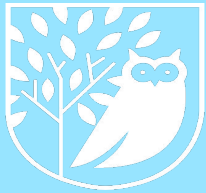


Wakefield Grammar Pre-Prep Lunch

WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Pepperoni pizza w/ six veg tomato sauce & mozzarella	Slow cooked beef & vegetable casserole w/ yorkshire pudding	Chicken & crispy vegetable stir fry w/ sweet chilli sauce	Cumberland pork chipolata sausage w/ caramelised onion gravy	Breaded white fish w/ homemade ketchup & lemon wedges
MAIN COURSE TWO	Margherita pizza w/ six veg tomato sauce & mozzarella	Quorn & leek casserole w/ yorkshire pudding	Breaded halloumi w/ barbeque dipping sauce	Quorn sausage w/ caramelised onion gravy	Cheddar, potato & green onion parcel
ON THE SIDE	Oven baked wedges ~ Sweetcorn kernals Broccoli florets	Mashed potato ~ Garden peas Roasted root vegetables	Chowmein noodles ~ Stir fried vegetables	Steamed new potatoes ~ Shredded cabbage Sweetcorn kernals	Chippy chunky chips ~ Garden peas Sliced carrots
JACKET & PASTA BAR	Jacket potato w/ cheddar cheese & baked beans	Wholegrain & plain pasta w/ roasted pepper & basil sauce	Jacket potato w/ tuna & sweetcorn mayonnaise	Wholegrain & plain pasta w/ six vegetable tomato & herb sauce	Jacket potato w/ Barbeque chicken & baked beans
SALAD BAR	Daily selection of seasonal salads, toppings, fresh bread & crudities				
HOT DESSERT	Sticky toffee cake w/ toffee sauce	Chocolate chip muffin	Autumn apple crumble w/ custard sauce	Sticky oat flapjack	Lemon & blueberry traybake
COLD DESSERTS	Daily selection of cut fruit, flavoured yoghurts & fruit jellies				





Wakefield Grammar Pre-Prep Lunch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Beef burger in a bun w/ burger sauce, lettuce, pickles & tomato	Roast chicken fillet w/ herb stuffing & roasted onion gravy	Barbeque pork meatballs	Cottage style beef & potato topped pie w/ rich gravy	Breaded white fish w/ fruity curry sauce & lemon wedges
MAIN COURSE TWO	Vegetable burger in a bun w/ burger sauce, lettuce, pickles & tomato	Cheddar cheese & onion puff pastry roll	Barbeque quorn meatballs	Vegetarian cottage pie w/ rich gravy	Broccoli & pesto penne pasta gratin
ON THE SIDE	Oven baked wedges ~ Sweetcorn kernals Broccoli florets	Roast potato ~ Green beans Mashed root vegetables	Mashed potatoes ~ Garden peas Sliced carrots	Steamed new potatoes ~ Baked beans Sweetcorn kernals	Chippy chunky chips ~ Garden peas Sliced carrots
JACKET & PASTA BAR	Jacket potato w/ cheddar cheese & baked beans	Wholegrain & plain pasta w/ roasted pepper & basil sauce	Jacket potato w/ tuna & sweetcorn mayonnaise	Wholegrain & plain pasta w/ six vegetable tomato & herb sauce	Jacket potato w/ Barbeque chicken & baked beans
SALAD BAR	Daily selection of seasonal salads, toppings, fresh bread & crudities				
HOT DESSERT	Jane's vanilla sponge 'birthday' traybake	Chocolate crumble mousse	Lemon & poppyseed cookie	Summer berry trifle	Chocolate fudge traybake slice
COLD DESSERTS	Daily selection of cut fruit, flavoured yoghurts & fruit jellies				





Wakefield Grammar

Pre-Prep Lunch

WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Baked macaroni cheese w/ gammon ham	All day breakfast Cumberland sausage & smoked back bacon	Korma chicken & squash curry w/ naan bread	Classic beef & tomato lasagne w/ garlic bread slice	Breaded white fish fingers & lemon wedge
MAIN COURSE TWO	Baked macaroni cheese	Quorn sausage breakfast	Vegetable korma curry w/ naan bread	Roasted vegetable lasagne w/ garlic bread slice	Quorn 'fishless' fingers & lemon wedge
ON THE SIDE	Oven baked wedges ~ Sweetcorn kernals Broccoli florets	Hash browns ~ Baked beans Grilled mushrooms	Turmeric rice ~ Broccoli florets Garden peas	Steamed new potatoes ~ Green beans Sweetcorn kernals	Chippy chunky chips ~ Garden peas Baked beans
JACKET & PASTA BAR	Jacket potato w/ cheddar cheese & baked beans	Wholegrain & plain pasta w/ roasted pepper & basil sauce	Jacket potato w/ tuna & sweetcorn mayonnaise	Wholegrain & plain pasta w/ six vegetable tomato & herb sauce	Jacket potato w/ Barbeque chicken & baked beans
SALAD BAR	Daily selection of seasonal salads, toppings, fresh bread & crudities				
HOT DESSERT	Chocolate sponge w/ chocolate custard	Fruit shortcake biscuit	Lemon & poppyseed Traybake w/ custard	Zesty orange cookie	Apple & berry crumble w/ custard sauce
COLD DESSERTS	Daily selection of cut fruit, flavoured yoghurts & fruit jellies				

