



Wakefield Grammar Pre-Prep Lunch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Pepperoni wholemeal pizza w/ 6 veg tomato sauce & mozzarella	Slow cooked beef & carrot casserole w/ yorkshire pudding	Hed Den chicken	Swedish style pork meatballs w/ garlic bread	Breaded fish fillet w/ garlic mayonnaise
MAIN COURSE TWO	Margherita wholemeal pizza w/ 6 veg tomato sauce & mozzarella	Quorn & leek casserole w/ yorkshire pudding	Breaded halloumi w/ BBQ dipping sauce	Swedish style quorn meatballs w/ garlic bread	Cheddar, potato & green onion parcel
ON THE SIDE	Oven baked wedges ~ Steamed sweet corn Broccoli florets	Roast potato ~ Garden peas Roast root veggies	Savoury spiced wholegrain rice ~ Stir fried vegetables	Baked wedges ~ Roast root vegetables Steamed sweet corn	Chippy chips ~ Carrot & garden peas
JACKET & PASTA BAR	Jacket potato w/ cheddar cheese & baked beans	Tri-color pasta w/ roast pepper basil sauce	Jacket potato w/ tuna & sweetcorn mayonnaise	Tri-color pasta w/ 6 vegetable tomato sauce	Jacket potato w/ BBQ chicken & baked beans
SALAD BAR	Daily selection of simple and compound salads, fresh bread, dressings and crudites				
HOT DESSERT	Banana & chocolate loaf w/ vanilla custard	Seasonal berry cheesecake	Autumn apple crumble w/ custard	Chocolate drizzled flapjack	Lemon & blueberry traybake
COLD DESSERTS	Daily selection of fruit pots and flavoured yoghurts				





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WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Classic beef lasagne w/ 6 veg tomato sauce & garlic bread slice	Roast chicken w/ herb stuffing & roast onion gravy	BBQ pulled pork tortilla wraps	Cottage style beef & potato topped pie	Battered fish fillet w/ fruity curry sauce
MAIN COURSE TWO	Roasted vegetable, potato & lentil moussaka	Cheese & onion puff pastry roll	Quorn & roasted pepper hummus & falafel tortilla wrap	Mushroom, lentil & carrot cottage pie	Cauliflower & broccoli penne pasta gratin
ON THE SIDE	Steamed new potatoes ~ Baton carrots Broccoli florets	Roast potato ~ Garden peas Mashed root veggies	Mexican baked rice ~ Steamed sweet corn BBQ baked beans	Steamed new potatoes ~ Cauliflower florets Diced carrot	Chip shop chips ~ Mushy peas Baked beans
JACKET & PASTA BAR	Jacket potato w/ cheddar cheese & baked beans	Tri-color pasta w/ roast pepper basil sauce	Jacket potato w/ tuna & sweetcorn mayonnaise	Tri-color pasta w/ 6 vegetable tomato sauce	Jacket potato w/ herby chicken & baked beans
SALAD BAR	Daily selection of simple and compound salads, fresh bread, dressings and crudites				
HOT DESSERT	Jane's vanilla sponge 'birthday' traybake	Fruity flapjack	Apple crumble w/ custard sauce	Raspberry trifle w/ vanilla sponge & custard	Chocolate fudge traybake slice
COLD DESSERTS	Daily selection of fruit pots and flavoured yoghurts				





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WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	BBQ spiced chicken w/ 6 veg tomato sauce & mozzarella	All Day Breakfast Cumberland chipolata & back bacon	Korma chicken & squash curry w/ naan bread	Slow cooked beef, barley & vegetable shortcrust pie	Breaded white fish- fingers w/ tartare sauce
MAIN COURSE TWO	Hunters Style BBQ butternut squash & mozzarella	Quorn sausage breakfast	Vegetable & lentil campfire bean chilli	Cheddar, potato & leek turnovers	Fishless 'fish' fingers w/ tartare sauce
ON THE SIDE	Oven baked wedges ~ Seasonal roast veg BBQ baked beans	Hash browns ~ Baked beans Peas	Steamed herb rice ~ Broccoli florets baton carrots	Creamy herby mash ~ Steamed cabbage Cauliflower florets	Chip shop chips ~ Mushy peas Sweetcorn
JACKET & PASTA BAR	Jacket potato w/ cheddar cheese & baked beans	Tri-color pasta w/ roast pepper basil sauce	Jacket potato w/ tuna & sweetcorn mayonnaise	Tri-color pasta w/ 6 vegetable tomato sauce	Jacket potato w/ tikka chicken & baked beans
SALAD BAR	Daily selection of simple and compound salads, fresh bread, dressings and crudites				
HOT DESSERT	Chocolate sponge w/ chocolate custard	Gingerbread biscuit	Lemon & poppyseed traybake w/ custard	Zesty orange shortbread cookie	Apple & raspberry crumble w/ custard
COLD DESSERTS	Daily selection of fruit pots and flavoured yoghurts				

