



Prep School Menu – Spring /Summer 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Pork & Leek Sausages	BBQ Chicken Thigh	Roast Beef, Yorkshire Pudding	Meatballs in Tomato Sauce	Fish Fingers
	Glamorgan Sausages (V)	Lentil & Vegetable Ragu (V)	Butternut, Cream Cheese & Spinach Puff (V)	Harissa-roast Vegetable Pita (V)	Spinach & Filo Pie (V)
	Mash, Broccoli, Sweetcorn	Rice, Green Beans	Roast Potatoes, Carrots, Cabbage	Potato Wedges, Cauliflower	Fries, Baked Beans, Peas
	Jacket Potato & Fillings	Pasta Bar	Jacket Potato & Fillings	Pasta Bar	Hot Dog
	Rainbow Cake, Custard	Raspberry Slice	Chocolate Chip Muffin	Blackberry & Apple Crumble & Custard	Ice Cream
Week 2	Teriyaki Salmon Noodles	Sweet Chilli Chicken Thigh	Roast Pork with stuffing	Cottage Pie	Chicken Nuggets
	Asparagus Pasta (V)	Red Pepper & Red Onion Quiche (V)	Sweet Potato, Vegetable & Halloumi Traybake (V)	Butternut Squash & Bean Rice	Cheese Panini
	Broccoli, Stir-fried Vegetables	Potato Wedges, Sweetcorn, Green Beans	Roast Potatoes, Mixed Vegetables	Sweetcorn, Carrots	Fries
	Jacket Potato & Fillings	Pasta Bar	Jacket Potato & Fillings	Pasta Bar	Peas, Baked Beans
	Apricot Crumble & Custard	Fruit Cheesecake	Raspberry & White Chocolate Muffin	Chocolate Brownie	Ice Lolly
Week 3	Mild Chili Con Carne	Cajun Pork, Sweetcorn Salsa	Herb-roasted Chicken	Sausage & Mash	Fish Fingers
	Loaded Sweet Potatoes with Cheese (V)	Baked Gnocchi (V)	Broccoli Pasta Bake	Pasta & Tomato Sauce	Houmous & Vegetable Wrap
	Green Beans, Sweetcorn & Peppers	New Potatoes, Broccoli	Roast Potatoes, Carrots & Greens	Mash, Mixed Vegetables	Fries
	Jacket Potato & Fillings	Pasta Bar	Jacket Potato & Fillings	Pasta Bar	Baked Beans, Peas
	Chocolate Fudge Cake, Chocolate Sauce	Cherry Crumble & Custard	Lemon Muffin	Chocolate Chip Flapjack	Ice Cream or Fruit Jelly

Fresh fruit, yoghurts, salad bar, breadbasket available daily.
Additional main course items and sandwich selection are also available.