

THE PREBENDAL SCHOOL

MENU WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
<p>Apple or Orange Juice Choice of Cereal Fried Eggs Sausage Plum Tomatoes</p>	<p>Pineapple or Orange Juice Choice of Cereal Sausage Bacon Hash Browns Baked Beans</p>	<p>Apple or Pineapple Juice Choice of Cereal Continental Breakfast Hot Rolls</p>	<p>Grapefruit or Apple Juice Choice of Cereal Scrambled Eggs Bacon Grilled Tomatoes</p>	<p>Orange or Grapefruit Juice Choice of Cereal Sausage Baked Beans Eggy Bread</p>	<p>Apple or Orange Juice Choice of Cereals Sausage Scrambled Egg Tomatoes</p>	<p>Orange or Grapefruit Juice Choice of Cereals Bacon Mushrooms Eggy Bread</p>
LUNCH						
<p>Chicken Chasseur Lentil and carrot Lasagne Mashed Potatoes Sweet corn Peas Steamed Jam Roll Custard</p>	<p>Beef hotpot with onion bread Vegetable cottage pie Baton carrots Cut green beans Apple pie Custard</p>	<p>Chicken korma Mixed vegetable quiche Steamed rice Peas and diced carrots Chocolate sponge Chocolate sauce</p>	<p>Lamb moussaka Vegetable pasta bake Minted potatoes Mixed vegetables Rhubarb and apple crumble Custard</p>	<p>Oven baked cod portions Sausages Chips Baked beans Warm farmhouse cake</p>	<p>Chilli beef Cheese and pepper sausage rolls Rice Peas Peach pie and cream</p>	<p>Roast Chicken And Stuffing Roast Potatoes Roast mixed vegetables Bread and butter pudding</p>
SUPPER						
<p>Jacket potato bar Tuna mayo Savoury beef Coleslaw Ice-cream roll</p>	<p>Cheese and onion quiche Baked beans Spiced wedges Bananas and Yoghurt</p>	<p>Homemade Meatballs And Tomato Sauce Cheese and Tomato Puffs Peas Creamed Potatoes Fruit Jelly and Cream</p>	<p>Jackets with Tuna Crispy Crumb Turkey burgers Cut Beans Baked Jacket Wedges Choc chip Shortbreads</p>	<p>Pasta bar Spiced chicken Cheese sauce Tomato sauce Fresh Fruit Chunks</p>	<p>Omelette bar You choose the fillings mixed salad Jelly and Fruit</p>	<p>Cold buffet</p>

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MENU WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Apple or Pineapple Juice Choice of Cereal Scrambled Egg Bacon Hash Browns	Tropical or Apple Juice Choice of Cereal Sausage Baked Beans Eggy Bread	Orange or Pineapple Juice Choice of Cereal Potato Waffles Bacon Spaghetti	Grapefruit or Apple Juice Choice of Cereal Bacon Baked Beans Fried Bread	Orange or Tropical Juice Choice of Cereal Sausage Scrambled Egg Tomatoes	Apple or Orange Juice Choice of Cereals Bacon Spaghetti Cheesy Triangles	Orange or Grapefruit Juice Choice of Cereals Poached Eggs Bacon Mushrooms
LUNCH						
Sweet chilli chicken Rice Cheese and tomato pasta Peas Sweet corn Bake well tart Custard	Beef in a black bean sauce Vegetable plait Mixed pasta shells Cauliflower whole green beans Rice pudding with mixed fruit jam	Cottage pie Jacket potatoes with Baked beans Mixed vegetables Apple sponge with Toffee sauce	Turkey and ham pie Macaroni cheese New potatoes baton carrots Sliced green beans Spotted dick and Custard	BBQ chicken drumsticks fish fingers chips peas jam tart and cream	Meat balls in a tomato sauce Spaghetti carrot rounds sweet of the day	Roast Beef Yorkshire pudding braised red cabbage Roast potatoes Cauliflower Syrup sponge and Custard
SUPPER						
Burger Bap Crispy Mixed Salad Tuna Jacket Potatoes Salad Bar Jam Tarts	Roast pork Garlic Roast potatoes Cauliflower cheese Peas Fairy Cakes	Pizza bar Meat or Vegetarian Mixed salad Melon Slices	Toad in the hole Quorn toad in the hole Mashed potatoes Broccoli Cookies and Milk Shake	Shepherds pie Penne pasta in a Spiced tomato sauce Sliced carrots Choc Chip Muffins Yoghurt Bar	Chinese chicken Rice Oriental vegetables Ice Cream and Hot Chocolate Sauce	Egg and Bacon Flan Selection of Salads Scones and Jam Fruit and Cream

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MENU WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>BREAKFAST</u>						
Orange or Pineapple Juice Choice of Cereal Scrambled Egg Tomato Fried Bread	Apple or Grapefruit Juice Choice of Cereal Bacon Egg Bread Mushrooms	Pineapple or Apple Juice Choice of Cereal Sausage Spaghetti Hoops Toasted Cheese	Orange or Apple Juice Choice of Cereals Bacon Rolls Beans on Toast	Pineapple or Apple Juice Choice of Cereals Sausage Scrambled Egg Tomato	Grapefruit or Orange Juice Choice of Cereals Boiled Eggs Bacon Spaghetti	Orange or Pineapple Juice Choice of Cereals Bacon and Eggs
<u>LUNCH</u>						
Sweet and Sour Chicken Rice Vegetable casserole Peas Diced carrot Fruity chocolate tray bake Custard	Minted Roast lamb Gardeners pie Roast potatoes Baton carrot & Swede mix Cut green beans Steamed jam pudding Custard	Beef casserole & herb dumplings Cheese & tomato pizza Spiced potato wedges Sweet corn Fruit jelly & cream	Pasta bolognaise Shepherdess pie Buttered cabbage Mixed vegetables Iced carrot cake	Oven baked salmon fish cakes Minced beef and onion pie Chips Minted peas chocolate & mandarin brownies	Beef curry Vegetable curry Lemon rice Naan bread Eves pudding	Roast pork & stuffing Apple sauce Roast potatoes Mixed vegetables Chefs sweet of the day
<u>SUPPER</u>						
Chicken con carnie Warm crisps Jacket potatoes Cheese Coleslaw Hot chocolate orange fudge cake	Chilli pork rice Spicy Quorn and mushroom pasta Mixed salad Apple strudel Cream	Honey roasted chicken Cheese and pepper tart Potato wedges Baton carrots Cherry pie and Custard	Turkey a la king Creamed mash potato Vegetable pasties Whole green beans Chocolate and date Rock cakes	Chicken and sweet chilli wraps Cauliflower cheese Potato croquettes sweet corn Sliced water melon	BLTs Lattice fries Coleslaw Ice Cream and Hot Chocolate Sauce	filled Baguettes Scones and Jam Fruit and Cream Salad bar