

Pre-Prep Spring School Menu: Week One



BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 	Grilled Back Bacon with Fried Eggs Multi Grain Hoops	Boiled Eggs, Rice Krispies	Grilled Back Bacon with Grilled Tomato, Blueberry Wheats	Danish Pastries, Cornflakes	Grilled Sausages & Baked Beans, Malted Wheats

Served daily with fruit cart, cereals, porridge, toast and preserves

LUNCH

 Main Course	Chicken Korma, with Steamed Rice, Mango Chutney & Naan Bread	Spaghetti and Meatballs in a rich Tomato & Herb Sauce	Chinese Chicken, With Egg Noodles & Prawn Crackers	Roast Pork Loin Apple Sauce, Sage Stuffing & Thyme Jus	Fish & Chips Friday! Battered Cod with Tartare Sauce
 Vegetables	Steamed Florets of Cauliflower & French Beans	Steamed Broccoli Florets	French Beans & Sugar Snaps	Roasted Baby Potatoes, Steamed Cabbage & Cauliflower Florets	Steamed Petit Pois
 Pudding	Fresh Fruit Salad	Greek Natural Yoghurt, with Seeds & Fruit Compote	Raspberry & Peach Salad	Fruit Ice Lolly	Fresh Strawberries

SUPPER

 Main Course	Breaded Fish Fingers, Steamed Peas & Baby Potatoes	Chicken Fajitas with Fresh Crudités	Assorted Pizza served with Vegetable Crudités	Baked Jacket Potatoes Various proteins and salads	Tagliatelle Pesto, Roasted Vegetables & Crusty Bread
 Pudding	Low fat natural yoghurt and fruit available	Low fat natural yoghurt and fruit available	Low fat natural yoghurt and fruit available	Low fat natural yoghurt and fruit available	Low fat natural yoghurt and fruit available

Lunch & Supper Served daily with a selection of freshly prepared salads and proteins

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 	Grilled Back Bacon with Fried Eggs Multi Grain Hoops	Boiled Eggs, Rice Krispies	Grilled Back Bacon with Grilled Tomato, Blueberry Wheats	Danish Pastries, Cornflakes	Grilled Sausages & Baked Beans, Malted Wheats

Served daily with fruit cart, cereals, porridge, toast and preserves

LUNCH

 Main Course	Chicken Tikka Masala served with Naan Bread & Mango Chutney	Spaghetti Bolognaise With Parmesan Cheese	Sweet & Sour Pork served with Egg Fried Rice & Prawn Crackers	Chipolata Sausages with Yorkshire Puddings & Thyme Jus	Barbecue Maple Coated Chicken Thighs
 Vegetables	Steamed Rice & Spiced Roasted Vegetables	Baby Gem Salad & Fresh Crudités	Sugar Snap Peas & Fine Beans	Buttered Mash Potatoes Savoy Cabbage & Peas	Steamed Petit Pois Baby Potatoes
 Pudding	Fresh Fruit Salad	Greek Natural Yoghurt, with Seeds & Fruit Compote	Raspberry & Peach Salad	Fruit Ice Lolly	Fresh Strawberries

SUPPER

 Main Course	Tomato & Basil Pasta Bake, Topped with Duo of Cheese	Salt & Pepper Chicken Thighs Parmentier Potatoes, served with Sweetcorn	Assorted Pizza served with Vegetable Crudités	Chicken & Sweetcorn Fusilli Pasta served with Garlic & Herb Sauce & Broccoli Florets	Gammon Ham & Roasted Pineapple served with Sauté Potatoes, Peas & Grilled Tomato
 Pudding	Low fat natural yoghurt and fruit available	Low fat natural yoghurt and fruit available	Low fat natural yoghurt and fruit available	Low fat natural yoghurt and fruit available	Low fat natural yoghurt and fruit available
Accompaniment	<i>Lunch & Supper Served daily with a selection of freshly prepared salads and proteins</i>				

Pre-Prep Spring School Menu: Week Three



BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 	Grilled Back Bacon with Fried Eggs Multi Grain Hoops	Boiled Eggs, Rice Krispies	Grilled Back Bacon with Grilled Tomato, Blueberry Wheats	Danish Pastries, Cornflakes	Grilled Sausages & Baked Beans, Malted Wheats

Served daily with fruit cart, cereals, porridge, toast and preserves

LUNCH

Main Course 	Chilli Con Carne, with Tortilla Chips, Salsa, Guacamole, & Sour cream	Chicken, Gammon & Leek Pie, with a Puff Pastry Lid	Grilled Pork Sausages	Sweet Chilli Chicken Stir Fry served with Egg Fried Rice & Prawn Crackers	Fish & Chips Friday! Fish Fingers with Tartare Sauce & Lemon
Vegetables 	Wholegrain Rice & Steamed Broccoli Florets	Baby Roast Potatoes, Hispi Cabbage & Baton Carrots	Mashed Potatoes & Baked Beans	Stir Fried Vegetables	Steamed Petit Pois
Pudding 	Fresh Fruit Salad	Greek Natural Yoghurt, with Seeds & Fruit Compote	Raspberry & Peach Salad	Fruit Ice Lolly	Fresh Strawberries

SUPPER

Main Course 	Chicken & Broccoli Pasta Bake served with Steamed Peas	Fishcakes & Chips with Whole Green Beans & Tartare Sauce	Ham & Cheese Panier with Baby Potatoes & Roasted Butternut Squash	Spaghetti Bolognese with Grated Cheese & Vegetable Crudités	Sausage Roll served with Cheesy Leeks & Sauté Potatoes
Pudding 	Low fat natural yoghurt and fruit available	Low fat natural yoghurt and fruit available	Low fat natural yoghurt and fruit available	Low fat natural yoghurt and fruit available	Low fat natural yoghurt and fruit available

Lunch & Supper Served daily with a selection of freshly prepared salads and proteins