



CATERHAM
PREP

Lunch Menu – Summer Term – Week 1 (21/04, 12/05)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Pork Sausages with Mashed Potato	Chicken & Sweetcorn Pie with New Potatoes	Beef Bolognaise with Spaghetti	Katsu Chicken with Curry Sauce and Wholegrain Rice	Oven Baked Sustainable Fish or Fish Fingers with Chips
Vegetarian Option	Vegetable Sausages with Mashed Potato	Country Vegetable and Chickpea Pie with New Potatoes	Quorn Bolognaise with Spaghetti	Katsu Cauliflower with Curry Sauce and Wholegrain Rice	Sweet Potato, Carrot & Halloumi Rosti with Chips
Sides	Peas Baked Beans Gravy	Carrots Green Beans Gravy	Broccoli Garlic Dough Balls	Carrots Broccoli	Sweetcorn Peas
Alternative Mains	Wholemeal Pasta with salad and topping selection	Jacket Potato with salad and topping selection	Jacket Potato with salad and topping selection	Jacket Potato with salad and topping selection	Jacket Potato with salad and topping selection
Dessert	Cookie	Peaches with Yoghurt	Apple Crumble with Custard	Reduced Sugar Carrot Cake	Ice Cream Tub
Available Daily	Whole Fruit Selection – Apple, Orange, Banana Cut Fruit Selection – Melon, Orange, Pineapple, Dried Fruit Pots Bread and Butter				

Lunch Menu – Summer Term - Week 2 (28/04, 19/05)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Goujon Wrap with Potato Wedges	Beef Lasagne	Roast Turkey with Roast Potatoes	Chicken Korma with Mixed White & Brown Rice	Oven Baked Fish or Fish Fingers with Chips
Vegetarian Option	Vegetable Nuggets with Potato Wedges	Vegetable & Quorn Lasagne	Vegetable Frittata with Roast Potatoes	Vegetable & Chickpea Korma with Mixed White & Brown Rice	Cauliflower & Broccoli Cheese Bake with Chips
Sides	Carrots Peas	Garlic Bread Cauliflower	Carrots Broccoli Gravy	Poppadums Green Beans	Peas Baked Beans
Alternative Mains	Jacket Potato with salad and topping selection	Jacket Potato with salad and topping selection	Jacket Potato with salad and topping selection	Jacket Potato with salad and topping selection	Wholemeal Pasta with salad and topping selection
Dessert	Reduced Sugar Flapjack	Butterscotch Mousse	Reduced Sugar Banana Cake	Fruit Salad	Ice Cream Tub
Available Daily	<p>Whole Fruit Selection – Apple, Orange, Banana</p> <p>Cut Fruit Selection – Melon, Orange, Pineapple, Dried Fruit Pots</p> <p>Bread and Butter</p>				

Lunch Menu – Summer Term - Week 3 (05/05)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Plant Based Meatballs with Wholemeal Pasta	Beef Stifado with Mixed Rice	Roast Chicken Breast with Roast Potatoes	Fish Finger Wrap with Potato Wedges	Theme Day TBC
Vegetarian Option	Wholemeal Pasta with Cheese sauce	Vegetable & Bean Stir Fry with Rice Noodles	Vegetable Paella with Garlic Aioli	Macaroni Cheese	
Sides	Peas Carrots	Pitta Bread Broccoli	Carrots Cabbage Gravy	Broccoli Cauliflower	
Alternative Mains	Jacket Potato with salad and topping selection	Jacket Potato with salad and topping selection	Jacket Potato with salad and topping selection	Jacket Potato with salad and topping selection	
Dessert	Reduced Sugar Chocolate Brownie	Apple Pie with Custard	Mandarin Segments with Yoghurt	Ice Cream Tub	
Available Daily	<p>Whole Fruit Selection – Apple, Orange, Banana</p> <p>Cut Fruit Selection – Melon, Orange, Pineapple, Dried Fruit Pots</p> <p>Bread and Butter</p>				