



Blundell's
PREPARATORY SCHOOL

Week One

Monday	Chilli Rice Nachos ~~~~ (V&VE) Chilli	Fruit Juice Iced Lollies ~~~~ Selection of Yoghurts ~~~~ Assorted Fresh Fruit
Tuesday	Roast Turkey Stuffing Roast Potatoes Carrots/Broccoli Gravy ~~~~ (V&VE) BBQ Lentil Patty	Flapjack ~~~~ Selection of Yoghurts ~~~~ Assorted Fresh Fruit
Wednesday	Pork Bake Saute Potatoes Garden Peas ~~~~ (V&VE) Tart	Ice Cream ~~~~ Selection of Yoghurts ~~~~ Assorted Fresh Fruit
Thursday	Chicken Fajitas Vegetable Rice ~~~~ (V) Halloumi Fajitas (VE) Bean & Vegetable Fajitas	Apple Crumble Custard ~~~~ Selection of Yoghurts ~~~~ Assorted Fresh Fruit
Friday	Battered Cod Fresh Salmon Chips Garden Peas ~~~~ (V&VE) Burgers	Fresh Fruit Salad Cream ~~~~ Selection of Yoghurts ~~~~ Assorted Fresh Fruit

Wherever possible food is fully home produced from within the kitchen.

(V) Vegetarian Option. (VE) Vegan Option

Please note that in addition to the published menu we are also pleased to provide a full extensive salad bar, jacket potatoes and homemade quiche.

All fresh food is locally sourced wherever possible.



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Week Two

Monday	Butchers Sausages Mashed Potato Beans ~~~~ (V&VE) Sausages	Ice Cream ~~~~ Selection of Yoghurts ~~~~ Assorted Fresh Fruit
Tuesday	Roast Beef Roast Potatoes Green Beans/Carrots Yorkshire Pudding Gravy ~~~~ (V&VE) Vegetable Tart	Shortbread ~~~~ Selection of Yoghurts ~~~~ Assorted Fresh Fruit
Wednesday	Pork Meatballs Noodles Tomato & Basil Sauce Sweetcorn ~~~~ (V&VE) Vegetable Balls	Raspberry Sorbet ~~~~ Selection of Yoghurts ~~~~ Assorted Fresh Fruit
Thursday	Steak Pie Mini Roast Potatoes Batten Carrots ~~~~ (V&VE) Vegetable Pie	Fresh Fruit Flan ~~~~ Selection of Yoghurts ~~~~ Assorted Fresh Fruit
Friday	Chicken Goujons Chips Baked Beans ~~~~ (V&VE) Vegetable or Quorn Goujons	Fresh Fruit Salad Chantilly Cream ~~~~ Selection of Yoghurts ~~~~ Assorted Fresh Fruit

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Week Three

Monday	Spaghetti Bolognese Garlic Bread ~~~~~ (V&VE) Bolognese	Mango Sorbet ~~~~~ Selection of Yoghurts ~~~~~ Assorted Fresh Fruit
Tuesday	Roast Gammon Roast Potatoes Carrots/Cabbage Gravy ~~~~~ (V&VE) Butternut squash	Fruit Jelly ~~~~~ Selection of Yoghurts ~~~~~ Assorted Fresh Fruit
Wednesday	Chicken Curry Rice Poppadom ~~~~~ (V&VE) Vegetable Curry	Ice Cream ~~~~~ Selection of Yoghurts ~~~~~ Assorted Fresh Fruit
Thursday	Duck Pancakes Hoi sin Cucumber Spring Onion Vegetable Noodles ~~~~~ (V&VE) Roast Vegetable Pancakes	Banana/Strawberry Mousse ~~~~~ Selection of Yoghurts ~~~~~ Assorted Fresh Fruit
Friday	Cod Fillet Finger Cod Loin Chips Garden Peas ~~~~~ (V&VE) Vegetable Fingers	Fresh Strawberries Chantilly Cream ~~~~~ Selection of Yoghurts ~~~~~ Assorted Fresh Fruit

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