



# WINTERFOLD

PREP • PRE-PREP • NURSERY

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP				Potato and Leek	
BREAD	Malted Wheat and White Petit Pains	Malted Wheat and White Petit Pains	Malted Wheat and White Petit Pains	Malted Wheat and White Petit Pains	Malted Wheat and White Petit Pains
MAIN COURSE 1	Oven Baked Gammon Steaks with Parsley Sauce	Homemade Lamb Moussaka	Checketts Pork and Apple Burgers	Locally Sourced Roast Topside of Beef with Yorkshire Puddings, Roast Potatoes, Steamed Carrots and Cauliflower, and rich Gravy	Steamed Fish with Parsley Butter
MAIN COURSE 2	Macaroni Cheese Bake	Sweet and Sour Chicken	Braising Steak and Butternut Squash Stew		Baked Cod Fish Fingers
VEGETARIAN	Vegetable Grills	Roast Pepper and Aubergine Moussaka	Butternut Squash and Roasted Red Pepper Stew	Cauliflower Cheese	Stuffed Potato Boats
ON THE SIDE	Broad Beans, Mixed Vegetable Medley, Mashed Potato, Jacket Potatoes	Feta Cheese Salad, Egg Noodles, Chinese Vegetables, Jacket Potatoes	Potato Wedges, Savoy Cabbage, Baked Beans, Herb Dumplings, Jacket Potatoes	Baked Beans, Jacket Potatoes, Horseradish Sauce	French Fries, Peas, Jacket Potatoes
PASTA BAR	Italian Meatball Sauce	Pomodoro Sauce	Chicken Tikka Sauce		Basilico Sauce
DESSERTS	Apple Crumble with Custard, Yoghurts	Chocolate Chip Sponge, Butterscotch Crunch	Rice Pudding with Strawberry Jam, Yoghurts	Steamed Mixed Fruit Sponge and Custard, Peaches in Syrup	Mango and Orange or Strawberry Iced Smoothies, Lemon Tart with Orange Sauce
CUT FRUIT	Mixed Fruit	Mixed Fruit	Mixed Fruit	Mixed Fruit	Mixed Fruit

## SALAD BAR EVERY DAY CONSISTING OF:

Sliced Chicken or Ham, Cheese, Lettuce, Cucumber, Cherry Tomatoes, Tuna, Boiled Eggs, Sweetcorn, Beetroot, Pickled Onions, Various Pasta Salads, Celery, Mixed Peppers, Wholemeal Wraps, Light Mayonnaise and Various Dressings