** **Chocolate Sponge served with Chocolate Sauce****Fresh Fruit Pots** |
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| **Prep School Menu**Week 3 April 29th – 3rd May 2024 |
| Monday 29th | Tuesday 30th  | Wednesday 1st  | Thursday 2nd  | Friday 3rd  |
| **Tomato & Balsamic Soup served with Rustic Bread** | **Pea & Mint Soup served with Rustic Bread** | **Cream of Mushroom Soup served with Rustic Bread** | **Butternut Squash Soup served with Rustic Bread** | **Leek & Potato Soup served with Rustic Bread** |
| **(V) Sweet & Sour Vegetables** | **(V) Roasted Med Veg Lasagne** | **(V) Cheese & Tomato Pizza served with Salad** | **(V) Woodland Mushroom & Lentil Wellington** |  **Quorn Nuggets served with Curry Sauce**  |
| **(H) (NH) Sweet & Sour Chicken Drumstick** | **(H (NH))Beef Lasagne** | **(NH) Pepperoni Pizza served with Salad.** | **(H)(NH) Roast Turkey served with Stuffing.** |  **Fish Fingers with Lemon Mayo** |
| **Basmati Rice****Lemon Pepper Corn on the Cob****Charred Flat Bread** | **Garlic Focaccia** **Mixed Vegetables****Coleslaw** **Peas**  | **Chips****Garlic Mushrooms** **Broccoli** | **Roasties** **Cauliflower Cheese** **Sauté Cabbage & Carrots**  | **Lemon New Potatoes****Garden Peas & Sweetcorn** |
| **Pasta served with or without Tomato Sauce & Cheese**  | **Mixed Jackets with Tuna Mayo – Cheese or Baked Beans** | **Pasta served with or without Tomato Sauce & Cheese**  | **Mixed Jackets with Tuna Mayo – Cheese or Baked Beans** | **Pasta served with or without Tomato Sauce & Cheese**  |
| **Prep Salad Bar** | **Prep Salad Bar** | **Prep Salad Bar**  | **Prep Salad Bar** | **Prep Salad Bar**  |
| **Victoria Sponge** **Fruit Pots****Assorted Jelly Pots****Whole Fresh Fruit** | **Pear & Berry Granola Crumble****Fruit Pots****Assorted Jelly Pots****Whole Fresh Fruit** | **Eton Mess****Fruit Pots** **Assorted Jelly Pots****Whole Fresh Fruit** | **Rhubarb & Raspberry Crumble served with Custard.** **Fruit Pots****Assorted Jelly Pots**  | **Sweet Treat Friday****Fruit Pots****Assorted Jelly Pots****Whole Fresh Fruit** |
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