

# WEEKLY MENU

## Year 3 to 8



Service	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Scrambled eggs, beans, bacon. Porridge	Continental breakfast Porridge	English breakfast Porridge	Poached eggs, bacon and beans. Porridge	Boiled eggs with muffins. Porridge	Bacon baps and pastries	Porridge and choice of pastries
Morning snack	<b>Cheesy Tomato Muffin</b>	<b>Sausage Rolls</b>	<b>Focaccia</b>	<b>Cucumber, Carrot &amp; Pepper sticks with Houmous &amp; pitta fingers</b>	<b>Apple Nachos with Honey Yoghurt Drizzle</b>		
Soup Lunch	Chef's homemade soup, served with fresh bread	Chef's homemade soup, served with fresh bread	Chef's homemade soup, served with fresh bread	Chef's homemade soup, served with fresh bread	Chef's homemade soup, served with fresh bread		
Lunch	Sweet & Sour Pork Or Soy, Ginger & Lime Quorn & Pepper Stir Fry  with Steamed Rice	Roast Chicken with Lemon and Thyme or Tomato Basil Tart  With Roast Potatoes and Gravy	Beef Taco or Bean & Summer Squash Tostada  with Salsa, Sour Cream, Guacamole & Mexican Style Rice	Macaroni and cheese with choice of toppings and garlic bread	Battered Fish or Oven Baked Fish Fingers served with Lemon & Tartar Sauce  Falafel, Shredded Vegetables and minted yoghurt bowl	Chefs choice	Filled Panini Bar
Served Daily	Seasonal Vegetables, Full Salad Bar, Pasta and Sauce of the Day, Jacket Potatoes						
Dessert	Yoghurt, fresh fruit and toppings	Fruit Crumble of the day	Yoghurt, fresh fruit and toppings	Chocolate Mousse	Yoghurt, fresh fruit and toppings		
Afternoon snack	<b>Banana Bread</b>	<b>Fruity Flapjack Bar</b>	<b>Homemade Blueberry Muffin</b>	<b>Waffle</b>	<b>The personal best cookie</b>		
Supper with Basic Salad Bar	Mint & Lime Grilled Chicken Thighs or Halloumi served with Pitta Bread & Sweet Potato Wedge, Pickled Red Cabbage	Creamy Tuscan Pork served with Tagliatelle, Courgette & Parmesan	Leek & Turkey Pie served with Herb Potato Wedges & Roasted Carrots	Chicken Katsu or Sweet Potato Katsu Curry with Steamed Rice with Broccoli	Ramen Noodle Bar with toppings and sauces	<b>FakeAway Vibes</b>	<b>Tomato Pasta Bake</b>
fruits	Fruit Platter	Eton Mess	Fruit Platter	Yoghurt Bar	Fruit Platter		

