PREP SCHOOL

| Week 2 - Lunch | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Morning Break | Whole Fruit | Cookies | Strawberry Sponge | Croissants | Doughnut |
| Crudités | Carrot, Cucumber, Pepper | Carrot, Cucumber, Pepper | Carrot, Cucumber, Pepper | Carrot, Cucumber, Pepper | Carrot, Cucumber, Pepper |
| Homemade Soup | Homemade Soup of the Day served with Croutons, Handmade Bread, Seeds | Homemade Soup of the Day served with Croutons, Handmade Bread, Seeds | Homemade Soup of the Day served with Croutons, Handmade Bread, Seeds | Homemade Soup of the Day served with Croutons, Handmade Bread, Seeds | Homemade Soup of the Day served with Croutons, Handmade Bread, Seeds |
| Jacket Potato | Jacket Potato and Cheese | Jacket Potato and Cheese | Jacket Potato and Baked Beans | Jacket Potato and Cheese | Jacket Potato and Baked Beans |
| Main Course 1 | Classic British Beef Burger served with Sauteed Onions in a Soft Bun | Red Tractor Chicken Tikka Masala with Homemade Indian Onion Bhajis | Deconstructed Cheddar and Bacon Sauce served with Macaroni and Garlic Bread | Roast Traditional Honey Glazed Gammon Ham with all the trimmings | MSC Battered Pollack or 100\% Cod <br> Fish Fingers served with Lemon Wedges, Tomato Ketchup, Flavoured Mayo |
| Main Course 2 | Mildly Spiced Mexican Chicken Fajitas served with Crunchy Nachos, Sour Cream, Sauteed Vegetables | Indian-originated Beef Biryani served with Mango and Coriander Salad | Vegetable and Bean Chilli served with Steamed Rice and Fresh Tortillas | Proper English Cottage Pie with a Root Vegetable infused Mash | Tandoori Spiced Chicken served with Tzatziki and Mini Naan bread |
| Main Course 3 | Roasted Vegetable and Homemade Falafel Burger served with a Roasted Pepper and Feta Dip-(Pasta and Tomato sauce available) | Simple Cherry Tomato Spaghetti finished with Parmesan | Quorn, Lentil and Vegetable Bolognaise served with Steamed Rice and Fresh Tortillas | Sweet Potato and Greek Feta Tart with Roasted Tomato Sauce | Creamy Mac ' $n$ ' Cheese with Stir fried Leeks and Cherry Tomatoes |
| On the Side | Oven Chips, Sweetcorn Kernels, Roasted Tomatoes and Onions | Pilau Rice, Naan Bread Shards and Indian Spiced Greens | Cauliflower, Leeks, Chunky Carrots | Rosemary Roasted Potatoes, Medley of Vegetables | Skinny Fries, Baked Beans and Garden Peas |
| Dessert | Apple and Seasonal Blackberry Crumble and Custard | A Refreshing Orange and Blossom Honey Cake | Duo of Iced Sprinkle Cakes | Oven Baked Treacle Sponge and Custard | British Creamy Rice Pudding served with a Strawberry Sauce |
| Cold Dessert | Selection of Cold Desserts | Selection of Cold Desserts | Selection of Cold Desserts | Selection of Cold Desserts | Selection of Cold Desserts |
| Every Day | Freshly Cut and Whole Fruit Selection, Yoghurts, Fruit Jelly | Freshly Cut and Whole Fruit Selection, Yoghurts, Fruit Jelly | Freshly Cut and Whole Fruit Selection, Yoghurts, Fruit Jelly | Freshly Cut and Whole Fruit Selection, Yoghurts, Fruit Jelly | Freshly Cut and Whole Fruit Selection, Yoghurts, Fruit Jelly |

