

Pre-Prep School lunch - week eleven

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning break	Pepperoni parmiers	Pizza slice	Sausage roll	Jim Jam sandwich	Cheesy muffins
Main meal	Chicken tikka masala with mango chutney	Griddled pork steak with pineapple salsa	Whole wheat penne pasta with beef bolognaise	Sweet & sour pork	Cod fillet fish fingers
Vegetarian	Cauliflower, courgette & butterbean pakora	Mushroom & parmesan risotto with spicy seeds	Roasted vegetable & quorn pasta bake	Asian ginger tofu with stir fried rice	Stuffed field mushrooms with garlic and stilton
On the side	Steamed wholegrain rice	Crispy spiced potatoes & sweetcorn	Garlic focaccia and broccoli florets	Egg noodles and stir fried vegetables	Chipped potatoes and garden peas
Crudités sticks	Carrot & cucumber	Peppers & carrot	Celery & peppers	Cucumbers & carrots	Celery & mange tout
Dessert	Honey and orange polenta cake	Spiced apple cake	Fresh fruit salad	Sticky toffee pudding	Jelly pots
Afternoon snack	Fresh cut fruit	Fresh cut fruit	Fresh cut fruit	Fresh cut fruit	Fresh cut fruit