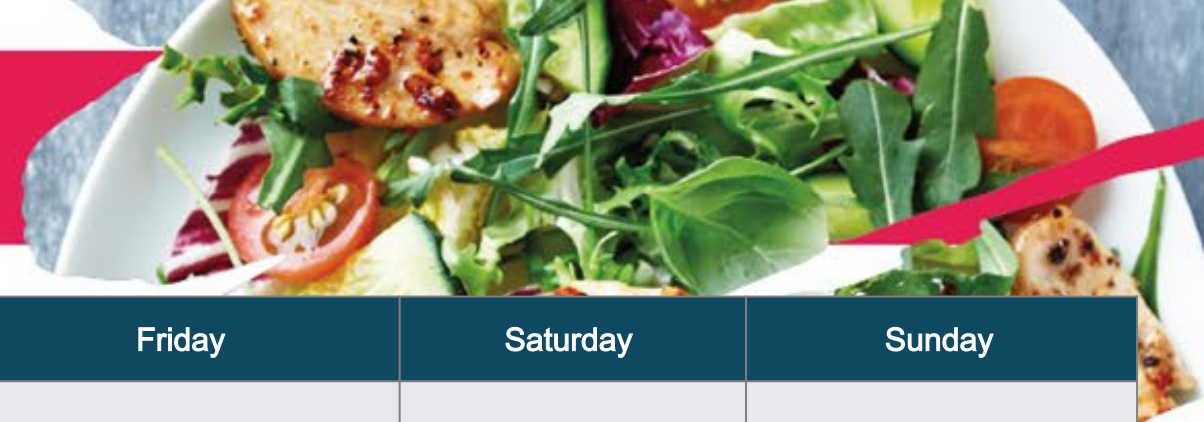
Week 1



THE ORATORY  
PREP SCHOOL

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Soup served at break and lunch	Chef's homemade soup, served with fresh bread	Chef's homemade soup, served with fresh bread	Chef's homemade soup, served with fresh bread	Chef's homemade soup, served with fresh bread	Chef's homemade soup, served with fresh bread		
Lunch	Paprika Chicken served with lemon & Parsley Rice  Halloumi & Vegetable Tray Bake	Roast Pork, roast potatoes & Gravy  Spring Onion, Cheddar Quiche with Roast Potatoes	Coconut Chicken Curry Or Sweet Potato & Chickpea Curry  served with Steamed Rice & Mango Chutney	Beef Lasagne served with chef's salad  Tomato Sauce with Roasted Vegetables with Penne	Battered Fish or Oven Baked Fish Fingers served with Lemon & Tartar Sauce  Mushroom Burger with Tomato Salsa  Chunky Chips	Chefs choice	Chefs choice
Served Daily	Seasonal Vegetables, Full Salad Bar, Pasta and Sauce of the Day, Jacket Potatoes						
Dessert	Yoghurt, fresh fruit and toppings	Fruit Crumble of the day	Yoghurt, fresh fruit and toppings	Banoffee Pot	Yoghurt, fresh fruit and toppings		
Afternoon snack	<b>Banana Bread</b>	<b>Fruity Seeded Flapjack Bar</b>	<b>Blueberry Muffin</b>	<b>Waffle</b>	<b>The personal best cookie</b>		
Supper with basic salad bar	Pork Milanese or Lentil Bolognaise served with herb oil spaghetti & Tomato Sauce	Teriyaki Beef or Quorn Stir Fry served with vegetable Rice & Broccoli	Baja Fish Taco or Chipotle Bean and Chickpea served with smashed avocado shredded iceberg lettuce & tomato salsa & cajun dusted potatoes	BBQ Pulled Pork or Chickpea & Bean Chilli served with Hasselback Potatoes, Crispy Onions & Sour Cream  Caesar Salad Bar	Vegetable Paella served with lemon chilli courgette salad	<b>FakeAway Vibes</b>	<b>Homemade Margherita Pizza</b>
Fruits	Fruit Platter	Yoghurt Bar	Fruit Platter	Syrup Sponge	Fruit Platter	Chefs choice	Chefs choice

Week 2

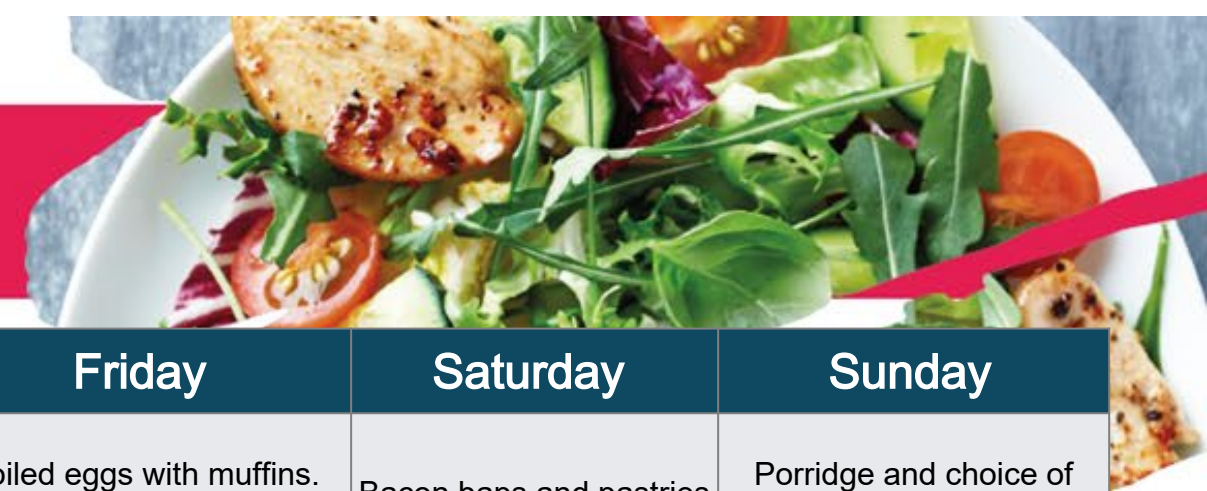


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Soup served at break and lunch	Chef's homemade soup, served with fresh bread	Chef's homemade soup, served with fresh bread	Chef's homemade soup, served with fresh bread	Chef's homemade soup, served with fresh bread	Chef's homemade soup, served with fresh bread		
Lunch with full salad bar	Sausage and mashed potatoes with brown onion gravy  Vegetarian Sausages served with mashed potatoes & Gravy	Roast turkey and roast potatoes  Spinach, Mushroom Quiche with roast potatoes	Chicken Fajita served with Salsa, Sour Cream & Rice  Bean & Vegetable Burrito	Beef & Vegetable Stir Fry served with Noodles  Tofu & Broccoli Stir Fry served with Noodles	Battered Fish or Oven Baked Fish Fingers served with Lemon & Tartar Sauce  BBQ Quorn Fillet served with chunky chips	Chefs choice	Build your own Baguette Bar
Served Daily	Seasonal Vegetables, Full Salad Bar, Pasta and Sauce of the Day, Jacket Potatoes						
Dessert	Yoghurt, fresh fruit and toppings	Summer Berry Cheesecake	Yoghurt, fresh fruit and toppings	Chocolate Beetroot Brownie	Yoghurt, fresh fruit and toppings		
Afternoon snack	<b>Banana Bread</b>	<b>Fruity Flapjack Bar</b>	<b>Blueberry Muffin</b>	<b>Waffle</b>	<b>The personal best cookie</b>		
Supper with basic salad bar	Chicken tagine with Lemon Cous Cous and Moroccan flatbread  Aubergine tagine with rice and Moroccan flatbread	Rich Beef Ragu or Ratatouille served with Wholemeal Penne & Garlic Bread	Kung Pao Pork with chunky vegetables & Rice  Tofu Kung Pao with chunky vegetables & Noodles	Grilled Chicken Burger with crispy onions or  Bean burger  oven baked sweet Potato fries	Tomato, Basil and Roasted Red Pepper Pasta Bake served with	<b>FakeAway Vibes</b>	<b>Macaroni Cheese</b> Chefs Salad
Fruits	Fruit Platter	Chocolate Pudding	Fruit Platter	Yoghurt Bar	Fruit Platter		

Week 3



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