

Prep Menu Michaelmas term week 1

MONDAY

Fresh Fruit
French Stick

Go Meat Free on
Monday
Whole Wheat Penne in
Sicilian Caponata Sauce
(V)

Garlic Bread Fingers
Salad Bar

Sweet Chilli Salmon
with Stir Fried Rice &
Peppers

Apricot Flapjack
Natural Yoghurt with
a Selection of Berries

TUESDAY

Fresh Fruit
Malt Loaf

Roast Chicken Breast, Sage &
Shallot Stuffing & Gravy
or
Quorn Fillets, Sage & Shallot
Stuffing & Gravy (V)

Roast Potatoes
Carrot & Swede Mash
Garden Peas

Halloumi, Roasted
Pepper & Quinoa Salad

Banana Cake with
Toffee Drizzle
Natural Yoghurt with a
Selection of Berries

WEDNESDAY

MORNING BREAK

Fresh Fruit
Cheese & Crackers

LUNCH

Slow Cooked Lamb
Curry, Naan Bread &
Mango Chutney
or
Butternut & Chickpea
Curry, Naan Bread &
Mango Chutney (V)

LUNCH SIDE DISH

Brown Basmati Rice
Roasted Cauliflower & Cumin
Onion Bhaji

FOOD MARKET OPTIONS

Portobello Mushroom &
Red Onion Pastry Rolls

LUNCH DESSERT

Apple Crumble & Custard
Natural Yoghurt with a
Selection of Berries

THURSDAY

Fresh Fruit
Fresh Baked Tomato & Herb
Bread

All Beef Beef Burgers
or
The Vegetarian Best
Burger (V)

Brioche Buns
Corn on the Cob
Apple Cabbage Slaw

Jacket Potato filled with
Tuna & Sweetcorn Mayo

Mango & Coconut Cake
Natural Yoghurt with a
Selection of Berries

FRIDAY

Fresh Fruit
Banana Bread

Baked Jumbo MSC
Cod Fingers
or
Breaded Fishless
Fingers (V)

Oven Chips
Reduced Sugar &
Salt Baked Beans
Garden Peas

Chicken Caesar Salad
Baguettes

Friday Selection
including Fruit Pots
& Yoghurts

There are always jacket potatoes, salad bar options, freshly baked bread, a selection of fresh fruit and lots of drinking water available at lunch times.

LOW TEA

1/2 wholemeal & white sandwiches with various fillings, Fresh Fruit

ASC TEA

1/2 wholemeal & white sandwiches with various fillings, fruit and fromage frais.