

Pre-Prep & Junior School weekly menu 3

Autumn 2018

stephen perse
foundation

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Turkey chilli con carne	Chicken & peppers with koblenz flat bread	Roasted honey glazed gammon	Classic beef lasagne	Fish / baked fish
Garnish	Grated cheese Taco chips	Pickled red cabbage Homemade hummus	Homemade apple sauce	Torn mozzarella & basil	Tartar sauce Lemon wedge
Vegetarian	Butterbean & sweet potato chilli	Falafels with khobez flat bread	Vegetarian toad in the hole	Ricotta & spinach cannelloni	Quorn ball sub in tomato sauce
Garnish	Guacamole Sour cream	Pickled red cabbage Homemade hummus	Gravy		Sliced cheese
Carbohydrate	Fluffy white rice	Bulgar wheat	Roast potatoes	Garlic bread slice	Chips
Vegetable 1	Sweetcorn	Broccoli	Swede & carrot mash	Baked tomatoes	Peas
Vegetable 2	Green beans	Roasted butternut	Cauliflower	Vegetable sticks	Beans
Dessert	Carrot & pumpkin seed cake	Bread & butter pudding	Chocolate jaffa cake pots	Pineapple upside-down cake with cream	Jam & coconut sponge with custard
	Fresh cut fruit	Fresh cut fruit	Fresh cut fruit	Fresh cut fruit	Fresh cut fruit
	Fresh made yogurt	Fresh made yogurt	Fresh made yogurt	Fresh made yogurt	Fresh made yogurt