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| **Prep School Menu**Week 1 October 30th – 4th October 2024Tuesdays are Student Choices |
| Monday 30th  | Tuesday 1st  | Wednesday 2nd  | Thursday 3rd  | Friday 4th  |
| **Tomato Soup served with Rustic Bread** | **Thai Green Vegetable 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**  | **(V) Cauliflower & Chickpea Curry**  | **(V) Vegetable Burger served with Garlic Mayo** | **(V) Halloumi, Peppers & Red Onions**  | **(V) Cheese Panini**  |
| **(H) (NH) Mushroom & Pea Carbonara with Smoked Salmon (on the side)**  | **(H) (NH) Lamb Curry served with Bombay Potatoes** | **(H) (NH) Beef Burger served with Ketchup**  | **(H)(NH) Chicken Fajita with a Selection of Sauces**  | **Pepperoni Panini** **Breaded Pollock with Lemon Mayo** |
| **Garlic Bread or Bread Sticks****Mixed Vegetables****Wholemeal Pasta** **Farfalle Pasta Bows** | **Wholemeal Rice****Broccoli** **Kachumber Salad** **Naan Bread** | **Chunky Chips****Baked Beans****Sweetcorn** | **Wholemeal Pitta Bread****Spicy Brown Rice** **Macho Peas****Rainbow Slaw**  | **Baked Jacket Wedges****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** |
| **Cranberry & Pumpkin Seed Flap Jack****Vegan Jelly****Yoghurt Bar with Granola & Fruit** **Whole Fresh Fruit** | **Vanilla Ice Cream topped with Fruit Coulis****Yoghurt Bar with Granola & Fruit****Whole Fresh Fruit** | **Beetroot Brownie****Yoghurt Bar with Granola & Fruit****Whole Fresh Fruit** | **Papaya Shortbread** **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 October 7th – 11th October 2024Tuesdays are Student Choices  |
| Monday 7th  | Tuesday 8th  | Wednesday 9th  | Thursday 10th  | Friday 11th  |
| **Tomato & Red Pepper Soup served with Rustic Bread** | **Carrot & Green Lentil 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**  | **(V) Sweet Chilli Vegetable Noodles,****Add Tofu or Thai Green Sauce**  | **(V)Onion Bhaji Burger topped with Cheese** | **(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** | **Butter Milk Chicken Burger (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** **Stir fried Cabbage****Naan Bread** | **Pea****Stir fried Vegetables & Water chestnuts.** | **Fries** **Wok Fried Cabbage****Baked Beans** | **Corn on the Cob****Roasted Peppers & Courgettes**  | **Sauté Cabbage** **Carrots**  |
| **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** | **Waffles & Berries****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** | **Sweet Treat****Chocolate Sponge served with Chocolate Sauce****Fresh Fruit Pots** |
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| **Prep School Menu**Week 3 October 14th – 18th October 2024Tuesdays are Student Choices  |
| Monday 14th  | Tuesday 15th  | Wednesday 16th  | Thursday 17th  | Friday 18th  |
| **Tomato & Balsamic Soup served with Rustic Bread** | **Lentil Soup served with Rustic Bread** | **Potato & Spinach Soup served with Rustic Bread** | **Spicy Chickpea Soup served with Rustic Bread** | **Tomato Soup served with Rustic Bread** |
| **(V) Pesto Roasted Vegetables served with Parmesan Style Cheese**  | **(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) Beef Bolognaise served with Parmesan Style Cheese**  | **(H (NH))Katsu Chicken Curry** | **(NH) Pepperoni Pizza served with Salad.** | **(H)(NH) Roast Pork served with Apple Sauce** |  **Fish Fingers with Lemon Mayo** |
| **Italian Salad** **Lemon Pepper Corn on the Cob****Bread Sticks** | **Steamed Basmati Rice** **Stir Fried Vegetables** **Japanese Salad** | **Chips****Broccoli****Sautee Leeks & Peppers****Salad Bar** | **Roasties** **Cauliflower Cheese** **Sauté Cabbage & Carrots**  | **Rosemary Sweet Potatoes****Garden Peas** **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** | **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** | **Pancakes with Berries** **Fruit Pots****Assorted Jelly Pots****Whole Fresh Fruit** | **Trifle Pots****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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