

Lunch for Prep - Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Tomato and Roasted Red Pepper	Sweet Potato and Coconut	Cream Of Vegetable	Cauliflower and Cheddar	Tomato and Vegetable
	Served with Homemade Bread and Condiments				
Main Courses (Main Dining Room)	Bolognese Pasta Bake	Breaded Chicken Goujons	Cumberland Sausage	Roast Chicken	Battered Haddock Fillet
	Macaroni Pasta	Sweet Potato and Vegetable Chilli	Feta and Roasted Pepper Quiche	Noodles with Stir Fry Vegetables	Bubble and Squeak
Side Dish	Garlic Bread	Garlic Potato Wedges	Sweet Potato Mash	Roast Potatoes In Thyme	Chunky Chips
	Buttered Carrots	Green Bean and Snap Peas	Roasted Roots	Peas and Sweetcorn	Baked Bean or Mushy Peas
Jacket Bar	Jacket Potato Bar with Choice of Fillings				
Salad Bar	Deli Salads, Vine tomatoes, Cucumber, Grated Carrot, Sweetcorn, Mixed Leaves and Homemade Dressings				
Desserts	Chocolate Brownie	Apple Pie	Chocolate Sponge	Red Berry Sponge	Rice Pudding
	Banoffee Pot	Chocolate Pot	Vanilla Cheesecake	Blueberry Fool	Lemon Mousse
	Selection of Home Baked Cakes and Fruit Pots				

Lunch for Prep - Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Harissa Roasted Carrot	Baked Squash With Coriander	Plum Tomato Red Onion and Rocket	Corn Chowder and Roasted Peppers	Roasted Tomato and Vegetable
	Served with Homemade Bread and Condiments				
Main Courses (Main Dining Room)	Spaghetti Bolognese	BBQ Chicken	Cottage Pie	Pasta Bar Tomato or Cheese Sauce	Breaded Fish Of The Day Lemon Wedges and Tartare Sauce
	Cheese and Tomato Pasta Bake	Fish Fingers	Lightly Spiced Vegetable Curry		Gnocchi With Sweet Potato and Baby Spinach
Side Dish	Garlic Bread	Garlic New Potatoes	Savoy Cabbage	Focaccia Bread	Chunky Chips
	Roasted Root Vegetables In Thyme	Green Beans	Roasted Glazed Carrots	Peas and Corn	Garden or Mushy Peas
Jacket Bar	Jacket Potato Bar with Choice of Fillings				
Salad Bar	Deli Salads, Vine tomatoes, Cucumber, Grated Carrot, Sweetcorn, Mixed Leaves and Homemade Dressings				
Desserts	Apple and Red Berry Crumble	Sticky Toffee Pudding	Jaffa Sponge	Chocolate Bread and Butter Pudding	Rice Pudding
	Seasonal Fruit Yoghurt Pot	Salted Caramel Mousse	Tiramisu	Cherry Yoghurt	Lemon Mousse
	Selection of Home Baked Cakes and Fruit Pots				

Lunch for Prep - Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Red Onion Potato and Leek	Chunky Summer Vegetable	Cream Of Tomato	Indian Chickpea and Vegetable Soup	Courgette Pea and Sour Cream
	Served with Homemade Bread and Condiments				
Main Courses (Main Dining Room)	Meatballs and Caramelised Onion Gravy	Breaded Turkey Escalope and Tomato Sauce	Bacon and Cheese Pasta	Crispy Tempura Chicken With Sweet N Sour Sauce	Battered Fish Of The Day, Lemon Wedges and Tartare Sauce
	Mashed Sweet Potato and Vegetables	Noodles With Vegetables	Summer Vegetable Risotto With Parmesan Crust	Cheese and Tomato Flatbread	Stuffed Tomato and Vegetable Parcels
Side Dish	Crushed New Potatoes	Sauté Potatoes	Wedges	Brown and White Rice	Chunky Chips
	Roasted Roots	Chargrilled Broccoli	Snaps and Peas	Steamed Vegetables	Garden or Mushy Peas
Jacket Bar	Jacket Potato Bar with Choice of Fillings				
Salad Bar	Deli Salads, Vine tomatoes, Cucumber, Grated Carrot, Sweetcorn, Mixed Leaves and Homemade Dressings				
Desserts	Lemon Drizzle	Toffee Apple Pudding	Bakewell Tart	Steamed Jam Sponge	Rice Pudding
	Yoghurt and Granola	Toffee Cranachan	Raspberry Panna Cotta	Lemon Curd Syllabub	Apple & Blackberry Fool
	Selection of Home Baked Cakes and Fruit Pots				