



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