

# Lunch menu Autumn Term Week 3



Breaside  
Preparatory School

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
| <b>Soup of the day</b><br>Chef daily choices , homemade bread  | <b>Soup of the day</b><br>Chef daily choices , homemade bread  | <b>Soup of the day</b><br>Chef daily choices , homemade bread  | <b>Soup of the day</b><br>Chef daily choices , homemade bread  | <b>Soup of the day</b><br>Chef daily choices homemade bread  |
| <b>Dish of the day</b><br>Chilli con carne   | <b>Dish of the day</b><br>Stir fry noodles with chicken  | <b>Dish of the day</b><br>Roast Gammon with all the trimmings  | <b>Dish of the day</b><br>Cottage pie  | <b>Fish and chip shop Friday</b><br>Oven Baked Jumbo Fish Finger served with tartar sauce                        |
| <b>Vegetarian dish of the day</b><br>Vegetable chilli<br>( v ,ve )   | <b>Vegetarian dish of the day</b><br>Stir fry noodles with tofu<br>( v VE )                                      | <b>Vegetarian dish of the day</b><br>Roasted cauliflower steak<br>( v , )  | <b>Vegetarian dish of the day</b><br>Sweet potato & lentils pie<br>(ve)  | <b>Vegetarian dish of the day</b><br>Halloumi fingers<br>( v )   |
| <b>Sides</b><br>Steamed rice<br>Green beans<br>Seet corn   | <b>Sides</b><br>Peas<br>Roasted carrots  | <b>Sides</b><br>Roasted potato<br>Green Beans<br>Cauliflower, Yorkies  | <b>Sides</b><br>Roasted Broccoli<br>carrots  | <b>Sides</b><br>Peas<br>Chip shop style fries<br>Baked Beans   |
| <b>Keeping it simple bar</b><br>Baked potato with a choice of baked beans Pasta with a choice of homemade sauces | <b>Keeping it simple bar</b><br>Baked potato with a choice of baked beans Pasta with a choice of homemade sauces | <b>Keeping it simple bar</b><br>Baked potato with a choice of baked beans Pasta with a choice of homemade sauces | <b>Keeping it simple bar</b><br>Baked potato with a choice of baked beans Pasta with a choice of homemade sauces | <b>Keeping it simple bar</b><br>Baked potato with a choice of baked beans Pasta with a choice of homemade sauces |
| <b>Dessert</b><br>Pear & Chocolate Cake<br>Fresh Fruit & Yoghurt   | <b>Dessert</b><br>Strawberries Cheesecake<br>Fresh Fruit & Yoghurt<br>Jelly pots                                 | <b>Dessert</b><br>Apple & Forest Fruit Crumble<br>Fresh Fruit & Yoghurt  | <b>Dessert</b><br>Raspberries Sponge<br>Fresh Fruit & Yoghurt<br>Jelly pots                                      | <b>Dessert</b><br>Waffles with sauces<br>Fresh Fruit & Yoghurt   |

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