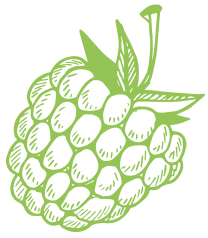




BLACKHEATH PREP

# Weekly Menu

## Week beginning 30 October



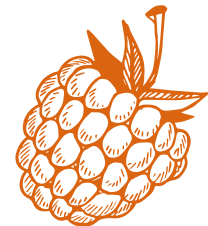
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Sliced Fruits	Pain au Chocolate	Flapjack	Crudites	Short Bread
<b>Soup</b>	Red Pepper	Mushroom	Roasted Pumpkin	Broccoli & Stilton	Spiced Lentil
<b>Main</b>	Mexican Chicken Fajita with Nachos	Beef Burger with Spiced Wedges	Chicken Provencal with Roast Potato & Gravy	Home Made Tomato Sauce Fusilli with Italian Sausage	Crunchy Fish Goujons with Chips and Home-Made Tartar Sauce
<b>Meat Free</b>	Tofu & Pepper Fajita With Nachos	Vegetarian Burger with Spiced Wedges	Beetroot Wellington with Roast Potato & Gravy	Home Made Tomato Sauce Fusilli with Mozzarella Cheese	Crispy Fishless Fingers with Chips and Home-Made Tartar Sauce
<b>Sides</b>	Sweet Corn Green Beans Sour Cream	Mixed Salad Green Peas Sliced Cheese	Broccoli Carrot	Rocket Salad Cauliflower Swede	Green Peas Baked Beans Lemon Wedges
<b>Everyday</b>	<b>Alternative Option:</b> Plain Pasta with Tomato Sauce or Jacket Potato with Baked Beans or Tuna <b>Salad Bar:</b> Mixed Lettuce, Cucumber, Sweetcorn, Carrot, Tomato, Beetroot, Peppers and Cheese				
<b>Dessert</b>	Yoghurt & Fruit	Selection of Halloween Desserts	Raspberry & Lime Tray Bake	Fruit Truffle	Ice Cream
<b>Light Tea</b>	Jacket Potato with Baked Beans and Cheese	Sausage & Mash with Gravy	Greek Baked Orzo with Feta and Mixed Peppers	Crispy Chicken Goujons with Fries	Hot Dog with Crispy Onion and Gherkins Crips
	Selection of crudites and freshly cut fruit, vegetarian option available daily				



BLACKHEATH PREP

# Weekly Menu

## Week beginning 6 November



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Sliced Fruit	Flapjack	Crudites	Short Bread	Whole Fruit
<b>Soup</b>	Spicy Tomato	Cauliflower	Lentil	Curried Parsnip	Country Vegetable
<b>Main</b>	Chicken Burger on Pretzel Bun with Spiced Wedges	Slow Cooked Beef Tagine with Couscous	Pork Meatballs & Spaghetti with Basil Tomato Sauce	Shepherd's Pie	Baked Crusted Pollock with Lime Sauce and Chunky Chips
<b>Meat Free</b>	The Best Veggie Burger on Pretzel Bun with Wedges	Moroccan Vegetable Tagine with Couscous	Veggie Meatballs & Spaghetti with Basil Tomato Sauce	Baked Ratatouille With Mash	Baked Fishless Battered Fillet with Lime Sauce and Chunky Chips
<b>Sides</b>	Mixed Salad Corn on Cob	Stir Fry Vegetables & Mangetout	Courgette & Aubergine Broccoli	Green Beans Carrots Gravy	Green Peas Baked Beans Lemon & Lime Wedges
<b>Every Day</b>	<b>Alternative Option:</b> Plain Pasta with Tomato Sauce or Jacket Potato with Baked Beans or Tuna <b>Salad Bar:</b> Mixed Lettuce, Cucumber, Sweetcorn, Carrot, Tomato, Beetroot, Peppers and Cheese				
<b>Dessert</b>	Jelly Bar	Apple Puff Pastry Tart	Carrot Cakes	Fruit Salad	Chocolate Sponge with Chocolate Custard
<b>Light Tea</b>	Baked Potato With Baked Beans & Cheese	Cheese & Tomato Pastry	Chicken Pizza with Mixed Salad	Cheese Broccoli Pasta Bake	Grilled Cheese and Ham Toastie served with Crisps
	Selection of crudites and freshly cut fruit, vegetarian option available daily				

