

# MENU PRE-PREP & JUNIOR SCHOOL

DATE: 11th Sept

## MONDAY

LASAGNE & GARLIC BREAD

OR

ROASTED VEGETABLES & LENTILS

BAKED JACKET POTATO

BOILED POTATOES

SELECTION OF VEGETABLES

FULL FRESH SALAD BAR

FRESH FRUIT SALAD

FRUIT FROMAGE FRAIS

STEAMED CITRUS SPONGE

## TUESDAY

CHICKEN & SWEETCORN PASTA

OR

BAKED STUFFED PEPPER

BAKED JACKET POTATO

MASHED POTATO

SELECTION OF VEGETABLES

FULL FRESH SALAD BAR

FRESH FRUIT SALAD

FRUIT FROMAGE FRAIS

BAKEWELL TART

## WEDNESDAY

ROAST PORK & APPLE SAUCE

OR

SPINACH & SWEETPOTATO SAMOSAS

BAKED JACKET POTATO

ROAST POTATOES

SELECTION OF VEGETABLES

FULL FRESH SALAD BAR

FRESH FRUIT SALAD

FRUIT FROMAGE FRAIS

CARROT CAKE

## THURSDAY

BEEF STROGANOFF

OR

HOMINY PIE

BAKED JACKET POTATO

BOILED RICE

SELECTION OF VEGETABLES

FULL FRESH SALAD BAR

FRESH FRUIT SALAD

FRUIT FROMAGE FRAIS

JAM & COCONUT SPONGE

## FRIDAY

BATTERED COD BITES

OR

VEGETABLE CHOW MEIN

BAKED JACKET POTATO

OVEN CHIPS

SELECTION OF VEGETABLES

FULL FRESH SALAD BAR

FRESH FRUIT SALAD

FRUIT FROMAGE FRAIS

ARCTIC ROLL