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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** |
| 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 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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