

LUNCH MENU Summer Term 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
Lentil & aubergine cottage pie

Sides
Garden peas
Steamed broccoli
Carrots

Keeping it simple bar
Baked potato with a choice of baked beans Pasta with a choice of homemade sauces

Dessert
lemon drizzle cake
Fresh fruit & yoghurt

TUESDAY

Soup of the day
Sweetcorn chowder, homemade bread

Dish of the day
Hungarian pork goulash

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
Carrot cake
Fresh fruit & yoghurt
Jellies

WEDNESDAY

Soup of the day
Tomato & basil, homemade bread

Dish of the day
Roast chicken with all the trimmings

Vegetarian dish of the day
Lentil & mushroom Bolognese

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
Upside down pineapple cake
Fresh fruit & yoghurt

THURSDAY

Soup of the day
Pea & mint soup, homemade bread

Dish of the day
Chicken shawarma kebab served with tortilla wrap, & sauces

Vegetarian dish of the day
Vegan fillets served with grilled vegetables, pitta, salads & sauces

Sides
Greek style potatoes
Mediterranean roasted vegetables

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
Vegetable broth, homemade bread

Fish and chip shop Friday
Oven baked jumbo fish finger served with tartar sauce

Vegetarian dish of the day
Crispy halloumi burger with courgette fries

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
Spiced apple sponge
Fresh fruit & yoghurt

For allergen information, please ask a member of the team also available a salad bar with choice of proteins.