



PREP SCHOOL MENU MICHAELMAS TERM – WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread
Main	Mac & cheese with chorizo	Chargrilled chicken & bacon ranch sliders with sliced plum tomato salad	Pasta bar – spaghetti Bolognese, pasta carbonara or tomato & basil	Classic herb roast chicken with Yorkshire pudding & gravy	Hand breaded fish goujons with piri piri mayo Pasta bake
Sides	Roasted Mediterranean vegetables	Baked wedges, peas & sweetcorn	Chef's salad, garlic bread, roasted peppers	Roast potatoes, mixed vegetables	Fries, peas, baked beans
Vegetarian	Mac & cheese	Fresh vegetable dhal served as above	Vegetable Bolognese	Three cheese & chive tart with herb new potatoes	Roasted sweet potato & bean ragout with rice
Jacket potatoes	Oven baked jacket potatoes with hot & cold toppings	Oven baked jacket potatoes with hot & cold toppings	Oven baked jacket potatoes with hot & cold toppings	Oven baked jacket potatoes with hot & cold toppings	Oven baked jacket potatoes with hot & cold toppings
Hot dessert	Chocolate sponge & chocolate sauce	Oat topped apple crumble & custard	Rice pudding with a selection of toppings	Belgian waffles with ice cream	Chef's choice
Cold dessert	Cold dessert selection including fruit	Cold dessert selection including fruit	Cold dessert selection including fruit	Cold dessert selection including fruit	Cold dessert selection including fruit
Salads	Daily selection of freshly made salads	Daily selection of freshly made salads	Daily selection of freshly made salads	Daily selection of freshly made salads	Daily selection of freshly made salads
Supper					
Main	Loaded cheese & bacon burgers in a brioche bap	Beef/chicken laksa bowl	Hand cut chicken breast nuggets	Boarders' choice	
Vegetarian	Plant-based burgers in a brioche bap	Vegetarian options as above	Vegetarian nuggets		
Sides	Bacon, sliced cheese, gherkins, salad, sweetcorn	Prawn crackers, Mixed vegetables	All above served with dipping sauces, roasted sliced new potatoes, broccoli		
Salads	Chef's salad bar	Chef's salad bar	Chef's salad bar		



PREP SCHOOL MENU MICHAELMAS TERM – WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread
Main	Mexican style beef loaded nachos & cheese	Chicken & chorizo paella with Caesar salad	Beef lasagne	Chicken katsu curry	Wholetail breaded scampi / freshly baked cheese & tomato pizza slice
Sides	Rice, sweetcorn, sour cream, guacamole, fresh tomato salsa	New potatoes, mixed vegetables	Chef's salad, garlic bread, roasted vegetables	Rice, broccoli	Fries, peas, baked beans
Vegetarian	Cajun aubergine & bean loaded nachos	Fresh vegetable, sweet potato & lentil pie	Vegetable lasagne	Plant-based 'no chicken' katsu fillet	Fresh tomato & basil pasta
Jacket potatoes	Oven baked jacket potatoes with hot & cold toppings	Oven baked jacket potatoes with hot & cold toppings	Oven baked jacket potatoes with hot & cold toppings	Oven baked jacket potatoes with hot & cold toppings	Oven baked jacket potatoes with hot & cold toppings
Hot dessert	Chocolate bread & butter pudding	Raspberry ripple sponge & vanilla bean custard	Autumn fruit & cinnamon crumble & custard	Chocolate marble cake	Chef's choice
Cold dessert	Cold dessert selection including fruit	Cold dessert selection including fruit	Cold dessert selection including fruit	Cold dessert selection including fruit	Cold dessert selection including fruit
Salads	Daily selection of freshly made salads	Daily selection of freshly made salads	Daily selection of freshly made salads	Daily selection of freshly made salads	Daily selection of freshly made salads
Supper					
Main	Freshly baked pizza bar A selection of meat options	Greek style chicken flatbreads with crisp iceberg salad	Sticky pork rib & BBQ chicken wing combo	Boarders' choice	
Vegetarian	A selection of vegetarian options	Stem broccoli, sweetcorn	Oriental style vegetable noodles		
Sides	Fries Roast vegetables	Spiced wedges BBQ chunky vegetables	Buttered corn-on-the-cob		
Salads	Chef's salad bar	Chef's salad bar	Chef's salad bar		



PREP SCHOOL MENU MICHAELMAS TERM – WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread
Main	Chinese style chicken & vegetable noodles	Classic sausage & mash	Italian style 'nut free pesto'	Honey roast gammon with Yorkshire pudding & gravy	Jumbo fish fingers/ mild spiced chicken wraps
Sides	Prawn crackers, rice, carrots	Mashed potato, broccoli	Chef's salad, garlic bread, roasted peppers	Roast potatoes, mixed vegetables	Fries, peas, baked beans
Vegetarian	Quorn & vegetable chow mein	Vegetarian sausages	Cheese topped pasta bake	Leek & potato bake with crunchy topping	Plant-based 'meatballs' in a tomato sauce served with pasta
Jacket potatoes	Oven baked jacket potatoes with hot & cold toppings	Oven baked jacket potatoes with hot & cold toppings	Oven baked jacket potatoes with hot & cold toppings	Oven baked jacket potatoes with hot & cold toppings	Oven baked jacket potatoes with hot & cold toppings
Hot dessert	Lemon & blueberry slice	Lemon baked cheesecake	Apple pie & custard	Sticky toffee pudding & butterscotch sauce	Chef's choice
Cold dessert	Cold dessert selection including fruit	Cold dessert selection including fruit	Cold dessert selection including fruit	Cold dessert selection including fruit	Cold dessert selection including fruit
Salads	Daily selection of freshly made salads	Daily selection of freshly made salads	Daily selection of freshly made salads	Daily selection of freshly made salads	Daily selection of freshly made salads
Supper					
Main	Beef lasagne	Classic chicken Caesar salad	Homemade fishcakes with dipping sauces Cheese & bacon twice baked jacket skins	Boarders' choice	
Vegetarian	Vegetable lasagne	Roasted vegetable & halloumi salad	Vegan vegetable goujons		
Sides	Garlic bread Sweetcorn	Sweet potato fries Onion rings, sweetcorn	Sauté potatoes Broccoli		
Salads	Chef's salad bar	Chef's salad bar	Chef's salad bar		