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| **Prep School Menu**  Week 1 March 15th – 19th April 2024 | | | | |
| Monday 15th | Tuesday 16th | Wednesday 17th | Thursday 18th | Friday 19th |
| **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) Vegetable Burger served with Garlic Mayo** | **(V) Halloumi, Peppers & Red Onions** | **(V) Cheese Panini** |
| **(H) (NH) Chunkey Beef Bolognaise** | **(H) (NH) Katsu Chicken Curry** | **(H) (NH) Beef Burger served with Ketchup** | **(H)(NH) Nando’s Style Lemon, Peri Peri Chicken with a Selection of Sauces** | **Pepperoni Panini**  **Breaded Pollock with Lemon Mayo** |
| **Garlic Focaccia**  **Mixed Vegetables**  **Coleslaw**  **Wholemeal Pasta**  **Penne Pasta** | **Wholemeal Rice**  **Southeast Asian Vegetables**  **Chilli Sweetcorn** | **Chunky Chips**  **Slaw**  **Mixed Carrots & Peas** | **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 April 22nd – 26th April 2024 | | | | |
| Monday 22nd | Tuesday 23rd | Wednesday 24th | Thursday 25th | Friday 26th |
| **Tomato & Red Pepper Soup  served with  Rustic Bread** | **Carrot & Green Lentil Soup served with Rustic Bread** | **Sweet Potato & Chilli Soup served with Rustic Bread** | **Broccoli & Cheddar Soup served with Rustic Bread** | **Cream of Tomato Soup served with Rustic Bread** |
| **(V) Spinach, Chickpea & Paneer Curry** | **(V) Sweet Chilli Vegetable Noodles,**  **Add Tofu or Thai Green Sauce** | **(V)Onion Bhaji Burger** | **(V) Mixed Bean & Chickpea Chilli** | **Plant Based Sausages served with Mashed Potato** |
| **(H) (NH) Tandoori Chicken** | **(H)(NH) Build your own Noodle Bar, Lamb or Salmon** | **Southern Fried Chicken (H/NH)** | **Tex Mex Chilli Beef served with Nacho’s (H/NH)** | **Pork Sausage served with Mashed Potato**  **Halal Chicken Sausage** |
| **Mixed Rice’n’Peas**  **Oven Baked Broccoli**  **Naan Bread** | **Pea**  **Stir fried Vegetables & Water chestnuts.** | **Fries**  **Wok Fried Cabbage**  **Baked Beans** | **Corn on the Cob**  **Roasted Peppers & Courgettes** | **Sauté Cabbage**  **Carrots**  **Bubble & Squeak** |
| **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** |
| **Chocolate & Blueberry Muffin**  **Fruit Pots**  **Vegan Jelly Pots**  **Whole Fresh Fruit** | **Apple Pie & Custard**  **Fruit Pots**  **Vegan Jelly Pots**  **Whole Fresh Fruit** | **Carrot Cake**  **Fruit Pots**  **Vegan Jelly Pots**  **Whole Fresh Fruit** | **Syrup Sponge served with Custard.**  **Fresh Fruit Pots**  **Vegan Jelly Pots**  **Whole Fresh Fruit** | **Sweet Treat Friday**  **Chocolate Sponge served with Chocolate Sauce**  **Fresh Fruit Pots** |
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| **Prep School Menu**  Week 3 April 29th – 3rd May 2024 | | | | |
| Monday 29th | Tuesday 30th | Wednesday 1st | Thursday 2nd | Friday 3rd |
| **Tomato & Balsamic Soup  served with  Rustic Bread** | **Pea & Mint Soup served with Rustic Bread** | **Cream of Mushroom Soup served with Rustic Bread** | **Butternut Squash Soup served with Rustic Bread** | **Leek & Potato Soup served with Rustic Bread** |
| **(V) Sweet & Sour Vegetables** | **(V) Roasted Med Veg Lasagne** | **(V) Cheese & Tomato Pizza served with Salad** | **(V) Woodland Mushroom & Lentil Wellington** | **Quorn Nuggets served with Curry Sauce** |
| **(H) (NH) Sweet & Sour Chicken Drumstick** | **(H (NH))Beef Lasagne** | **(NH) Pepperoni Pizza served with Salad.** | **(H)(NH) Roast Turkey served with Stuffing.** | **Fish Fingers with Lemon Mayo** |
| **Basmati Rice**  **Lemon Pepper Corn on the Cob**  **Charred Flat Bread** | **Garlic Focaccia**  **Mixed Vegetables**  **Coleslaw**  **Peas** | **Chips**  **Garlic Mushrooms**  **Broccoli** | **Roasties**  **Cauliflower Cheese**  **Sauté Cabbage & Carrots** | **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** | **Rhubarb & Raspberry Crumble served with Custard.**  **Fruit Pots**  **Assorted Jelly Pots** | **Sweet Treat Friday**  **Fruit Pots**  **Assorted Jelly Pots**  **Whole Fresh Fruit** |
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