



# Wakefield Grammar Pre-Prep Lunch- Week One

Week Commencing W/C 23rd February, W/C 16th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Pepperoni pizza w/ six veg tomato sauce & mozzarella	Slow cooked beef & vegetable casserole w/Homemade Yorkshire pudding	Hen Den Chicken W /sweet chilli sauce	Cumberland sausage & Gravy	Breaded fish fillet With ketchup and lemon wedge
MAIN COURSE TWO	Margherita pizza w/ six veg tomato sauce & mozzarella	Quorn & leek casserole w/ Homemade Yorkshire pudding	Vegetarian Chow Mein	Quorn sausage & gravy	Cheese & Onion Swirl
ON THE SIDE	Seasoned wedges ~ Steamed sweet corn Baked beans	Mashed potato ~ Garden peas Roasted Carrots	Oodles of noodles ~ Stir fried vegetables  Prawn Crackers	Roasted new potatoes ~ Carrots Broccoli	Chunky chips ~ Baked Beans & garden peas
JACKET & PASTA BAR	Jacket potato Cheddar cheese & baked beans	Wholegrain & plain pasta Roasted pepper & basil sauce	Jacket potato Tuna & sweetcorn mayonnaise	Wholegrain & plain pasta six veg tomato and herb sauce	Jacket potato Cheddar cheese & baked beans
SALAD BAR	Daily selection of simple salads, fresh bread and crudites				
HOT DESSERT	Sticky toffee cake w/ toffee sauce	Chocolate chip muffin	Autumn apple crumble w/ custard	Sticky toffee flapjack	Lemon & blueberry traybake
COLD DESSERTS	Daily selection of fruit pots and flavoured yoghurts				





# Wakefield Grammar Pre-Prep Lunch- Week Two

W/C 2nd March W/C 23rd March					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Classic chicken pie	Pork meatballs in homemade 6 veg tomato sauce		Cottage style beef & potato topped pie	Breaded fish fillet With ketchup and lemon wedge
MAIN COURSE TWO	Farmhouse vegetable pie	Quorn meatless balls in homemade 6 veg tomato sauce		Vegetarian cottage pie	Cheese & Onion Swirl
ON THE SIDE	Steamed new potatoes ~ Baton carrots Broccoli florets	Whole Grain Pasta ~ Garden peas Sliced carrots		~ Broccoli Sweetcorn	Chip shop chips ~ Garden peas Baked Beans
JACKET & PASTA BAR	Wholegrain & plain pasta & Six vegetable tomato sauce	Jacket potato tuna & sweetcorn mayonnaise		Wholegrain & plain pasta & Six vegetable tomato sauce	Jacket potato Cheese & baked beans
SALAD BAR	Daily selection of simple salads, fresh bread and crudites				
HOT DESSERT	Vanilla sponge 'birthday' traybake	Lemon Shortbread	Apple & Raspberry crumble w custard	Rice crispy bun	Chocolate fudge traybake slice
COLD DESSERTS	Daily selection of fruit pots and flavoured yoghurts				





# Wakefield Grammar Pre-Prep Lunch- Week Three

	W/C 9th March W/C 30th March				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Baked macaroni cheese with crispy ham	Chicken curry w/ naan bread	Hot Dogs with crispy onions and various toppings	Classic beef lasagne	Breaded fish fillet With ketchup and lemon wedge
MAIN COURSE TWO	Rich mature cheddar macaroni cheese	Vegetable korma curry w/naan bread	Veggie Dogs	Roasted vegetable lasagne	Cheese & Onion Swirl
ON THE SIDE	Homemade Garlic Focaccia ~ Sweetcorn Broccoli	Basmati rice ~ Garden peas Braised Carrots	Skinny Fries ~ Baked beans Garden Peas	Garlic Bread Slices ~ Broccoli Sweetcorn	Chip shop chips ~ Garden peas Baked beans
JACKET & PASTA BAR	Jacket potato cheddar cheese & baked beans	Wholegrain & plain pasta With Roasted pepper & basil sauce	Jacket potato tuna & sweetcorn mayonnaise	Wholegrain and plain pasta & Six vegetable tomato sauce	Jacket potato Baked beans & cheddar cheese
SALAD BAR	Daily selection of simple and compound salads, fresh bread, dressings and crudites				
HOT DESSERT	Victoria Sponge	Zesty Orange Shortbread	Lemon traybake	Flapjack	Chocolate sponge & Chocolate custard
COLD DESSERTS	Daily selection of fruit pots and flavoured yoghurts				

