



Prep School lunch - Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato & basil soup	Broccoli & stilton	Carrot & cardamon	Cream of cauliflower	Leek & potato
Daily Alternative	Jacket potato with baked beans	Jacket potato with tuna mayonnaise	Pesto pasta	Tomato and Basil Pasta	Jacket potato with Cheese
Main course	lasagne al forno	Roast bacon loin with parsley sauce	Tandoori chicken breast with a masala gravy	Cumberland sausage and vegetable casserole	Battered fish fingers with lemon
Main course 2	Roast vegetable lasagne	Roast squash & barley risotto	Homemade falafel with a mint yoghurt	Vegetable sausage casserole	Vegetable enchilada
On the Side	Garlic bread broccoli	New potatoes carrots and peas	Vegetable rice Lightly spiced roast cauliflower	Creamy mash Sweetcorn Hispi cabbage	Chunky chips Baked beans Garden peas
Dessert	Vanilla ice cream pots	Vanilla rice pudding with a berry compote	Jelly pots	Chocolate chip flapjack	Fruit salad
Every day	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt

Prep School lunch - Week Two



The New Beacon
Ex Fumo · Dare · Lucem

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Sweet potato	Vegetable soup	Spicy Cauliflower	Pea & mint	Onion
Daily Alternative	Jacket potatoes with grated cheese	Jacket potatoes with baked beans	Roast vegetable pasta	Jacket potatoes with cheese and red onion	Roasted tomato, pepper and basil pasta
Main course	Tri colour fusilli with a bacon cream sauce	Traditional cottage pie	Pepperoni Pizza Or	Roasted chicken breast, stuffing and gravy	Cumberland sausages
Main course 2	Tri colour fusilli with a tomato and basil sauce	Spinach, leek & Gruyere tart	Four seasons Pizza Oven baked Wedges	Mediterranean quesadillas	Early summer vegetable frittata
On the Side	Garlic Bread sweetcorn	Medley of green vegetables	Coleslaw Mixed green salad	Roast new potatoes Broccoli and carrots	chipped potatoes Baked beans Garden peas
Dessert	Coconut and jam sponge with custard	Rocky road	Jelly Pots	Seasonal fruit salad	Mini doughnuts with chocolate sauce
Everyday	Fresh cut Fruit & Yoghurt	Fresh cut Fruit & Yoghurt	Fresh cut Fruit & Yoghurt	Fresh cut Fruit & Yoghurt	Fresh cut Fruit

Prep School lunch - Week Three



The New Beacon
Ex Fumo - Dare - Lucem

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Winter vegetable	Pepper & tomato	Stilton & Broccoli	Miso soup	Sweet Potato and Lentil
Daily Alternative	Jacket Potato with baked beans	Sundried Tomato Pesto Pasta	Jacket Potato with tuna fish	Jacket potato with grated cheese	Pesto pasta
Main course	Spaghetti bolognaise Greek Spanakopita Grated parmesan Garlic bread broccoli	Sausage of the day with a caramelised onion and herb gravy	Chicken chow mein	Roast loin of local pork, apple sauce, sage gravy	Breaded chicken goujons
Main course 2		roast vegetable and red lentil casserole	Vegetable chow mein	Nut free vegetable roast	Vegetarian sausage rolls
On The Side		Crushed new potatoes Panache of seasonal greens	Prawn crackers Steamed carrots	Roast new potatoes Vegetable medley	Chips Garden Peas Baked Beans
Dessert	Pineapple upside down pudding with vanilla custard	Butterscotch Angel delight	Chocolate sponge pudding with chocolate sauce	Jelly pots	Chocolate ice cream tubs
Everyday	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt