

# Preparatory School Lunch Menu Week 1



Week Commencing : 2nd and 23rd September, 14th October, 18th November and 9th of December	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup and Bakery</b>	French Onion Soup with Homemade Bread	Tomato and Basil Soup with Homemade Bread	Vegetable Soup with Homemade Bread	Leek and Potato Soup with Homemade Bread	Sweet Potato and Carrot Soup with Homemade Bread
<b>Home Comforts Main Meal Choice with Sides</b> <b>GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF</b>	Quinton House School Brunch – Double Grilled Sausages, Grilled Bacon, Diced Oven Baked Potatoes, Grilled Half a Tomato and Baked Beans	Smoky Chicken Pasta served with a Slice of Garlic Bread and a Mixed Leaf Seasonal Salad	Mexican Beef and Vegetable Burrito served with Nachos and Buttered Sweetcorn	Chicken Pie Topped with Shortcrust Pastry and served with Crushed New Potatoes, Seasonal Fresh Vegetables and Fresh Gravy	Prime Cheeseburger served with Chipped Potatoes, Baked Beans or Garden Peas
<b>Vegetarian Plant Based Main Meal Choice with Sides</b> <b>GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF</b>	Quinton House School Vegetarian Brunch – Double Grilled Vegetarian Sausages,, Diced Oven Baked Potatoes, Grilled Half a Tomato, Mushrooms and Baked Beans	Traditional Mac and Cheese served with a Slice of Garlic Bread and a Mixed Leaf Seasonal Salad	Bean and Vegetable Burrito served with Nachos and Buttered Sweetcorn	Quorn and Sweetcorn Pie,, served with Crushed New Potatoes, Seasonal Fresh Vegetables and Fresh Gravy	Veggie Cheeseburger served with Chipped Potatoes, Baked Beans or Garden Peas
<b>Salad Market</b>  <b>GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF</b>	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Houmous and Crudities and Coleslaw  Ham, Boiled Eggs, Cheddar, Quinoa and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Grated Carrot and Sultana Salad and Coleslaw  Tuna, Chicken or Grated Cheddar, Wholemeal Cous Cous and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Cucumber, Orange and Beetroot Salad and Coleslaw  Chicken, Boiled Eggs or Grated Cheddar, Puy Lentils and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Tomato, Red Onion and Green Lentil Salad and Coleslaw  Tuna, Ham or Grated Cheddar, Chick Peas and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Potato and Chive Salad and Coleslaw  Ham, Boiled Eggs or Grated Cheddar, Mixed Beans and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains
<b>Refuel</b> <b>GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF</b>  Selection of Daily Fresh Filled Rolls or Sandwich or Wrap	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings
<b>Dessert</b>	Traditional Shortbread Slice	Slice of Chocolate Tiffin	Traditional Apple Crumble with Fresh Custard	Chocolate Brownie	Slice of Fruited Flapjack
<b>Fruit, Jellies &amp; Yoghurt Pots</b>	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots

# Preparatory School Lunch Menu Week 2



Week Commencing: 9 <sup>th</sup> September, 30 <sup>th</sup> September, 4 <sup>th</sup> and 25 <sup>th</sup> of November	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Soup and Bakery</b>	Cream of Mushroom Soup with Homemade Bread	Cream of Tomato Soup with Homemade Bread	Green Giant Soup with Homemade Bread	Red Lentil and Chickpea Soup with Homemade Bread	Roasted Butternut Squash Soup with Homemade Bread
<b>Home Comforts Main Meal Choice with Sides</b> <b>GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF</b>	Beef Bolognese finished with Fresh Basil and served with Spaghetti, Garlic and Herb Bread, and Steamed Sweetcorn 	Chicken Tikka Masala served with Pilau Rice, Poppadum and Mango Chutney 	Roast Pork served with Sage and Onion Stuffing and Apple Sauce, Roasted Potatoes, Sliced Carrots and Peas and Fresh Gravy	Cottage Pie served with Seasonal Vegetables and Fresh Gravy	Breaded Chicken Wrap served with French Fried Potatoes and Mixed Leaf Salad
<b>Vegetarian Plant Based Main Meal Choice</b> <b>GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF</b>	Vegemince Bolognese served with Spaghetti, Garlic and Herb Bread, and Steamed Sweetcorn 	Chana Masala served with Pilau Rice, Poppadum and Mango Chutney 	Sweet Potato and Chick Pea Roast served with Roasted Potatoes, Sliced Carrots and Peas and Fresh Gravy	Shepherdess Pie served with Seasonal Vegetables and Fresh Gravy	Halloumi Wrap served with French Fried Potatoes and Mixed Leaf Salad
<b>Salad Market</b> <b>GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF</b> 	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Italian Style Rocket Salad with Balsamic Dressing and Coleslaw  Ham, Cheddar, Quinoa and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Bombay Potato Salad and Coleslaw   Chicken, Cheddar Cheese or Ham, Wholemeal Cous Cous and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Rice Salad and Coleslaw   Tuna or Grated Cheddar, Puy Lentils and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Greek Salad and Coleslaw  Grated Cheddar or Boiled Eggs, Chick Peas and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Black Bean and Quinoa Lime Salad & Coleslaw   Ham or Grated Cheddar, Mixed Beans and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains
<b>Refuel</b>  <b>Selection of Daily Fresh Filled Rolls, Sandwich or Wrap</b> <b>GLUTEN FREE OPTIONS AVAILABLE – PLEASE ASK A MEMBER OF THE CATERING STAFF</b>	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings
<b>Dessert</b>	Banana Sponge Cake	Seasonal Fruit Meringue with Fresh Cream	Raspberry and Lemon Crumble Cake	Treacle Tart served with Fresh Custard	Blueberry Muffin
<b>Fruit, Jellies &amp; Yoghurt Pots</b> 	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots

