

PREP SCHOOL - WEEK 1

20TH APRIL, 18TH MAY, 15TH JUNE, 29TH JUNE, 7TH SEPTEMBER & 5TH OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP	Do not miss our soup, made daily using surplus vegetables that may otherwise go to waste				
MAINS	Meatball Monday: Mild chilli con carne meatballs with nacho chips, guacamole & sour cream (D)	Salmon & vegetable rice (F)	Honey-roast gammon, honey & apple chutney	★ Chicken katsu curry with vegetable pickles (G, So)	Battered pollock, fish fingers and tartare sauce (E, G, F)
VEGGIE MAINS	Summer vegetable tostada (G, D)	Mac 'n' cheese with a selection of toppings (G, D)	Baked ratatouille with cheddar crumb (D)	Udon vegetable noodle bowl	Summer vegetable quiche (E, G, D)
SIDES	Rice, broccoli & mixed vegetables	Green beans & sweetcorn	Roast new potatoes, sautéed cabbage & carrots	Jasmine rice, stir-fried mixed vegetables	Skin on fries, garden peas, baked beans
ENERGY BOOSTERS	50/50 Pasta, tomato & basil sauce (May contain: G, Mu, So)	Baked potatoes & baked sweet potatoes with a selection of fillings	Baked potatoes & baked sweet potatoes with a selection of fillings	50/50 Pasta, tomato & basil sauce (May contain: G, Mu, So)	Assorted paninis (G, D)
PUDDING	Oaty cherry crumble with custard (G, D)	Rainbow cake and custard (G, E, D)	Raspberry & white chocolate muffin (G, D, E So)	Key lime pie (G, D, So)	Ice cream pots (D, So)

Every day: Salad bar, fresh fruit, yogurt, bread and ready-made wraps/sandwiches. Our Catering Team make a vegan version of the veggie main - every day. Gluten-free & dairy free versions are also available for all mains.

ALLERGEN INFO

Ce = Celery
Cr = Crustacean
E = Eggs

G = Cereals containing gluten
L = Lupin

F = Fish

D = Dairy
Mo = Molluscs
Mu = Mustard

N = Nuts
P = Peanuts
Se = Sesame seeds

So = Soya
Su = Sulphur dioxide
★ = Favourite

PREP SCHOOL - WEEK 2

27TH APRIL, 22ND JUNE, 14TH SEPTEMBER & 12TH OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP	Do not miss our soup, made daily using surplus vegetables that may otherwise go to waste				
MAINS	Pasta Bolognese with garlic bread (G)	Thai turkey stir-fry with rice noodles	Roast chicken thighs	Lamb kofte, pitta bread, minted yoghurt & pickled cabbage (G, D, Su)	★ Chicken nuggets (G, Ce)
VEGGIE MAINS	Roast vegetable & feta cheese tart (G, D)	Pitta bread with roasted vegetables (G)	Roast vegetables, cherry tomatoes, chickpeas & pesto, smashed new potatoes	Honey & sesame vegetable and halloumi scramble (D, Se)	Sweet potato chilli nachos (D)
SIDES	Creamy mash, peas, sweetcorn (D)	Broccoli, summer mixed vegetables	Roast potatoes, cabbage, cauliflower & carrots	Skin on potato wedges, sauteed greens, Shirazi salad	Skin on fries, BBQ beans, peas, creamy coleslaw
ENERGY BOOSTERS	Baked potatoes & baked sweet potatoes with a selection of fillings	50/50 Pasta, tomato & basil sauce (May contain: G, Mu, So)	Baked potatoes & baked sweet potatoes with a selection of fillings	50/50 Pasta, tomato & basil sauce (May contain: G, Mu, So)	French bread pizza (G, D)
PUDDING	Chocolate sponge, chocolate sauce (G, D So)	Pineapple, oat & coconut crumble & custard (G, D)	Lemon and poppy seed muffin (G, E)	Banoffee with an oaty base (G, D)	Organic ice lollies

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PREP SCHOOL - WEEK 3

4TH MAY, 1ST JUNE, 29TH JUNE & 21ST SEPTEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP	Do not miss our soup, made daily using surplus vegetables that may otherwise go to waste				
MAINS	Pork & leek sausages (G)	Theme day Tuesday Watch out to see what is coming next!	Roast beef brisket, beefy thick gravy & Yorkshire pudding (G, D)	Lamb keema curry (D)	★ BBQ chicken
VEGGIE MAINS	Vegetable rosti		Summer vegetable & pesto tart (G, D)	Korma vegetable & coconut curry	Tam's free from burger, sweet chilli sauce & salad (G)
SIDES	Creamy mash, sauteed carrots & cabbage (D)		Roast potatoes, peas, cauliflower & carrots	Turmeric rice, mini poppadum, tomato & onion salad, mixed vegetables (G)	Skin on fries, sweetcorn, broccoli, rainbow slaw with seeds (E)
ENERGY BOOSTERS	Baked potatoes & baked sweet potatoes with a selection of fillings	50/50 Pasta, tomato & basil sauce (May contain: G, Mu, So)	Baked potatoes & baked sweet potatoes with a selection of fillings	50/50 Pasta, tomato & basil sauce (May contain: G, Mu, So)	Porky hot dogs & crispy onions in wholemeal baguette (G)
PUDDING	Oaty apple crumble, custard (G, D)	Themed pudding	Banana zucchini muffin (G, E)	Lindy's fabulous fresh fruit cheesecake pots (G, D)	Chocolate crispy flake cakes (G, So)

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PREP SCHOOL - WEEK 4

11TH MAY, 8TH JUNE & 28TH SEPTEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP	Do not miss our soup, made daily using surplus vegetables that may otherwise go to waste				
MAINS	Jollof rice with chicken thighs	Lamb & mint sausages, rosemary gravy (G)	Roast pulled pork sliders, apple sauce (G)	Pork & beef lasagne (G, D)	Salmon fish fingers (F, G, F)
VEGGIE MAINS	Jerk vegetables & coconut rice	Roasted vegetable garlic bruschetta with balsamic glaze (G)	Vegetable & halloumi rice (D)	Summer vegetable lasagne with grains (G, D)	Vegetable Singapore noodle bowl
SIDES	Mixed greens, sauteed peppers, crispy plantain crisps	New potatoes, broccoli & cauliflower	Roast potato cubes, green beans & carrots, coleslaw (E)	Garlic bread, peas & sweetcorn, rocket salad (G)	Croquette potatoes (G)
ENERGY BOOSTERS	Baked potatoes & baked sweet potatoes with a selection of fillings	50/50 Pasta, tomato & basil sauce (May contain: G, Mu, So)	Baked potatoes & baked sweet potatoes with a selection of fillings	50/50 Pasta, tomato & basil sauce (May contain: G, Mu, So)	Vegetable spring rolls, sweet chilli dip (G, Se)
PUDDING	Jaffa cake (G, E, So, D)	★ Seedy fruity flapjack (G)	Fruit jelly pots	Carrot & banana cake with Greek yoghurt frosting (G, D, E)	Chocolate & beetroot brownie (G, D, So, E)

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