



CATERHAM
PREP

Lunch Menu – Spring Term – Week 1 (05/01, 26/01)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Pork Sausages with Mashed Potato	Sweet & Sour Chicken with Wholegrain Rice	Beef Lasagne	Chicken & Sweetcorn Pie with New Potatoes	Oven Baked Sustainable Fish or Fish Fingers with Chips
Vegetarian Option	Vegetable Sausages with Mashed Potato	Vegetable & Bean Stir Fry with Rice Noodles	Vegetable & Quorn Lasagne	Cheese, Leek and Potato Pie with New Potatoes	Red Lentil Dahl with Chips
Sides	Peas Baked Beans Gravy	Carrots Broccoli	Green Beans Garlic Bread	Carrots Cauliflower Gravy	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	Apple Crumble with Custard	Chocolate Sponge with Chocolate Sauce	Carrot Cake	Rice Pudding with Jam Sauce
Available Daily	Whole Fruit Selection – Apple, Orange, Banana Cut Fruit Selection – Melon, Orange, Pineapple, Dried Fruit Pots Bread and Butter				



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Lunch Menu – Spring Term - Week 2 (12/01, 02/02)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Roast Turkey with Mashed Potato	Katsu Chicken with Curry Sauce and Wholegrain Rice	Beef Bolognese with Spaghetti	Chicken Korma with Mixed White & Brown Rice	Oven Baked Fish or Fish Fingers with Chips
Vegetarian Option	Cheesy Leek and Carrot Crumble with Mashed Potato	Katsu Cauliflower with Curry Sauce and Wholegrain Rice	Cheese Sauce with Spaghetti	Vegetable & Chickpea Korma with Mixed White & Brown Rice	Cauliflower & Broccoli Cheese Bake with Chips
Sides	Carrots Broccoli Gravy	Sweetcorn Green Beans	Carrots Dough Balls	Poppadums Cauliflower	Peas Sweetcorn
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	Jacket Potato with salad and topping selection
Dessert	Reduced Sugar Flapjack	Peaches and Yoghurt	Reduced Sugar Banana Cake	Fruit Salad	Jam Sponge with Custard
Available Daily	Whole Fruit Selection – Apple, Orange, Banana Cut Fruit Selection – Melon, Orange, Pineapple, Dried Fruit Pots Bread and Butter				



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Lunch Menu – Spring Term - Week 3 (19/01, 09/02)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Plant Based Meatballs with Wholemeal Pasta	Chicken Tikka Masala with Wholegrain Rice	Beef Burger in a Bun with Potato Wedges	Peruvian Chicken with Chips	<u>Theme Day</u>
Vegetarian Option	Mushroom & Parmesan Risotto	Cauliflower & Sweet Potato Masala with Wholegrain Rice	Vegetable & Bean Burger with Potato Wedges	Macaroni Cheese	
Sides	Carrots Cauliflower	Green Beans Broccoli	Carrots Sweetcorn	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	Jacket Potato with salad and topping selection
Dessert	Reduced Sugar Chocolate Brownie	Apple Pie with Custard	Mandarins with Yoghurt	Sticky Toffee Pudding with Custard	
Available Daily	Whole Fruit Selection – Apple, Orange, Banana Cut Fruit Selection – Melon, Orange, Pineapple, Dried Fruit Pots Bread and Butter				