

# Prep School lunch - Week One



**West Lodge School**

A co-educational prep school for 3-11 year olds

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cheese and Crackers	Fruit and Biscuits	Cheese and Crackers	Fruit and Biscuits	Cheese and Crackers
Main course	Crispy Chicken with Coconut Curry Sauce	Macaroni Cheese with Garlic Bread and Bacon	Roast Pork and Apple Sauce and Roast Gravy	Cajun Chicken Wrap	Beef Burger in a Bun
Main course 2	Mild Vegetable Curry with Rice	Macaroni Cheese with Garlic Bread	Veggie Sausages with Roast Gravy	Baked Butternut Squash and Feta stuffed Pepper with Rice	Vegetarian Burger in a Bun
On the Side	Rice Sweetcorn Glazed Carrots	Baked Beans Sweetcorn Mixed Salad	Roast Potatoes Roasted Carrots Green Beans	Savoury Rice Sweetcorn Roasted Broccoli	Chipped Potatoes Baked beans Garden peas
Dessert	Lemon Drizzle Cake	Fresh Fruit Salad	Sultana Flapjack	Apple and Berry Crumble with Custard	Vanilla Ice Cream
Every day	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt

## Prep School lunch - Week Two



**West Lodge School**

A co-educational prep school for 3-11 year olds

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cheese and Crackers	Fruit and Biscuits	Cheese and Crackers	Fruit and Biscuits	Cheese and Crackers
Main course	Beef Lasagne with Garlic Bread	Roasted Lemon and Herb Chicken	Pepperoni Pizza	Sweet Chilli Chicken with Vegetables and Noodles	Pork Hot Dogs with Onions
Main course 2	Roasted Vegetable Lasagne and Garlic Bread	Roasted Lemon and Herb Quorn Fillet	Margarita Pizza	Sweet Chilli Vegetables with Noodles	Veggie Hotdog with Onions
On the Side	Roasted Courgette Steamed Carrots	New Potatoes Carrots Spring Greens	Sweet Potato Wedges Sweetcorn BBQ Beans	Roasted Corn Glazed Carrots	Chipped Potatoes Baked beans Garden peas
Dessert	Fresh Fruit Salad	Banana Sponge Cake	Apple and Berry Crumble and Custard	Fruit Jelly Pot	Vanilla Ice Cream
Every day	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt

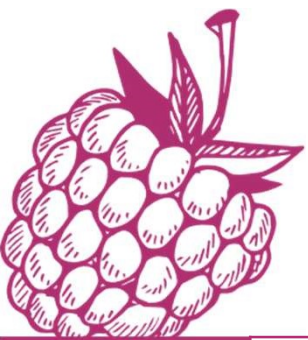
## Prep School lunch - Week Three



**West Lodge School**

A co-educational prep school for 3-11 year olds

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Rice Cakes	Fruit and Biscuits	Rice Cakes	Fruit and Biscuits	Rice Cakes
Main course	Beef Meatballs with Pasta and Garlic Focaccia	Herby Pork Sausages with Onion Gravy and Mash	Roast Turkey with Gravy	Southern Style Chicken Breast	Breaded Fish Fingers with Lemon and Tomato Ketchup
Main course 2	Soya Mince Bolognaise with Garlic Focaccia	Vegan Sausages with Onion Gravy and Mash	Roast Quorn Fillet with Gravy	Tomato and Roasted Pepper Wraps	Pesto Penne Pasta
On the Side	Sweetcorn Steamed Carrots	Mashed Potatoes Baked Beans Garden Peas	Carrots Garden Peas Roast Potatoes	Mild Spiced Rice Sweetcorn Green Beans	Chipped Potato Baked beans Garden Peas
Dessert	Fresh Fruit Salad	Toffee and Apple Cake	Fruity Flapjack	Chocolate Cake with Chocolate Sauce	Vanilla Ice Cream
Every day	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt



# SALAD BAR



**West Lodge School**  
A co-educational prep school for 3-11 year olds

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SIMPLE SALADS</b>	Cherry tomatoes Cucumber Wedges Sweetcorn Iceberg Carrot Wedges	Cherry tomatoes Cucumber Wedges Sweetcorn Iceberg Carrot Wedges	Cherry tomatoes Cucumber Wedges Sweetcorn Iceberg Carrot Wedges	Cherry tomatoes Cucumber Wedges Sweetcorn Iceberg Carrot Wedges	Cherry tomatoes Cucumber Wedges Sweetcorn Iceberg Carrot Wedges
<b>SOMETHING MORE</b>	Classic coleslaw Beetroot and Feta Salad	Potato salad Zesty cous cous with roast vegetables	Classic coleslaw Pesto Pasta	Tuna Mayo Roasted Red Pepper Salad	Classic coleslaw Caesar salad with parmesan and croutons
<b>DRESSING</b>	Olive oil & balsamic French Dressing	Olive oil & balsamic French Dressing	Olive oil & balsamic French Dressing	Olive oil & balsamic French Dressing	Olive oil & balsamic French Dressing
<b>TOPPINGS</b>	Baked croutons Mixed seeds	Baked croutons Mixed seeds	Baked croutons Mixed seeds	Baked croutons Mixed seeds	Baked croutons Mixed seeds

