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| **Prep School Menu**  Week 1 October 30th – 4th October 2024  Tuesdays 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 2024  Tuesdays 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 2024  Tuesdays 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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