

# PREP SCHOOL Neek

### 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

Potato wedges, Persian salad, sweetcorn & peppers

Pasta bar: tomato & basil sauce

Rice pudding with summer compote & toppings

> Pupil favourite

### 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**

'Around the world in curry days': 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

lce cream & mini doughnut





# PREP SCHOOL Week 2

**Pupil** favourite

### MONDAY

'Meatball 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

### **THURSDAY**

Quiche lorraine & quiche selection

Mac 'n' cheese with a vegetable crisp topping /

Croquette potatoes, sautéed mixed vegetables, green beans

Pasta bar: tomato & basil sauce

Farringtons fabulous fruity cheesecake

### **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

### **FRIDAY**

Chicken fajitas with sour cream, guacamole & salsa

Halloumi traybake, roasted vegetables & new potatoes



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

Giant vegetable samosa with sweet chilli sauce or minted yogurt

Pancakes with toppings and sauces

## WEDNESDAY

Summer roast gammon with apricot chutney

Creamy chestnut mushroom risotto



Steamed potatoes, chunky carrots, sautéed cabbage

Baked potatoes & baked sweet potatoes with a selection of fillings

Raspberry & white chocolate muffin





# PREP SCHOOL Week 3

### MONDAY

Lincolnshire sausage summer traybake with peppers & onions

Plant-based vegan kofta, Persian salad & pitta



Mash, green beans with toasted breadcrumbs, cauliflower

Baked potatoes & baked sweet potatoes with a selection of fillings

Cherry crumble with custard

### **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

### **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**



'BBQ shack': BBQ chicken burgers

Plant based burger with vegan \_\_\_\_ smoked applewood cheese



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

Beef burger with cheese

Oreo chocolate mouse

# WEDNESDAY

Roast turkey with roasted vegetables & grapes

Creamy gnocchi with spinach & v squash



Roast new potatoes, roasted mixed vegetables, petit pois

Baked potatoes & baked sweet potatoes with a selection of fillings

Lemon muffin





# PREP SCHOOL 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

# **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

### TUESDAY

Pork & beef lasagne

Summer vegetable lasagne with peppers, aubergine & courgettes



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

Baked potatoes & baked sweet potatoes with a selection of fillings

Key lime pie

# **FRIDAY**

Chicken nuggets

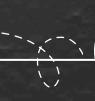
Tomato, pepper & feta frittata V



Skinny fries, baked beans, garden peas, creamy coleslaw

Panini selection

Icy lolly ◀---



favourite

# WEDNESDAY

Roast chicken leg with thick chicken gravy

Spinach & ricotta cannelloni v



Yorkshire pudding, roast potatoes, carrots, broccoli

Pasta bar: tomato & basil sauce

Blueberry muffin

