

# LUNCH MENU Week3



Breaside  
Preparatory School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Soup of the day</i> Sweet potato, coconut & lime, homemade bread	<i>Soup of the day</i> Chinese style noodle soup, homemade bread	<i>Soup of the day</i> Broccoli & stilton, homemade bread	<i>Soup of the day</i> Spring vegetable soup, homemade bread	<i>Soup of the day</i> Cauliflower cheese soup homemade bread
<i>Dish of the day</i> Chinese style chicken	<i>Dish of the day</i> Rich beef lasagne	<i>Dish of the day</i> Roast pork and apple sauce Stuffing and crackling	<i>Dish of the day</i> Jerk chicken	<i>Dish of the day</i> Beef burger in a bun
<i>Vegetarian dish of the day</i> Honey and soy tofu with beansprouts	<i>Vegetarian dish of the day</i> Spinach & lentil Lasagne	<i>Vegetarian dish of the day</i> Butternut squash wellington	<i>Vegetarian dish of the day</i> Jerk cauliflower with coconut rice	<i>Vegetarian dish of the day</i> Vegan bean burger in a bun
<i>Sides</i> Vegetable stir-fry steamed broccoli Steamed rice	<i>Sides</i> Homemade garlic bread Steamed green vegetables Baby potatoes	<i>Sides</i> Roasted potato Green beans Cauliflower, Yorkies	<i>Sides</i> Coconut rice and peas broccoli sweetcorn	<i>Sides</i> Peas & sweetcorn Chip shop style fries Baked beans
<i>Keeping it simple bar</i> Baked potato with a choice of baked beans Pasta with a choice of homemade sauces	<i>Keeping it simple bar</i> Baked potato with a choice of baked beans Pasta with a choice of homemade sauces	<i>Keeping it simple bar</i> Baked potato with a choice of baked beans Pasta with a choice of homemade sauces	<i>Keeping it simple bar</i> Baked potato with a choice of baked beans Pasta with a choice of homemade sauces	<i>Keeping it simple bar</i> Baked potato with a choice of baked beans Pasta with a choice of homemade sauces
<i>Dessert</i> Naturally sweet, strawberry fool Fresh fruit & yoghurt Jelly pots	<i>Dessert</i> Fruit crumble and custard Fresh fruit & yoghurt Jelly pots	<i>Dessert</i> lemon mousse with citrus Fresh fruit & yoghurt jelly pots	<i>Dessert</i> Chocolate sponge and sauce Fresh fruit & yoghurt Jelly pots	<i>Dessert</i> Assorted desserts Fresh fruit & yoghurt Jelly pots

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