

Prep School Menu

Week 1 March 17th – 21st March 2025

Tuesdays are Student Choices

Monday 17 th	Tuesday 18 th	Wednesday 19 th	Thursday 20 th	Friday 21 st
Tomato Soup served with Rustic Bread	Leek & Potato Soup served with Rustic Bread	Roasted Sweet Potato & Butternut Squash Soup served with Rustic Bread	Carrot & Crème Fresh Soup served with Rustic Bread	Tomato Soup served with Rustic Bread
(V) Roasted Rainbow, Chickpea, Peppers, Courgettes & Red Onion with a Tomato & Garlic Sauce	Burrito Bowl Non – Meat Balls Grilled Mushroom, Fajita Vegetables	(V) Creamy Vegetable Pie	(V) Bean & Peppers & Red Onion Pot	(V) Cheese Panini
(H) (NH) Mushroom & Pea Carbonara with Smoked Salmon (on the side)	Chilli Beef	(H) (NH) Steak & Vegetable Pie	(H)(NH) Chicken Fajita with a Wholemeal Pitta	Pepperoni Panini
Garlic Bread or Bread Sticks Mixed Vegetables Wholemeal Pasta Farfalle Pasta Bows	Steamed Rice Black Pinto Beans Corn Salsa, Pickled Red Onions Tomato, Onion & Diced Pepper Jalapeño, Sour Cream & Cheese	Chunky Chips Baked Beans	Cheese Spicy Brown Rice Macho Peas Rainbow Slaw Guacamole	Baked Jacket Wedges Lemon Broccoli Caramelised Carrots
Mixed Jacket – Tuna, Cheese, or Baked Beans	Mixed Jacket – Tuna, Cheese, or Baked Beans	Pasta with Tomato Sauce & Cheese	Mixed Jacket – Tuna, Cheese, or Baked Beans	Pasta with Tomato Sauce & Cheese
Prep Salad Bar	Prep Salad Bar	Prep Salad Bar	Prep Salad Bar	Prep Salad Bar
Cranberry & Pumpkin Seed Flap Jack Vegan Jelly Yoghurt Bar with Granola & Fruit Whole Fresh Fruit	Carrot Cake Vegan Jelly Yoghurt Bar with Granola & Fruit Whole Fresh Fruit	Beetroot Brownie Yoghurt Bar with Granola & Fruit Whole Fresh Fruit	Fruity Shortbread Yoghurt Bar with Granola & Fruit Assorted Jelly Pots Whole Fresh Fruit	Friday Treats 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

Prep School Menu

Week 2 - March 24th – 28th March 2025

Tuesdays are Student Choice

Monday 24 th	Tuesday 25 th	Wednesday 26 th	Thursday 27 th	Friday 28 th
Tomato & Red Pepper Soup served with Rustic Bread	Broccoli & Cheddar Soup served with Rustic Bread	Cream of Mushroom Soup served with Rustic Bread	Broccoli & Cheddar Soup served with Rustic Bread	Cream of Tomato Soup served with Rustic Bread
(V) Spinach, Chickpea & Sweet Potato Curry	Vegetable Hot Pot served with Crusty Bread	(V) Onion Bhaji Burger topped with Cheese	(V) Mixed Bean Chilli Pot	Quorn Sausage served with Mashed Potato & Gravy
(H) (NH) Chicken Tikka	Beef Hot Pot served with Crusty Bread	Butter Milk Korean Chicken (H/NH)	Beef Chilli (H/NH)	Halal Chicken Sausage or Pork Sausage
Mixed Rice'n'Peas (Red Kidney Beans) Oven Baked Broccoli Stir fried Cabbage Naan Bread	Wok Fried Greens Honey Roasted Parsnips	Fries Garden Peas Baked Beans	Corn on the Cob Roasted Peppers & Courgettes Steamed Rice	Mashed Potato Heritage Carrots Garden Peas
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
Blueberry & Lemon Slice Fruit Pots Vegan Jelly Pots Whole Fresh Fruit	Churros Fruit Pots Vegan Jelly Pots Whole Fresh Fruit	Carrot Cake Fruit Pots Vegan Jelly Pots Whole Fresh Fruit	Banana & Toffee Sponge Fresh Fruit Pots Vegan Jelly Pots Whole Fresh Fruit	Chocolate Sponge served with Chocolate Sauce Fresh Fruit Pots

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Prep School Menu

Week 3 March 31st – 4th April 2025

Tuesdays are Student Choices

Monday 31 st	Tuesday 1 st	Wednesday 2 nd	Thursday 3 rd	Friday 4 th
Tomato & Balsamic Soup served with Rustic Bread	Leek & Potato Soup served with Rustic Bread	Lentil Soup served with Rustic Bread	Sweet Potato & Chill Soup served with Rustic Bread	Tomato Soup served with Rustic Bread
(V) Pesto Roasted Vegetables served with Parmesan Style Cheese Or Tomato Pasta	(V) Aubergine, Chickpea & Courgette Katsu Curry	(V) Cheese & Tomato Pizza served with Salad	(V) Woodland Mushroom & Lentil Wellington	Quorn Nuggets served with Curry Sauce
(H) (NH) Pork & Beef Meat Balls served with Parmesan Style Cheese	(H (NH))Katsu Chicken Curry	(NH) Pepperoni Pizza served with Salad.	(H)(NH) Roast Turkey served with Stuffing	Fish Fingers with Lemon Mayo
Italian Salad Lemon Pepper Corn on the Cob Garlic Bread	Steamed Basmati Rice Stir Fried Vegetables Japanese Salad	Chips Broccoli Corn on the Cob Salad Bar	Roasties Cauliflower Cheese Sauté Cabbage & Carrots	Rosemary Potato & Sweet Potato Garden Peas Baked Beans
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	Mixed Jackets with Tuna Mayo – Cheese or Baked Beans
Prep Salad Bar	Prep Salad Bar	Prep Salad Bar	Prep Salad Bar	Prep Salad Bar
Lemon & Poppy Seed Slice Fruit Pots Assorted Jelly Pots Whole Fresh Fruit	Pancakes with Berries Fruit Pots Assorted Jelly Pots Whole Fresh Fruit	Banoffee Pots Fruit Pots Assorted Jelly Pots Whole Fresh Fruit	Raspberry & White Chocolate Sponge served with Custard. Fruit Pots Assorted Jelly Pots	Sweet Treat Friday Fruit Pots Assorted Jelly Pots Whole Fresh Fruit

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