

WEEKLY MENU

Pre Prep - Year 2



Service	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Banana Bread	Fruity Seeded Flapjack Bar	Blueberry Muffin	Waffle	The personal best cookie
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
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	Cheesy Tomato Muffin	Sausage Rolls	Focaccia	Cucumber, Carrot & Pepper sticks with Houmous & pitta fingers	Apple Nachos with Honey Yoghurt Drizzle
Nursery Tea	Tomato Pasta Bake	Potato wedges with Beans	Buttered Crumpet	Pizza Muffin	Cheese Sandwiches

Week 1



THE ORATORY
PREP SCHOOL

WEEKLY MENU

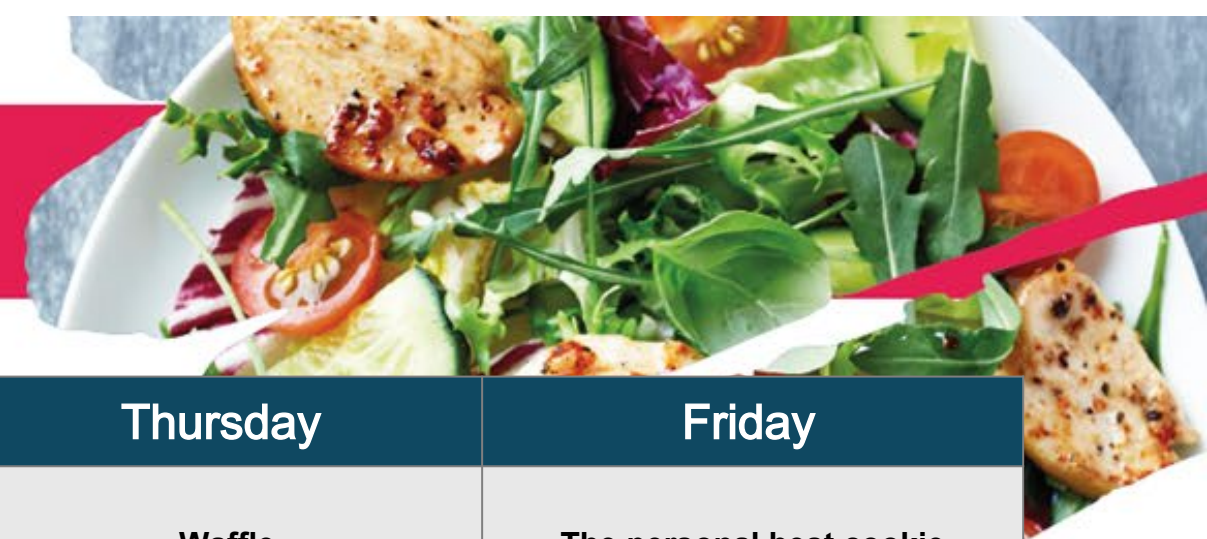
Pre Prep - Year 2



Service	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Banana Bread	Fruity Seeded Flapjack Bar	Blueberry Muffin	Waffle	The personal best cookie
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
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	Cheesy Tomato Muffin	Sausage Rolls	Focaccia	Cucumber, Carrot & Pepper sticks with Houmous & pitta fingers	Apple Nachos with Honey Yoghurt Drizzle
Nursery Tea	Fish Finger Bap	Sausage Roll	Enchilada	Tomato Pasta Bake	Potato Wedges with Cheese

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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
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	Cheesy Tomato Muffin	Sausage Rolls	Focaccia	Cucumber, Carrot & Pepper sticks with Houmous & pitta fingers	Apple Nachos with Honey Yoghurt Drizzle
Nursery Tea	Macaroni Cheese	Buttered Crumpets	Hot Dog	Pizza Muffin	Cheese Sandwiches