

# Prep School Lunch - Week One



The New Beacon  
Ex Fumo · Dare · Lucem

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup du jour	Soup du jour	Soup du jour	Soup du jour	Soup du jour
Daily Alternative	Jacket Potato with today's topping	Jacket Potato with today's topping	Jacket Potato with today's topping	Jacket Potato with today's topping	Pasta of the day
Main Course	Fusilli pasta with a tomato and basil sauce	Cumberland sausage and root vegetable casserole	Chilli con carne	Roast of the day	Catch of the day with lemon wedges
Main Course 2	Fusilli pasta with a forest mushroom and parsley sauce	Vegetarian sausage and root vegetable casserole	Vegetable and Quorn chilli	No nut roast of the day	Roast pepper and tomato quesadillas
On The Side	Garlic Bread or French baguette broccoli	Creamy mashed potato Garden peas	Steamed rice Panache of seasonal vegetables	Roast potatoes Carrots and broccoli	Chunky Chips Baked Beans Garden Peas
Dessert	Lemon sponge with custard	Fruit jelly	Fresh fruit salad	Vanilla rice pudding	Homemade cookies
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



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	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup du jour	Soup du jour	Soup du jour	Soup du jour	Soup du jour
Daily Alternative	Jacket Potato with today's topping	Jacket Potato with today's topping	Pasta of the day	Jacket Potato with today's topping	Pasta of the day
Main Course	Pasta with a chorizo and smoked tomato sauce	Roast of the Day	Pepperoni Pizza Or	Beef meatballs served with herby gravy	Herby Cumberland sausages
Main Course 2	Pasta with a homemade pesto	No nut roast of the day	Margherita Pizza Potato Wedges	Vegetarian no meat balls served with herby gravy	Vegetable mince stuffed roast peppers
On The Side	Garlic Bread or French baguette Broccoli	Roast potatoes Medley of green vegetables	Coleslaw Sweetcorn	Creamy mashed potato Garden peas and carrots	Chipped Potatoes Baked beans
Dessert	Apple sponge with vanilla custard	Angel delight	Frozen yoghurt pots	Chocolate semolina	Homemade rocky road
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



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	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup du jour	Soup du jour	Soup du jour	Soup du jour	Soup du jour
Daily Alternative	Jacket Potato with today's topping	Jacket Potato with today's topping	Jacket Potato with today's topping	Jacket potato with today's topping	Pasta of the day
Main Course	Oven baked mac 'n' cheese  French baguette or Garlic Bread  Roast broccoli	Roast of the Day	Spaghetti Bolognese	Chicken and vegetable fricassee	Catch of the day with lemon wedges
Main Course 2		No nut roast of the day	Roast vegetable and Quorn Bolognese	Vegetable enchiladas	Frittata of the day
On The Side		Roast potatoes Carrots and green beans	Panache of seasonal greens	Steamed new potatoes Cauliflower and green beans	Chipped potatoes Baked Beans Garden peas
Dessert	Apple and forest fruit pie with custard	Fresh fruit salad	homemade butter shortbread	Maple flavoured rice pudding	Chef's frozen treat of the day
Everyday	Fresh Cut Fruit & Yoghurt	Fresh Cut Fruit & Yoghurt	Fresh Cut Fruit & Yoghurt	Fresh Cut Fruit & Yoghurt	Fresh Cut Fruit & Yoghurt

# Prep School lunch - Week Four



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	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup du jour	Soup du jour	Soup du jour	Soup du jour	Soup du jour
Daily Alternative	Jacket Potato with today's topping	Jacket Potato with today's topping	Jacket potato with today's topping	Jacket potato with today's topping	Pasta of the day
Main Course	Fusilli pasta with a mascarpone, tomato and oregano sauce	Roast of the day	Chicken chasseur	Minced beef and onion pie	Breaded chicken goujons
Main Course 2	Fusilli pasta with a homemade pesto	No nut roast of the day	Forest mushroom stroganoff	Roast seasonal vegetable pie	Harissa and feta roast aubergines
On The Side	Garlic bread or French baguette Broccoli	Oven roast potatoes Medley of vegetables	Steamed rice Cauliflower and broccoli	Creamy mashed potatoes Carrots and green beans	Chipped potatoes Baked beans
Dessert	Jam and coconut sponge with custard	Homemade cheesecake	Mini muffin	Vanilla flavoured semolina pudding	Doughnut of the day