

St Edward's Preparatory School

The Seedling - Sample Menu



<u>Week 1 Lunch</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Soup & homemade bread	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Daily fresh bread	Daily fresh bread	Daily fresh bread	Daily fresh bread	Daily fresh bread
Main meals	Mild turkey curry	Bangers & mash with gravy	Honey roast gammon	Traditional cottage pie	Fish "n" chips, served with tartare & lemon
	Pasta bar	Pasta bar	Pasta bar	Pasta bar	Pasta bar
Vegetarian	Vegetable & chickpea curry	Glamorgan sausage	Mild five bean chilli	Spinach & pepper quiche	Vegetable & quorn burger
Vegetables & Potatoes	Naan bread fingers Mango chutney Raita yogurt Steamed mixed rice	Creamed Potato Peas sweetcorn	Roast Potatoes Steamed Broccoli Buttered Carrots	Shredded Cabbage Sweet Corn	Chips Garden peas Baked beans
Salad Pots	Tomato, cucumber lettuce	Tomato, cucumber lettuce	Tomato, cucumber lettuce	Tomato, cucumber lettuce	Tomato, cucumber lettuce
	Cesar Salad	Tuna Nicoise	Bejeweled Kachumber Salad	Zesty Quinoa Salad	Spiced Carrot and orange salad
Hot Desserts	Chocolate sponge pudding with chocolate sauce	Rice pudding with strawberry jam	Pear & oat crumble with custard	Pineapple upside down cake	Autumn berry & vanilla sponge pudding with pouring cream
Cold Dessert	Raspberry cheesecake Fresh cut fruit Homemade yoghurt pots	Fruit jelly Fresh cut fruit Homemade yoghurt pots	Eton mess Fresh cut fruit Homemade yoghurt pots	Fruit jelly Fresh cut fruit Homemade yoghurt pots	Chocolate mousse Fresh cut fruit Homemade yoghurt pots

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Week 2 Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
Soup & homemade bread	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Daily fresh bread	Daily fresh bread	Daily fresh bread	Daily fresh bread	Daily fresh bread
Main meals	Creamy pork stroganoff	Meatball wholemeal pasta bake with cheese	Roast turkey with sage stuffing	Traditional beef lasagne	Fish "n" chips, served with tartare & lemon
	Pasta bar	Pasta bar	Pasta bar	Pasta bar	Pasta bar
Vegetarian	Grilled halloumi, butterbean & spinach tray bake	Chickpea, sweetcorn & courgette fritters	Feta & butternut squash frittata	Wholemeal Mac n cheese	Pitta falafel with mint yoghurt dressing
Vegetables & potatoes	Fine beans sugar snap peas Pilaf rice	Garden peas BBQ baked beans Sweet potato wedges	Steamed leeks & peas with tarragon Roast thyme potatoes	Sauté garlic courgettes Braised carrot Roast potatoes	Chips Garden peas Baked beans
Salad Pots	Tomato, cucumber lettuce	Tomato, cucumber lettuce	Tomato, cucumber lettuce	Tomato, cucumber lettuce	Tomato, cucumber lettuce
	Smoked Mackerel, pickled cucumber, sesame seed and pepper salad	Apple & Black eye bean Salad	Roast Sweet Potato, Tuna, spinach salad	Lemon and Courgette salad	Red cabbage and Apple Salad
Hot dessert	Chocolate brownie with cream	Apple pie with custard	Ginger pudding with toffee sauce	Berry, pear & oat crumble with custard	Treacle tart & custard
Cold desserts	Raspberry jelly pot Fresh cut fruit Homemade yoghurt pots	Blueberry shortbread pot Fresh cut fruit Homemade yoghurt pots	honey flapjack Fresh cut fruit Homemade yoghurt pots	Strawberry trifle pot Fresh cut fruit Homemade yoghurt pots	White chocolate & raspberry pots Fresh cut fruit Homemade yoghurt pots

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Week 3 Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
Soup & homemade bread	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Daily fresh bread	Daily fresh bread	Daily fresh bread	Daily fresh bread	Daily fresh bread
Main meals	Toad in hole with onions & gravy	Chicken & leek pie	Beef & onion casserole	Turkey chilli con carne	Day boat fish "n" chips, served with tartare & lemon
	Pasta bar	Pasta bar	Pasta bar	Pasta bar	Pasta bar
Vegetarian	3 cheese, spinach, potato cake with soft poached egg	Pumpkin, aubergine & sweet potato pie	Autumn harvest & kidney beans hot pot	Vegetable lentil dahl	Cheddar cheese frittata
Vegetables & potatoes	Roast potatoes Roasted carrots Steamed broccoli	Mashed potato Roasted roots Wilted spinach	Herby new potatoes Steamed broccoli Ratatouille	Steamed brown rice Sauté peppers Green beans	Chips Peas Carrots
Salad Pots	Tomato, cucumber lettuce	Tomato, cucumber lettuce	Tomato, cucumber lettuce	Tomato, cucumber lettuce	Tomato, cucumber lettuce
	Red Onion, Sweet corn and Mint Salad	Kale, Apple, & Quinoa Cranberry salad	Caribbean Rice Salad	Potato chive, and spring onion salad	Feta & Green Bean Salad with Olives
Hot dessert	Strawberry jam sponge	Apricot bread & butter pudding	Apple & peach strudel	Sticky toffee pudding	Fruity flapjack
Cold desserts	Banoffee pot Fresh cut fruit Homemade yoghurt pots	Nectarine fool Fresh cut fruit Homemade yoghurt pots	Rainbow jelly pot Fresh cut fruit Homemade yoghurt pots	Strawberry mousse Fresh cut fruit Homemade yoghurt pots	Chocolate brownie pot Fresh cut fruit Homemade yoghurt pots