# Preparatory School Lunch Menu Week 3



Week Commencing 16 <sup>th</sup> September, 7 <sup>th</sup> October, 11 <sup>th</sup> November and 2 <sup>nd</sup> of December	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Soup and Bakery</b>	Minestrone Soup with Homemade Bread	Creamed Sweetcorn Soup with Homemade Bread	Carrot and Coriander Soup with Homemade Bread	Fresh Tomato Soup with Homemade Bread	Cauliflower Cheese Soup with Homemade Bread
<b>Home Comforts Main Meal Choice</b> GLUTEN FREE OPTIONS AVAILABLE -PLEASE ASK A MEMBER OF THE CATERING STAFF	Chicken in a Fresh Tomato and Basil Sauce served with Penne Pasta, Garlic Bread and Fresh Mixed Salad 	Toad in the Hole served with Mashed Potatoes, Peas and Sliced Carrots and Fresh Gravy	Baked Beef Lasagne with Fresh Tomato and Herbs served with Seasoned Wedges and Steamed Sweetcorn	Oriental Chicken and Vegetable Stir Fry served with Steamed Rice and a Mini Pancake Roll	Homemade Ham Pizza served with Chipped Potatoes, Red Slaw and Mixed Side Salad
<b>Vegetarian Plant Based Main Meal Choice</b> GLUTEN FREE OPTIONS AVAILABLE -PLEASE ASK A MEMBER OF THE CATERING STAFF	Fresh Tomato Pasta Penne served with a Slice of Garlic Bread and Fresh Mixed Salad 	Vegetarian Toad in The Hole served with Mashed Potatoes, Peas and Sliced Carrots and Fresh Gravy	Vegetable Lasagne with Fresh Tomato and Herbs served with Seasoned Wedges and Steamed Sweetcorn	Oriental Vegetable Stir Fry served with Steamed Rice and a Mini Pancake Roll	Homemade Margarita Pizza served with Chipped Potatoes, Red Slaw and Mixed Side Salad
<b>Salad Market</b> GLUTEN FREE OPTIONS AVAILABLE -PLEASE ASK A MEMBER OF THE CATERING STAFF 	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Roasted Pepper, Aubergine and Courgette Pasta Salad & Coleslaw   Ham or Cheddar Cheese, Quinoa and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Cucumber, Orange and Beetroot Salad & and Coleslaw   Tuna, Chicken or Grated Cheddar, Wholemeal Cous Cous and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Greek Salad and Coleslaw   Ham, Tuna or Grated Cheddar, Puy Lentils and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Mixed Bean Salad and Coleslaw   Cheddar Cheese or Boiled Eggs, Chick Peas and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains	Iceberg Lettuce, Tomatoes, Cucumber, Peas, Radish, Peppers, Carrots, Sweetcorn and Peppers  Tuna and Sweetcorn Pasta Salad and Coleslaw   Ham or Grated Cheddar, Mixed Beans and Mixed Leaves  Bread Roll & Butter Portion  Selection of Dressings and Grains
<b>Refuel</b>  <b>Selection of Daily Fresh Filled Rolls, Sandwich or Wrap</b> GLUTEN FREE OPTIONS AVAILABLE -PLEASE ASK A MEMBER OF THE CATERING STAFF	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings	Jacket Potato with the following fillings: Baked Beans, Grated Cheese or Tuna  Selection of Filled Rolls, Sandwich or Wrap with Assorted Fillings
<b>Dessert</b>	Rock Cake	Chocolate Chip Bread and Butter Pudding served with Fresh Custard	Slice of Lemon Drizzle Cake	Homemade Oat Cookie	Frosted Carrot Cake
<b>Fruit, Jellies &amp; Yoghurt Pots</b> 	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots	Fresh Fruit, Jellies & Yoghurt Pots