

LUNCH MENU Autumn Term Week 1



Breaside
Preparatory School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup of the day Chef daily choices Homemade bread	Soup of the day Chef daily choices Wholegrain bread	Soup of the day Chef daily choices Homemade bread	Soup of the day Chef daily choices Garlic Focaccia	Soup of the day Chef daily choices Homemade bread
Dish of the day Mac & cheese (optional with tuna flakes)	Dish of the day Cumberland Sausages	Dish of the day Roast chicken with all the trimmings	Dish of the day Beef lasagne	Dish of the day Chicken fillet burger Served with a bap
Vegetarian dish of the day Sweet potato chickpea & butternut Squash casserole (V VE)	Vegetarian dish of the day Vegan sausages (V VE)	Vegetarian dish of the day Vegetable loaf (V VE)	Vegetarian dish of the day Lentils lasagne (V)	Vegetarian dish of the day Spicy bean burger Served with a bap (V VE)
Sides Roasted Carrots Green beans	Sides Mash potato Roasted broccoli Sweet corn	Sides Roast Cauliflower Garden peas Roast potatoes	Sides Green beans Mixed vegetable	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	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 and apple crumble Fresh fruit & Yoghurt	Dessert Chocolate & Beetroot Brownie Fresh fruit & Yoghurt Jellies	Dessert Carrot cake Fresh fruit & Yoghurt	Dessert Lemon Drizzle Cake Fresh fruit & Yoghurt Jellies	Desserts 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.**