

Weekly Menu 1



St. Margaret's
Preparatory School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP STATION	Tomato and basil soup, freshly baked bread	Winter vegetable, freshly baked bread	English leek and potato, freshly baked bread	Aromatic green lentil and thyme, freshly baked bread	Chef's home-made soup, freshly baked bread
TASTY MAINS	MEAT FREE MONDAY Oven baked pasta, mature cheddar and mixed beans	GRAB 'N' GO Fresh dough pepperoni pizza slice	BEST OF BRITISH Local butchers' pork sausage, onion gravy	WONDERS OF THE WORLD Beef chilli, green lentils, roasted peppers	FISHY FRIDAY Crispy oven baked cod fillet
VEGGIE LOVERS	Autumn vegetable stew with lentils, thyme and herb dumplings	Fresh dough margherita pizza slice	'No meat sausage', onion gravy	Sweet potato, cauliflower and pea korma	Vegan sausage roll
ON THE SIDE	Steamed cauliflower and peas	Corn cobs, fresh green beans and roasted new potatoes	Herby mashed potato, peas and BBQ beans	Braised brown rice, steamed broccoli and carrots	Oven baked potato wedges, mushy peas, curry sauce and tartar sauce
KITCHEN SALAD	Vitamin punching green salad, spinach, kale, rocket and toasted seeds	Homemade Hummus bar with vegetable sticks	Rocket, basil nut free pesto pasta salad	Courgetti, cucumber, green pepper and lemon	St Margaret's Crazy Coleslaw
HOT SNACKS	Baked potato and beans	Whole meal pasta with tomato sauce	Baked potato and beans	Baked potato and beans	Pasta with tomato sauce
DESSERTS	Fruity flapjack, fresh fruit, jelly and yoghurt pots	Lemon sponge with whipped cream, fresh fruit, jelly and yoghurt pots	Chef's amazing brownie, fresh fruit, jelly and yoghurt pots	Chilled fruity rice pudding pots, fresh fruit, jelly and yoghurt pots	Cognita Berry Mess, fresh fruit, jelly and yoghurt pots

Full pick 'n' mix salad bar available everyday.

Weekly Menu 2



St. Margaret's
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP STATION	Tomato and brown rice, freshly baked bread	Roasted cauliflower, freshly baked bread	Sweet potato and cumin, freshly baked bread	Classic minestrone, freshly baked bread	Chef's home-made soup, freshly baked bread
TASTY MAINS	MEAT FREE MONDAY English cheddar, leek and white onion tart	GRAB N GO Choice of herby chicken poppers served with warm tortilla	BEST OF BRITISH Local butcher pork sausage toad in the hole, gravy	WONDERS OF THE WORLD Classic Italian beef bolognese sauce	FISHY FRIDAY Oven baked breaded cod fillet
VEGGIE LOVERS	Tomato baked rice, mushrooms, baby spinach and kale	Vegan crispy falafels served with warm tortilla	'Mighty no meat sausage' toad in the hole, gravy	Tomato and herb sauce enriched with lentils	Vegetarian bean burger, soft bun
ON THE SIDE	Stir fried mixed vegetables	Hummus, Mexican style roasted potato, baked beans	Herby mashed potato, roasted onions, onion rings	Fresh green beans, cabbage, garlic bread	Oven baked potato wedges, peas, curry sauce and tartar sauce
KITCHEN SALAD	Pickled white cabbage, carrots and apricots	Roast vegetable pasta salad	Tomato, red onion, basil	Home made hummus bar, fresh vegetable sticks	St Margaret's crazy coleslaw
HOT SNACKS	Baked potato and beans	Pasta with tomato sauce	Baked potato and beans	Baked potato and beans	Wholemeal pasta with tomato sauce
DESSERTS	Fruity flapjack, fresh fruit, jelly and yoghurt pots	Banana and toffee cake, fresh fruit, jelly and yoghurt pots	Chefs home made cookie, fresh fruit, jelly and yoghurt pots	Mixed berry cheesecake pot, fresh fruit, jelly and yoghurt pots	Chocolate rice crispy cake, fresh fruit, jelly and yoghurt pots

Full pick 'n' mix salad bar available everyday.

Weekly Menu 3



St. Margaret's
Preparatory School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP STATION	Tomato and onion soup, freshly baked bread	Chunky vegetable, freshly baked bread	French onion, freshly baked bread	Cauliflower and cheese, freshly baked bread	Chef's home-made soup, freshly baked bread
TASTY MAINS	MEAT FREE MONDAY No spice chilli bean, con carne, filled pitta, salad	LASAGNE TUESDAY Layered beef lasagna with tomato and cheesy top	BEST OF BRITISH Roasted chicken, stuffing	WONDERS OF THE WORLD Oven baked mac 'n ham	FISHY FRIDAY Crispy oven baked fish cakes and lemon
VEGGIE LOVERS	Squash, sweet potato and chickpea tagine	Spinach, tomato and pepper lasagne	Puff pastry Vegan Wellington, stuffing, gravy	Oven baked cheesy mac 'n cheese, chef's veggie topping	Vegetarian hot dogs, fried onion, soft bun
ON THE SIDE	Braised white cabbage, broccoli	Steamed fresh vegetable selection, garlic bread	Roast potatoes, Yorkshire pudding, fresh vegetables, gravy	Corn on the cob, herby new potatoes	Oven baked potato wedges, mushy peas, curry sauce and tartar sauce
KITCHEN SALAD	Lemon and herb cous cous	Braised rice, curry spices, vegetables	Spelt, mixed beans, lemon, fresh herbs	Spanish style potato salad	St Margaret's Crazy Coleslaw
HOT SNACKS	Baked potato and beans	Pasta with tomato sauce	Baked potato and beans	Baked potato and beans	Wholemeal pasta with tomato sauce
DESSERTS	Fruity flapjack, fresh fruit, jelly and yoghurt pots	Jam sponge with custard, fresh fruit, jelly and yoghurt pots	Fruit cake, cinnamon, cream fresh fruit, jelly and yoghurt pots	White chocolate cake, fresh fruit, jelly and yoghurt pots	Chef's dessert selection, fresh fruit, jelly and yoghurt pots

Full pick 'n' mix salad bar available everyday.