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| **Prep School Menu**Week 1 January 6th – 10th January 2025Tuesdays are Student Choices |
| Monday 6th  | Tuesday 7th  | Wednesday 8th  | Thursday 9th  | Friday 10th  |
| **Inset Day**  | **Tomato Soup served with Rustic Bread** |  **Roasted Sweet Potato & Butternut Squash Soup served with Rustic Bread** | **Carrot & Crème Fresh Soup served with Rustic Bread** | **Entrance Exam 2025** |
| **School Closed**  | **(V) Roasted Rainbow, Chickpea, Peppers, Courgettes & Red Onion with a Tomato & Garlic Sauce**  | **(V) Creamy Vegetable Pie**  | **(V) Bean & Peppers & Red Onion Pot**  | **School Closed**  |
|  | **(H) (NH) Mushroom & Pea Carbonara with Smoked Salmon (on the side)**  | **(H) (NH) Steak & Vegetable Pie**  | **(H)(NH) Chicken Fajita with a Wholemeal Pitta** |  |
|  | **Garlic Bread or Bread Sticks****Mixed Vegetables****Wholemeal Pasta** **Farfalle Pasta Bows** | **Chunky Chips****Baked Beans****Garden Pea** | **Cheese** **Spicy Brown Rice** **Macho Peas****Rainbow Slaw** **Guacamole**  |  |
|  |  **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** |  |
|  | **Cranberry & Pumpkin Seed Flap Jack****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** |  |
| 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 - January 13th – 17th January 2025Tuesdays are Student Choice  |
| Monday 13th  | Tuesday 14th  | Wednesday 15th  | Thursday 16th  | Friday 17th  |
| **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 January 20th – 24th January 2025Tuesdays are Student Choices - Wednesday 22nd Pop up Theme Day |
| Monday 20th  | Tuesday 21st  | Wednesday 22nd  | Thursday 23rd  | Friday 24th  |
| **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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