PREP SCHOOL - WEEK 1

2 NOV, 30 NOV, 4 JAN, 1 FEB, 22 FEB & 22 MAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Do not miss our soup, made daily using surplus vegetables that may otherwise go to waste				
MAINS	Meatball free Monday: Plant-based meatballs in rich tomato & herb sauce	Sticky glazed pork steak, pickled cucumber (So)	Roast beef brisket, Yorkshire pudding (G) & rich beefy gravy	Pie day: Creamy chicken & vegetable pie, chicken gravy (G, D)	Salmon fish fingers (G, F)
VEGGIE MAINS	Maple beetroot & cheddar cheese slice (G, D)	Korean style vegetable rice bowl (So)	Vegetable gratin, crispy quinoa topping (D)	Cheese & onion slice (E, G, D)	Winter vegetable quiche (E, G, D)
SIDES	Steamed rice, peas & sweetcorn	Sweet chilli egg noodles (E) & stir-fried vegetables	Roast potatoes, carrots, cabbage & honeyed parsnips	Mash (D), green beans & sweetcorn	Oven-baked chips, baked beans & peas
ENERGY BOOSTERS	Baked potatoes & baked sweet potatoes with a selection of fillings	50/50 Pasta	Baked potatoes & baked sweet potatoes with a selection of fillings	50/50 Pasta	Margarita pizza slice (G, D)
PUDDING	Apple & fruits of the forest oaty crumble with custard (G, D)	Apricot & white chocolate flapjack (G, So, D)	Banana & carrot muffin (G, D, E So)	Rocky road cake with vegan marshmallows (G, D, So)	Fruit jellies

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
F = Fish
G = Cereals containing gluten
L = Lupin
D = Dairy
Mo = Molluscs
Mu = Mustard
N = Nuts
P = Peanuts
Se = Sesame seeds
So = Soya
Su = Sulphur dioxide
★ = Favourite

PREP SCHOOL - WEEK 2

9 NOV, 7 DEC, 11 JAN, 8 FEB & 1 MAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Do not miss our soup, made daily using surplus vegetables that may otherwise go to waste				
MAINS	Meat free Mondays: Veggie bangers & mash (D)	Beef chilli con carne with sour cream (D), guacamole, salsa & tortilla chips	Roast pork with sage, onion & apricot stuffing (G)	Lamb biryani with minted yoghurt (D), chutney & tomato, onion & coriander salad	★ Chicken nuggets (G, Ce)
VEGGIE MAINS	Vegetable & lentil hotpot	West African vegetable stew	Creamy mushroom & spinach rigatoni with parmesan crumb (G, D)	Indian vegetable & lentil korma	Sweet potato, pea & feta frittata (E, D)
SIDES	Mash (D), carrots & peas	Rice, broccoli & sweetcorn	Roasted new potatoes, sauteed cabbage & carrots	Steamed rice, poppadums & whole green beans	Skinny fries,peas & baked beans
ENERGY BOOSTERS	Baked potatoes & baked sweet potatoes with a selection of fillings	50/50 Pasta	Baked potatoes & baked sweet potatoes with a selection of fillings	50/50 Pasta	Panini bar (G, D)
PUDDING	Chocolate chip cake, chocolate sauce (G, E, D So)	Rice pudding with raspberry compote (D)	Coconut, pineapple & honey yoghurt muffin (G, E, D)	Gypsy tart (G, D)	Sugared ring doughnut (G, D, E)

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
F = Fish
G = Cereals containing gluten
L = Lupin
D = Dairy
Mo = Molluscs
Mu = Mustard
N = Nuts
P = Peanuts
Se = Sesame seeds
So = Soya
Su = Sulphur dioxide
★ = Favourite

PREP SCHOOL - WEEK 3

16 NOV, 14 DEC, 18 JAN & 8 MAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Do not miss our soup, made daily using surplus vegetables that may otherwise go to waste				
MAINS	Meat free Mondays: Macoroni & cheese with toasted pumpkin seeds (G, D)	Theme day Tuesday Watch out to see what is coming next!	Roast turkey, sage & onion stuffing, cranberry sauce (G)	Cumberland sausages (G, Su)	★ Nando's-style chicken burgers with nacho cheese (G, D, E)
VEGGIE MAINS	Vegetable chilli with rice		Broccoli orzo pasta bake with toasted seeds (G, D)	Vegetable & houmous wrap (G, Se)	Curried vegetable stuffed pepper with mint yoghurt drizzle (D)
SIDES	Roasted med vegetables, green beans		Roasted potatoes, mashed root vegetables & petit pois	Mash (D) & country mixed vegetables	Skin-on piri fries, rainbow slaw (E), peas & baked beans
ENERGY BOOSTERS	Baked potatoes & baked sweet potatoes with a selection of fillings	50/50 Pasta	Baked potatoes & baked sweet potatoes with a selection of fillings	50/50 Pasta	Cornish vegan pasty (G, D, Ce)
PUDDING	Oaty plum crumble with cream (G, D)	Themed pudding	Chocolate muffin (D, So, E)	Ginger cake (E, D)	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
F = Fish
G = Cereals containing gluten
L = Lupin
D = Dairy
Mo = Molluscs
Mu = Mustard
N = Nuts
P = Peanuts
Se = Sesame seeds
So = Soya
Su = Sulphur dioxide
★ = Favourite

PREP SCHOOL - WEEK 4

23 NOV, 25 JAN & 15 MAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Do not miss our soup, made daily using surplus vegetables that may otherwise go to waste				
MAINS	Meat free Mondays: Meat free burgers with cheese, gherkins & beef tomato (G, D, Su)	Farringtons recipe cottage pie with gravy (D)	Chicken thighs, Yorkshire pudding & chicken gravy (G, D, E)	Pork & chorizo jambalaya (G, Su)	★ Chicken katsu curry with Japanese pickles (G, E, So)
VEGGIE MAINS	Pesto pasta with butternut squash & parmesan (G, D, E)	Vegetable tagine	Sweet potato & goats cheese tart (G, D)	Butternut, rosemary & ricotta lasagne (G, D)	Vegetable taco with nacho cheese topping (G, D)
SIDES	Potato croquettes (G), coleslaw (E) & mixed vegetables	Herb cous cous (G), peas & carrots	Roast potatoes, cauliflower & green beans	Green vegetable medley	Jasmine rice & stir-fried mixed vegetables
ENERGY BOOSTERS	Baked potatoes & baked sweet potatoes with a selection of fillings	50/50 Pasta	Baked potatoes & baked sweet potatoes with a selection of fillings	50/50 Pasta	Porky hot dogs ina wholemeal roll with crispy onions (G, Su, Se)
PUDDING	Lemon drizzle cake (G, E)	Apple puff with custard (G, E, D)	Blueberry muffin (G, E)	Frosted carrot & banana cake (G, D, E)	Churros & chocolate sauce (G, So, E)

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
F = Fish
G = Cereals containing gluten
L = Lupin
D = Dairy
Mo = Molluscs
Mu = Mustard
N = Nuts
P = Peanuts
Se = Sesame seeds
So = Soya
Su = Sulphur dioxide
★ = Favourite