

Lunch menu Autumn Term Week 3



Breaside
Preparatory School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup of the day Chef daily choices , homemade bread	Soup of the day Chef daily choices , homemade bread	Soup of the day Chef daily choices , homemade bread	Soup of the day Chef daily choices , homemade bread	Soup of the day Chef daily choices homemade bread
Dish of the day Chilli con carne	Dish of the day Stir-fry chicken Noodles	Dish of the day Roast pork with all the trimmings	Dish of the day chicken shawarma Served with a wrap	Fish and chip shop Friday Oven Baked Jumbo Fish Finger served with tartar sauce
Vegetarian dish of the day Vegetable chilli (V)	Vegetarian dish of the day (V VE) Tofu and vegetables stir-fry Noodles	Vegetarian dish of the day Roasted cauliflower with cheese (v)	Vegetarian dish of the day Mix beans shawarma (v)	Vegetarian dish of the day Plant based fish finger (v ve)
Sides Brown rice Carrots peas	Sides Broccoli Sweetcorn	Sides Roasted potato Green Beans Cauliflower, Yorkies	Sides Steamed Rice Roasted Broccoli sweetcorn	Sides Peas Chip shop style fries Baked Beans
Keeping it simple bar Baked potato with a choice of baked beans Pasta with a choice of homemade sauces	Keeping it simple bar Baked potato with a choice of baked beans Pasta with a choice of homemade sauces	Keeping it simple bar Baked potato with a choice of baked beans Pasta with a choice of homemade sauces	Keeping it simple bar Baked potato with a choice of baked beans Pasta with a choice of homemade sauces	Keeping it simple bar Baked potato with a choice of baked beans Pasta with a choice of homemade sauces
Dessert Pear & Chocolate Cake Fresh Fruit & Yoghurt	Dessert Biscoff Cheesecake Fresh Fruit & Yoghurt Jelly pots	Dessert Apple & Forest Fruit Crumble Fresh Fruit & Yoghurt	Dessert Raspberries Sponge Fresh Fruit & Yoghurt Jelly pots	Dessert Dessert of the day Fresh Fruit & Yoghurt

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