

EECLY LUNCH MENTON PREP SCHOOL BY PR



MONDAY

MAINS

Roast Chicken with Yorkshire pudding

Veggie lentil loaf with Yorkshire Pudding

SIDES

Roast potatoes

Roasted root vegetables

Savoy cabbage

Gravy

DESSERTS

Apple and blackberry crumble with custard

Yoghurt and fresh fruit

TUESDAY

MAINS

Beef bolognaise

Four cheese ravioli

SIDES

Penne pasta

Garlic bread

Sweetcorn

Mixed greens

DESSERTS

Sticky toffee pudding and banana sponge

Yoghurt and fresh fruit

WEDNESDAY

MAINS

Chipotle and lime pork with sticky peppers

Mexican spiced cauliflower

SIDES

Steamed rice

Tortilla wrap

Roasted carrots and broccoli

DESSERTS

Fruit salad

Yoghurt and fresh fruit

THURSDAY

MAINS

Spanish paprika chicken

Stuffed peppers with goats cheese

SIDES

Paprika potatoes

Green beans

Roasted courgettes

DESSERTS

Lemon drizzle sponge with custard

Yoghurt and fresh fruit

FRIDAY

Beef burger

MAINS

Bean burger

SIDES

Chips

Peas

Baked beans

DESSERTS

Chocolate and butterscotch crispy

Yoghurt and fresh fruit



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MONDAY

MAINS

Chicken Tikka

Paneer masala

SIDES

Steamed Rice

Butternut and lentil dhal

Masala steamed greens

DESSERTS

Apple crumble with custard

Yoghurt & Fresh Fruit

TUESDAY

MAINS

Bacon Macaroni Cheese

Macaroni Cheese

SIDES

Herby diced potatoes

Roasted kale and hispi

Butternut and carrot

DESSERTS

Orange baked rice pudding with fruit compote

Yoghurt & Fresh Fruit

WEDNESDAY

MAINS

Italian chicken stew PP

Italian sausage stew PREP

Vegetarian cannellini bean and tomato stew

SIDES

Penne pasta

Roasted Mediterranean vegetables

Green beans

DESSERTS

Chocolate bread and butter pudding with Custard

Yoghurt & Fresh Fruit

THURSDAY

MAINS

Mexican Beef Chilli

Mixed Bean Chilli

SIDES

Mexican Rice

Tortilla Chips

Sweetcorn and peppers

Tomato salsa

DESSERTS

Oreo cheesecake

Yoghurt & Fresh Fruit

FRIDAY

MAINS

Battered fish

Quorn nuggets

SIDES

Chipped

Potatoes

Baked Beans

Garden Peas

DESSERTS

Selection of Ice Creams

Yoghurt & Fresh Fruit



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MONDAY

MAINS

Katsu chicken

Aubergine Katsu

SIDES

Katsu sauce

Rice

Curried parsnips

Asian greens

DESSERTS

Honey and vanilla sponge with honeycomb

Yoghurt and fresh fruit

TUESDAY

MAINS

Beef cottage pie with crispy potato topping

Lentil and sweet potato pie with crispy potato topping

SIDES

Diced crispy potatoes

Mashed swede

Peas

DESSERTS

White chocolate and raspberry blondie

Yoghurt and fresh fruit

WEDNESDAY

MAINS

Turkey noodle stir fry

Tofu and vermicelli noodle stir fry

SIDES

Roasted Chinese cabbage

Sticky peppers

Prawn crackers

DESSERTS

Jam sponge with custard

Yoghurt and fresh fruit

THURSDAY

MAINS

Mexican Pork, sweet potato and black bean stew

Mexican tortilla and smoky vegetable bake

SIDES

Rice

Sweetcorn

Garlic green beans

DESSERTS

Triple layer chocolate fudge cake

Yoghurt and fresh fruit

FRIDAY

MAINS

Chicken Shawarma flatbreads

Halloumi kebabs

SIDES

Chips

Garden Peas

Baked beans

Ketchup

DESSERTS

Chocolate Cookies

Yoghurt and fresh fruit

Some dishes are subject to change due to product availability