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| **Prep School Menu**  Week 1 January 27th – 31st January 2025  Tuesdays are Student Choices | | | | |
| Monday 27th | Tuesday 28th | Wednesday 29th | Thursday 30th | Friday 31st |
| **Tomato Soup  served with Rustic Bread** | **Chinese New Year Menu** | **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) Creamy Vegetable Pie** | **(V) Bean & Peppers & Red Onion Pot** | **(V) Cheese Panini** |
| **(H) (NH) Mushroom & Pea Carbonara with Smoked Salmon (on the side)** |  | **(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** | **Chinese New Year**  **Menu** | **Chunky Chips**  **Baked Beans**  **Garden Pea** | **Cheese**  **Spicy Brown Rice**  **Macho Peas**  **Rainbow Slaw**  **Guacamole** | **Baked Jacket Wedges**  **Mushy Peas**  **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** | **Chinese 5 Spice 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 | | | | |

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| **Prep School Menu**  Week 2 - February 3rd – 7th February 2025  Tuesdays are Student Choice | | | | |
| Monday 3rd | Tuesday 4th | Wednesday 5th | Thursday 6th | Friday 7th |
| **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 February 10th – 14th February 2025  Tuesdays are Student Choices | | | | |
| Monday 10th | Tuesday 11th | Wednesday 12th | Thursday 13th | Friday 14th |
| **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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