



Wakefield Grammar

Pre-Prep Lunch

WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Pepperoni Pizza	Juicy pork sausage w/ yorkshire pudding & gravy	Chicken korma curry & naan bread	Beef bolognese & garlic bread	'Chip shop Friday' Crispy breaded fish fingers
MAIN COURSE TWO	Margarita pizza	Vegan Quorn sausage w/ yorkshire pudding & gravy	Vegetable & Sweet Potato Curry & naan bread	Vegetable & lentil bolognese & garlic bread	Cheese, potato & onion savoury parcel
ON THE SIDE	Potato wedges Peas & sweetcorn	Roasted carrots Steamed garden peas Creamy mash	Green beans Garden vegetables Steamed rice	Penne pasta Steamed greens Sweetcorn	Chunky chips Garden peas Baked beans
JACKET & PASTA BAR	Jacket potato cheese & beans	Pasta tomato sauce	Jacket potato tuna mayo	Pasta roasted red pepper	Jacket potato chefs special
SALAD BAR	Daily selection of simple and compound salads, fresh bread, dressings and crudites				
HOT DESSERT	Sticky toffee pudding Toffee sauce	Lemon drizzle & custard	Classic apple crumble, creamy custard	Mixed fruit crumble bar	Steamed chocolate pudding & chocolate sauce
COLD DESSERTS	Daily selection of fruit pots and flavoured yoghurts				





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WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Beef cottage pie	Garlic chicken, tomato sauce	Italian style pork meatballs	Classic beef lasagne w/ garlic bread.	'Hen den' Crispy chicken
MAIN COURSE TWO	Roasted vegetable & bean cottage pie	Spiced cauliflower cheese bake	Vegetarian Meat'Less Balls	Vegetable moussaka w/ garlic bread	Crispy breaded halloumi cheese
ON THE SIDE	Steamed Carrots Broccoli Florets	Penne pasta Garden peas Steamed carrots	Rice Baked roots Steamed broccoli	New potatoes Green beans Baked carrots	Cheesy macaroni Beans Sweetcorn
JACKET & PASTA BAR	Pasta tomato sauce	Jacket potato beans & cheese	Pasta red pepper & tomato pesto	Jacket potato tuna mayo	Jacket potato chefs special
SALAD BAR	Daily selection of simple and compound salads, fresh bread, dressings and crudites				
HOT DESSERT	Mixed fruit crumble & custard	Honey sponge & custard sauce	Lemon drizzle cake & custard	Raspberry rice pudding	Chocolate chip cookie cake
COLD DESSERTS	Daily selection of fruit pots and flavoured yoghurts				





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WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Chicken fajita wrap	'Mac attack' Macaroni cheese & ham	Slow cooked British beef stew	Chicken tikka masala w/ naan bread	Hotdog sausage in a bun
MAIN COURSE TWO	Falafel & vegetable wrap	'Mac attack' Macaroni cheese	Roast root & haricot bean stew	Squash, potato & coconut curry w/ naan bread	Vegetarian Hotdog sausage in a bun
ON THE SIDE	Steamed rice Broccoli Sweetcorn	Baked wedges Carrots Green beans	Roast potatoes Roasted root vegetables	Steamed rice Green beans Garden vegetables	Crispy fries Sweetcorn Baked beans
JACKET & PASTA BAR	Pasta creamy garlic and cheese sauce	Jacket potato beans & cheese	Pasta roasted tomato & basil	Jacket potato tuna mayo	Pasta pepper & tomato
SALAD BAR	Daily selection of simple and compound salads, fresh bread, dressings and crudites				
HOT DESSERT	Chocolate & Orange Cake	Birthday cake sponge	Golden flapjack	Sticky pineapple sponge & custard	Strawberry shortbread 'sandwich'
COLD DESSERTS	Daily selection of fruit pots and flavoured yoghurts				

