



CATERHAM
PREP

Lunch Menu – Summer Term – Week 1 (20/04, 11/05)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Pasta Carbonara with Chicken & Pesto	Katsu Chicken with Curry Sauce and Wholegrain Rice	Beef Lasagne	Pork Sausages with Mashed Potato	Oven Baked Sustainable Fish or Fish Fingers with Chips
Vegetarian Option	Vegetable & Bean Stir Fry with Rice Noodles	Katsu Cauliflower with Curry Sauce and Wholegrain Rice	Vegetable & Quorn Lasagne	Vegetable Sausages with Mashed Potato	Red Lentil Dahl with Chips
Sides	Cauliflower Carrots	Carrots Broccoli	Green Beans Garlic Bread	Broccoli Baked Beans Gravy	Sweetcorn Peas
Alternative Mains	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	Jacket Potato with salad and topping selection
Dessert	Strawberry Mousse	Apple Crumble with Custard	Cookie	Fruit Salad	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 (27/04, 18/05)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Goujon Wrap with Potato Wedges	Chicken Korma with Mixed White & Brown Rice	Beef Bolognese with Spaghetti	Chicken & Sweetcorn Pie with New Potatoes	Oven Baked Fish or Fish Fingers with Chips
Vegetarian Option	Vegetable Nuggets Wrap with Potato Wedges	Vegetable & Chickpea Korma with Mixed White & Brown Rice	Cheese Sauce with Spaghetti	Vegetable & Bean Paella	Cauliflower & Broccoli Cheese Bake with Chips
Sides	Carrots Sweetcorn	Poppadums Cauliflower	Broccoli Dough Balls	Carrots Green Beans Gravy	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	Peaches and Yoghurt	Reduced Sugar Flapjack	Rice Krispie Cake	Reduced Sugar Banana Cake	Ice Cream Tub
Available Daily	<p>Whole Fruit Selection – Apple, Orange, Banana Cut Fruit Selection – Melon, Orange, Pineapple, Dried Fruit Pots Bread and Butter</p>				



Lunch Menu – Summer Term - Week 3 (04/05)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Plant Based Meatballs with Wholemeal Pasta	Fish Finger Wrap with Potato Wedges	Beef Burger in a Bun with New Potatoes	Peruvian Chicken with Chips	<u>Theme Day</u>
Vegetarian Option	Mushroom & Parmesan Risotto	Vegetable Frittata with Potato Wedges	Vegetable & Bean Burger with New Potatoes	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	Apple Pie with Custard	Reduced Sugar Chocolate Brownie	Mandarins with Yoghurt	Lemon Drizzle Cake	
Available Daily	<p>Whole Fruit Selection – Apple, Orange, Banana Cut Fruit Selection – Melon, Orange, Pineapple, Dried Fruit Pots Bread and Butter</p>				