

# LUNCH MENU Week 1



Breaside  
Preparatory School

## MONDAY

### **Soup of the day**

Chunky vegetable, homemade bread

### **Dish of the day**

Mac & cheese

### **Vegetarian dish of the day**

Butternut and spinach cottage pie

### **Sides**

Garden peas  
Steamed broccoli  
Garlic bread

### **Keeping it simple bar**

Baked potato with a choice of baked beans Pasta with a choice of homemade sauces

### **Dessert**

Warm lemon drizzle cake with custard  
Fresh fruit & yoghurt

## TUESDAY

### **Soup of the day**

Beetroot and chive homemade bread

### **Dish of the day**

Beef stroganoff

### **Vegetarian dish of the day**

Spring vegetable stew served with herb dumplings

### **Sides**

Steamed rice  
Green beans  
Mange tout

### **Keeping it simple bar**

Baked potato with a choice of baked beans Pasta with a choice of homemade sauces

### **Dessert**

Homemade biscuits  
Fresh fruit & yoghurt  
Jellies

## WEDNESDAY

### **Soup of the day**

Tomato & basil, homemade bread

### **Dish of the day**

Roast chicken with Yorkshire puddings & stuffing

### **Vegetarian dish of the day**

Lentil & mushroom loaf

### **Sides**

Roast carrots  
Garden peas  
Roast potatoes

### **Keeping it simple bar**

Baked potato with a choice of baked beans Pasta with a choice of homemade sauces

### **Dessert**

Gluten free flapjack  
Fresh fruit & yoghurt

## THURSDAY

### **Soup of the day**

Pea & ham soup, homemade bread

### **Dish of the day**

Oven baked sausage, onion gravy

### **Vegetarian dish of the day**

Vegan sausages with onion gravy

### **Sides**

Mash potatoes  
Cauliflower  
Steamed carrots

### **Keeping it simple bar**

Baked potato with a choice of baked beans Pasta with a choice of homemade sauces

### **Dessert**

Ice cream  
Fresh fruit & yoghurt  
Jellies

## FRIDAY

### **Soup of the day**

German style potato soup, homemade bread

### **Fish and chip shop Friday**

Oven baked jumbo fish finger served with tartar sauce

### **Vegetarian dish of the day**

Breaded tofu on a bed of roasted vegetables

### **Sides**

Chunky chips  
Garden peas  
Baked beans

### **Keeping it simple bar**

Baked potato with a choice of baked beans Pasta with a choice of homemade sauces

### **Desserts**

Chocolate pear crumble & custard  
Fresh fruit & yoghurt

For allergen information, please ask a member of the team also available a salad bar with choice of proteins. Fruit is available every lunch time as well as fresh bread