



PREP SCHOOL

Week 1

MONDAY

'Meatball Monday'
Moroccan beef meatballs

Pesto pasta with roasted butternut & parmesan 

Herb cous cous, broccoli, baton carrots

Pasta bar: tomato & basil sauce

Apple & raspberry crumble with custard

THURSDAY

'Around the world in curry days':
Balinese chicken curry, tomato chutney, naan bread

Vegetable tagine 

Kale basmati rice, cauliflower and sweetcorn

Pasta bar: tomato & basil sauce

Lemon drizzle cake

TUESDAY

Chicken lasagne, garlic bread

Vegetable moussaka 

Cauliflower, mixed vegetables & mixed green salad

Baked potatoes & baked sweet potatoes with a selection of fillings

Creamy rice pudding with mandarins

FRIDAY

Classic fish finger sandwich on malted bloomer bread or fish goujons

Black bean Mexican casserole, tortilla chips 


Chunky chips, tartare sauce, peas, baked beans

French dogs – pork sausage in French bread

Fruit trifle or fruit jelly

WEDNESDAY

Gammon steak, apple 'cider' sauce & apple chutney

Harvest traybake with roast vegetables, halloumi & sunflower seeds 

Colcannon mash, carrots, green beans

Baked potatoes & baked sweet potatoes with a selection of fillings

Chocolate chip muffin

**Bursar
favourite**

Fresh fruit, yoghurts, salad bar, bread basket, selection of ready-made sandwiches & wraps available daily



Homemade soup available every day, made from perfectly good surplus vegetables & ingredients that might otherwise go to waste



PREP SCHOOL

Week 2



MONDAY

‘Winter warmers’
Sausage casserole

Vegetarian bangers on smashed
vegetable bake v

Mash, carrots, peas

Baked potatoes & baked sweet
potatoes with a selection of fillings

Orange drizzle cake with custard

THURSDAY

‘Winter warmers’
Farringtons recipe cottage pie

Creamy mushroom, leek &
butterbean pie v

New potatoes, kale, country
vegetable mix

Pasta bar: tomato & basil sauce

Rocky road cake

TUESDAY

Teriyaki salmon with egg noodles

Sticky honey-glazed roots with goats
cheese v

Mixed leaf salad, whole green beans,
sweetcorn

Pasta bar with beef bolognese and
tomato & basil sauce

Eccles cake tart

FRIDAY

Fajita Friday with chicken

Halloumi & fajita-spiced vegetable
wrap v

Skin-on fries, peas, corn cobs,
coleslaw

Plant-based meatball marinara sub

Doughnut day



**Pupil
favourite**

WEDNESDAY

Chicken arrabbiata pasta, garlic
bread

Stuffed butternut squash v

Chunky carrots, sautéed cabbage

Baked jacket & sweet potatoes

Double chocolate muffin



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PREP SCHOOL

Week 3



MONDAY

'Meatball Monday'
Teriyaki pork meatballs

Vegetable & wild rice tabbouleh 


Egg noodles, stir-fried vegetables,
sweetcorn

Baked potatoes & baked sweet
potatoes with a selection of fillings

Apricot & oat crumble & custard

THURSDAY

'Around the world in curry days':
Sweet & mild beef curry, coriander
relish

Vegetable roti wrap minted
cucumber yoghurt 

Steamed rice, Indian-spiced greens,
cauliflower

Pasta bar: tomato & basil sauce

Poached apples & pears & custard or
cream

TUESDAY

Theme day Tuesday

Menu to follow on the website. Look
out for our exciting, themed menus
coming up every third Tuesday

Pasta bar: tomato & basil sauce

Theme day Tuesday dessert

FRIDAY

Chip Shop Friday!
Fish goujons

Winter vegetable hot pot 

Skin-on fries, curry sauce, pickled
onions, tartare sauce, mushy peas,
baked beans

Margarita pizza slice

Chocolate krispie cake

WEDNESDAY

Italian-style turkey steak with herb
jus

Tomato, chilli & garlic linguine 

New potatoes, broccoli florets,
baby carrots

Baked potatoes & baked sweet
potatoes with a selection of fillings

Crepes & sauces

Fresh fruit, yoghurts, salad bar, bread basket,
selection of ready-made sandwiches & wraps
available daily



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PREP SCHOOL

Week 4



MONDAY

Rigatoni pork & beef bolognese

Vegetable cobbler v

Herb cous cous, green beans, sweetcorn

Baked potatoes & baked sweet potatoes with a selection of fillings

Chocolate sponge, chocolate sauce

THURSDAY

Crispy pork steak, sticky hoisin glaze

Thai vegetable curry v

Noodles, stir-fried vegetables, cabbage

Pasta bar: tomato & basil sauce

Gypsy tart

TUESDAY

BBQ chicken roti wrap

Sweet & sour vegetable rice bowl v

Rice & peas, plantain, Jamaican steamed cabbage

Pasta bar: tomato & basil sauce

Chocolate brownie, doughnuts & Pastel de Nata (Portuguese tart)

FRIDAY

Cottage pie

Vegan cottage pie v

Peas & baked beans

Baked jacket potatoes

Chocolate mousse pots

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WEDNESDAY

Rigatoni pork & beef bolognese

Roast beetroot, root vegetable & feta tart v

Baked potatoes & baked sweet potatoes with a selection of fillings

Raspberry & blueberry cheesecake



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