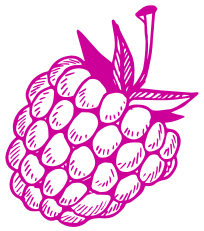




BLACKHEATH PREP

# Weekly Menu

## Week beginning 13 November



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Mini Croissant	Sliced Fruit	Crudites	Short Bread	Whole Fruit
<b>Soup</b>	French onion	Parsnip & Apple	Harissa Chickpeas	Chicken Broth Noodle	Rustic Vegetable
<b>Main</b>	Chicken Coq au Van with Herby New Potatoes	Cumberland Sausages with Mash and Rosemary Gravy	Mac N Cheese Bar Choice of Bacon, Chicken or Mushroom	Boneless Jerk Chicken with Rice n Peas	Crispy Fish Goujon with Home Made Tartar Sauce and Chips
<b>Meat Free</b>	Cauliflower Steak with Herby New Potato	Goat Cheese Beetroot Quiche with Creamy Mash		Pumpkin Rundown with Rice n Peas	Fishless Fingers with Home Made Tartar Sauce and Chips
<b>Sides</b>	Roasted Parsnip and Carrot Green Bean	Sauté Spinach, Mushroom & Broccoli	Cauliflower Butternut Squash	Rainbow Coleslaw Mixed Salad	Mushy Peas Baked Beans Lemon Wedges
<b>Every Day</b>	<b>Alternative Main:</b> Plain Pasta with Tomato Sauce or Jacket Potato with Baked Beans or Tuna <b>Salad Bar:</b> Mixed Lettuce, Cucumber, Sweetcorn, Carrot, Tomato, Beetroot, Peppers and Cheese				
<b>Dessert</b>	Iced Sponge	Strawberry Truffle	Lemon Drizzle	Apple & Cinnamon Crumble	Ice Cream
<b>Light Tea</b>	Tomato & Basil Pasta Bake	Southern Fried Chicken Ciabatta	Jacket Potato with Baked Beans and Cheese	American Beef Burger with Fries	Sausage Roll or Cheese & Onion Roll
	Selection of crudites and freshly cut fruit, vegetarian option available daily				

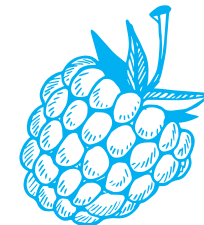




BLACKHEATH PREP

# Weekly Menu

## Week beginning 20 November



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Crudites	Flapjack	Selection of Sliced Fruits	Short Bread	Whole Fruit
<b>Soup</b>	Minestrone	Sweet Potato	Mexican Corn	Leek & Potato	Country Vegetable
<b>Main</b>	Chicken Masala Curry with Naan Bread	Pepperoni Pizza with Skinny Fries	Herb and Garlic Chicken with Tortilla Wraps	Beef Chilli Corn Carne Basmati Rice Soured Cream	Oven Baked Breaded Haddock Home Made Tartar Sauce
<b>Meat Free</b>	Roasted Sweet Potato and Pea Curry with Naan Bread	Margarita Pizza with Skinny Fries	Fajita Spice Marinated Vegetable Wraps	Chilli Beans Basmati Rice Sour Cream	Oven Baked Fishless Fingers with Home Made Tartar Sauce and Rosemary Chips
<b>Sides</b>	Minted Yogurt Cucumber & Tomato Salad	Sweetcorn Peppers	Sour Cream Guacamole Iceberg Lettuce	Green Beans Carrots Gravy	Green Peas Rosemary Chips Lemon Wedges
<b>Every Day</b>	<b>Alternative Main:</b> with Tomato Sauce or Jacket Potato with Baked Beans or Tuna <b>Salad Bar:</b> Mixed Lettuce, Cucumber, Sweetcorn, Carrot, Tomato, Beetroot, Peppers and Cheese				
<b>Dessert</b>	Yogurt Bar	Chocolate & Coconut Pudding	Strawberry Cheesecake	Banana Sponge with Vanilla Custard	Chocolate Brownie
<b>Light Tea</b>	Mozzarella and Tomato Melt in Ciabatta	Butter Chicken Rice & Autumn Veggies	Beef Lasagne with Garlic Bread	Crispy Chicken Burger in Brioche Bun served with Fries	Baked Gnocchi with Cheesy Sauce
	Selection of crudites and freshly cut fruit, vegetarian option available daily				