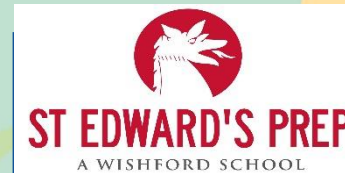


St Edward's Prep - Week One



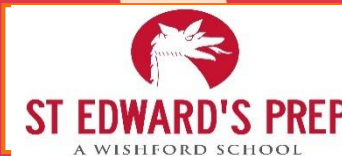
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	<p>"Meat Free Monday"</p> <p>Sloppy Joe's – Sweet Tomato Quorn Mince in a Taco</p>	<p>Beef or Quorn Burger with Apple & Vegetable Slaw</p>	<p>"Make It Mine Wednesday"</p> <p>Mac & Cheese, then add YOUR toppings:</p> <p>Crispy Honey Bacon</p>	<p>Slow Roast Pork with Apple Sauce</p>	<p>"Sustainable Friday"</p> <p>Fish in White Sauce with Squashed Potatoes & Peas</p>
Meat Free	<p>Spinach & Cream Cheese Cannelloni with Cherry Tomatoes</p>	<p>Baked Tomato & Pea Frittata with Onion Relish</p>	<p>Lemon & Herb Chicken</p> <p>Tomato & Herb Salsa</p>	<p>Roasted Vegetable & Chickpea Rice Pots</p>	<p>Creamy Vegetables with Cheddar Cheese Crumble</p>
On the Side	<p>Mashed Potatoes, Green Beans & Cabbage</p>	<p>Skin on Wedges – Sweet & Baked Potatoes, Sweetcorn</p>	<p>Garlic Bread, Broccoli & Butternut Squash</p>	<p>Roast Potatoes, Cauliflower & Spring Greens</p>	<p>Steamed Peas & Smashed Carrots</p>
Dessert	<p>Strawberry & Meringue Mess</p>	<p>Yoghurt Bar</p> <p>Freshly Made Fruit Based Yoghurt with Toppings</p>	<p>"Half Measures" Vanilla Rice Pudding with Summer Berries</p>	<p>Syrup Sponge & Cream</p>	<p>Chocolate Cupcake with Vanilla Buttercream</p>
Everyday	<p>Fresh Cut Fruit & Yoghurt</p>	<p>Fresh Cut Fruit & Yoghurt</p>	<p>Fresh Cut Fruit & Yoghurt</p>	<p>Fresh Cut Fruit & Yoghurt</p>	<p>Fresh Cut Fruit & Yoghurt</p>

St Edward's Prep - Week Two



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Creamy Chicken & Coconut Curry	Cumberland Chipolata Sausages with Sticky Onion Gravy	"Make It Mine Wednesday" Choose Your Pizza Topping Pepperoni	Classic Beef Meatballs with Tomato & Herb Sauce	"Sustainable Friday" Breaded White Fish Finger with Lemon & Tomato Ketchup
Meat Free	Chickpea and Vegetable Curry	Quorn Sausage with Sticky Onion Gravy	Sticky BBQ Chicken Roasted Peppers & Herbs	Bean & Herb Balls with Tomato Sauce	Quorn Fingers with Lemon and Tomato Ketchup
On the Side	Naan Bread, Rice & Steamed Peas	Mashed Potatoes, Baked Roots & Savoy Cabbage	Potato Wedges and Baked Beans	Spaghetti, Garlic Bread Sweetcorn	Chips, Peas & Baked Tomatoes
Dessert	Lemon & Lime Drizzle Cake with Raspberries	Chocolate & Raspberry Mousse	"Half Measures" Berry & Coconut Traybake	Apple & Sultana Strudel with Custard	Malteser Chocolate Brownie
Everyday	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt

St Edward's Prep - Week Three



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	"Meat Free Monday" 50/50 Penne Pasta with Chunky Tomato, Vegetable & Herb Sauce	Shepherds Pie with Creamy Potato Topping and Gravy	"Make It Mine Wednesday" Filled Wrap with either: Beef Chilli & Tomato	Roast Turkey with Stuffing	"Sustainable Friday" Battered White Fish with Lemon
Meat Free	Creamy Cheddar Cheese & Sweetcorn Sauce	Stuffed jacket skins with baked beans & cheddar sauce	Chicken & Lemon Yoghurt Feta & Roasted Vegetables	Roasted Squash, Sweet Potato & Herb Tortilla	Breaded Quorn Fingers with Lemon
On the Side	Tomato Focaccia, Carrots & Spring Greens	Cauliflower & Green Beans	Sweet Potato Wedges, Steamed Greens & Caesar Salad	Roast Potatoes, Broccoli & Honey Roots	Chips, Garden Peas & Baked Beans
Dessert	"Half Measures" Carrot & Coconut Cake	Banoffee Pot	Sticky Raisin Buns with Apricot Jam	Pear & Chocolate Crumble with Custard	Chocolate Mouse with Honeycomb
Everyday	Fresh Cut Fruit & Yoghurt	Fresh Cut Fruit & Yoghurt	Fresh Cut Fruit & Yoghurt	Fresh Cut Fruit & Yoghurt	Fresh Cut Fruit & Yoghurt