PREP SCHOOL



BROMSGROVE

FLAIR DISCIPLINE ACADEMIC RIGOUR

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 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