

Prep School Summer Menu

WEEK 1

MONDAY

Pork & apple sausages, red onion gravy

Summer vegetable pasta bake (V)

Crushed new potatoes, braised red cabbage, peas & carrots

Baked potatoes & baked sweet potatoes with a selection of fillings

Iced rainbow cake

TUESDAY

Lamb kofta, flatbread, minted yogurt & tomato & chilli relish

Loaded vegetable pitta bread with salad & hummus (V)

Potato wedges, Persian salad, sweetcorn & peppers

Pasta bar: tomato & basil sauce

Rice pudding with summer compote & toppings

WEDNESDAY

Roast beef, thick beef gravy

Mushroom bourguignon pithivier (V)

Yorkshire pudding, roasted new potatoes, sautéed spring greens & chunky carrots

Baked potatoes & baked sweet potatoes with a selection of fillings

Cherry & coconut muffin

THURSDAY

Chicken tikka biryani with minted yogurt

Vegetable tikka with cauliflower rice & minted yogurt (V)

Red onion, tomato, carrot & cucumber salad with lemon, aubergine, pickle, mint yogurt, sautéed green vegetable

Pasta bar: tomato & basil sauce

Apple crumble & custard

FRIDAY

'Chip shop Friday': Battered fish fillet

Cherry tomato & mozzarella tart (V)

Chunky chips, baked beans, garden peas, pickled onions, tartare sauce

Bratwurst dogs in brioche bun with crispy onions & relish

Ice cream & mini doughnut

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



Prep School Summer Menu

WEEK 2

MONDAY

Beef meatballs with spaghetti & tomato & basil sauce

Cheese & asparagus puff (V)

Spaghetti, new potatoes, summer mixed vegetables

Baked potatoes & baked sweet potatoes with a selection of fillings

Pineapple & coconut crumble with custard

TUESDAY

BBQ chicken thigh with rainbow slaw & steamed rice

Caribbean vegetable curry (V)

Nando-style macho peas, spiced rice, broccoli

Pasta bar: tomato & basil sauce

Chocolate flapjack

WEDNESDAY

Summer roast gammon with apricot chutney

Creamy chestnut mushroom risotto (V)

Steamed potatoes, chunky carrots, sautéed cabbage

Baked potatoes & baked sweet potatoes with a selection of fillings

Raspberry & white chocolate muffin

THURSDAY

Quiche lorraine & quiche selection

Mac 'n' cheese with a vegetable crisp topping (V)

Croquette potatoes, sautéed mixed vegetables, green beans

Pasta bar: tomato & basil sauce

Farringtons fabulous fruity cheesecake

FRIDAY

Chicken fajitas with sour cream, guacamole & salsa

Halloumi traybake, roasted vegetables & new potatoes (V)

Wedges (sweet & regular), iceberg & lemon salad & sweetcorn

Giant vegetable samosa with sweet chilli sauce or minted yogurt

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



Prep School Summer Menu

WEEK 3

MONDAY

Lincolnshire sausage summer traybake with peppers & onions

Plant-based vegan kofta,
Persian salad & pitta (V)

Mash, green beans with toasted breadcrumbs, cauliflower

Baked potatoes & baked sweet potatoes with a selection of fillings

Cherry crumble with custard

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

WEDNESDAY

Roast turkey with roasted vegetables & grapes

Creamy gnocchi with spinach & squash (V)

Roast new potatoes, roasted mixed vegetables, petit pois

Baked potatoes & baked sweet potatoes with a selection of fillings

Lemon muffin

THURSDAY

Chicken korma with steamed rice

Nut free tofu & vegetable satay (V)

Vegetable pad Thai noodles, Thai crackers, stir-fried sugar snaps, pak choi & baby corn

Pasta bar: tomato & basil sauce

Banoffee pie

FRIDAY

BBQ chicken burgers

Plant based burger with vegan smoked applewood cheese (V)

Chips, creamy coleslaw, garden peas, burger sauce, sweet chilli sauce

Beef burger with cheese

Oreo chocolate mouse

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



Prep School Summer Menu

WEEK 4

MONDAY

Mexican-style chicken meatball
chilli con carne

Vegetable, lentil & bean chilli
(V)

Steamed rice, cauliflower,
whole green beans

Pasta bar: tomato & basil sauce

Chocolate jaffa cake sponge
with custard

TUESDAY

Pork & beef lasagne

Summer vegetable lasagne with
peppers, aubergine &
courgettes (V)

Garlic bread, mixed green
garden salad, tomato & basil
salad, sweetcorn

Baked potatoes & baked sweet
potatoes with a selection of
fillings

Key lime pie

WEDNESDAY

Roast chicken thigh with thick
chicken gravy

Spinach & ricotta cannelloni (V)

Yorkshire pudding, roast
potatoes, carrots, broccoli

Pasta bar: tomato & basil sauce

Blueberry muffin

THURSDAY

Caribbean fish risotto,
Caribbean salad with honey &
lime

Chinese vegetable rice bowl (V)

Sautéed green vegetables, fried
plantain

Baked potatoes & baked sweet
potatoes with a selection of
fillings

Chocolate brownie

FRIDAY

Chicken nuggets

Tomato, pepper & feta frittata (V)

Skinny fries, baked beans, garden peas, creamy coleslaw

Panini selection

Icy lolly

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

