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| **Prep School Menu**Week 1 September 25th – 29th September 2023 |
| Monday 25th  | Tuesday 26th  | Wednesday 27th  | Thursday 28th  | Friday 29th  |
| **Tomato & Basil Soup served with Rustic Bread** | **Mint & Pea Soup served with Rustic Bread** |  **Sweetcorn Soup served with Rustic Bread** | **Carrot & Coriander Soup served with Rustic Bread** | **Green Vegetable Soup served with Rustic Bread** |
| **(V) Quorn Bolognaise**  | **(V) Katsu Aubergine Curry** |  **(V) Grilled Thempe** | **(V) Pulled Jackfruit**  | **(V) Mixed Bean Fritters** |
| **(H) (NH) Chunkey Beef Bolognaise**  | **(H) (NH) Katsu Chicken Curry** | **(H) (NH) Slow Cooked Beef Brisket** | **(H)(NH) Nando’s Style Lemon, Peri Peri Chicken with a Selection of Sauces**  | **Breaded Pollock with Lemon Mayo** |
| **Garlic Focaccia****Mixed Vegetables****Coleslaw****Wholemeal Pasta** **Penne Pasta** | **Wholemeal Rice****Southeast Asian Vegetables****Chilli Sweetcorn**  | **Roasties****Steamed Greens** **Mixed Carrots & Parsley****Tear & Share Yorkshire Puddings** | **Sweet Potato Wedges** **Spicy Brown Rice** **Macho Peas****Rainbow Slaw**  | **Fries** **Mushy Peas****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** |
| **Apricot & Sunflower Flap Jack****Vegan Jelly****Yoghurt Bar with Granola & Fruit** **Whole Fresh Fruit** | **Apple & Cherry Pie Served with Custard****Yoghurt Bar with Granola & Fruit****Whole Fresh Fruit** | **Beetroot Brownie****Yoghurt Bar with Granola & Fruit****Whole Fresh Fruit** |  **Pineapple & Syrup Sponge** **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** |
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| **Prep School Menu**Week 2 October 2nd – 6th October 2023 |
| Monday 2nd  | Tuesday 3rd  | Wednesday 4th  | Thursday 5th  | Friday 6th  |
| **Tomato & Red Pepper Soup served with Rustic Bread** | **Carrot & Green Lentil Soup served with Rustic Bread** | **Cream of Cauliflower Soup served with Rustic Bread** | **Broccoli & Lancashire Cheddar Soup served with Rustic Bread** | **Sweet Potato & Chilli Soup served with Rustic Bread** |
| **(V) Spinach, Chickpea & Paneer Curry**  | **(V) Mixed Bean & Jackfruit Bao Buns**  | **(V) Vegan Sausage served with Mashed Potato** |  **Mixed Bean & Chickpea Chilli** | **(V) Onion Bhaji Burger** |
| **(H) (NH) Chicken Korma** | **(H)(NH) Indonesian Pulled Brisket Bao Bun** |  **(NH) Sausage served with Mashed Potato (Chicken or Pork)** | **Tex Mex Beef Chilli Bake with Nacho’s**  | **(H] (NH) Fried Chicken Burger**  |
| **Mixed Rice’n’Peas****Oven Baked Broccoli** **Naan Bread** | **Pea****Stir fried Vegetables & Water chestnuts.****Bombay New Potatoes**  | **Lyonnaise Potatoes****Mixed Greens****Steamed Cauliflower** | **Corn on the Cob****Oven Baked Cajun Wedges****Roasted Pepper & Courgettes** | **Fries** **Wok Fried Hispy Cabbage** **BBQ Baked Beans** |
| **Pasta served with or without Tomato Sauce & Cheese**  | **Mixed Jackets – Tuna Mayo- Cheese or Baked Beans**  | **Pasta served with or without Tomato Sauce & Cheese**  | **Mixed Jackets – Tuna Mayo- Cheese or Baked Beans**  | **Manc & Cheese**  |
| **Prep Salad Bar**  | **Prep Salad Bar**  | **Prep Salad Bar** | **Prep Salad Bar**  | **Prep Salad Bar** |
| **Chocolate & Blueberry Muffin****Fruit Pots****Vegan Jelly Pots****Whole Fresh Fruit** | **Eves Pudding****Fruit Pots****Vegan Jelly Pots****Whole Fresh Fruit** | **Carrot Cake****Fruit Pots****Assorted Jelly Pots****Whole Fresh Fruit** |  **Syrup Sponge & Caramel Custard****Fruit Pots****Assorted Jelly Pots****Whole Fresh Fruit** | **Sweet Treat Friday****Fruit Pots****Assorted Jelly Pots****Whole Fresh Fruit** |
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| **Prep School Menu**Week 3 October 9th – 13th October 2023 |
| Monday 9th | Tuesday 10th  | Wednesday 11th  | Thursday 12th  | Friday 13th  |
| **Tomato & Balsamic Soup served with Rustic Bread** | **Pea & Mint Soup served with Rustic Bread** | **Cream of Mushroom Soup served with Rustic Bread** | **Roasted Butternut Squash & Chilli Soup served with Rustic Bread** | **Leek & Potato Soup served with Rustic Bread** |
| **(V) Sweet Chilli Quorn & Vegetables** | **(V) Mixed Vegetable & Quorn Lasagne** | **(V) Woodland Mushroom & Lentil Wellington** |  **Ciabatta Cheese & Tomato Pizza served with Salad Bar** |  **Pollock & Mackerel Fish Cakes with Lemon Mayo** |
| **(H) (NH) Sweet Chilli Chicken**  | **(H (NH))Beef Lasagne** | **(H)(NH) Roast Turkey served with Stuffing.** | **Pepperoni Ciabatta Pasta**  |  **Glamorgan Sausage**  |
| **Basmati Rice****Lemon Pepper Corn on the Cob****Charred Flat Bread** | **Garlic Focaccia** **Mixed Vegetables****Coleslaw** **Peas**  | **Roasties** **Cauliflower Cheese** **Sauté Cabbage & Carrots**  | **Skinny Fries****Tender Stem Broccoli****Garlic Mushrooms** | **Lemon New Potatoes****Garden Peas & Sweetcorn** |
| **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** | **Pear & Berry Granola Crumble****Fruit Pots****Assorted Jelly Pots****Whole Fresh Fruit** | **Eton Mess****Fruit Pots** **Assorted Jelly Pots****Whole Fresh Fruit** | **Chocolate Cake****Fruit Pots****Assorted Jelly Pots****Whole Fresh Fruit** | **Sweet Treat Friday****Fruit Pots****Assorted Jelly Pots****Whole Fresh Fruit** |
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