

# PREP MENU

MONDAY 24TH – FRIDAY 28TH JUNE



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Scrambled free range eggs <b>E,D</b> and baked beans (ve) - Selection of freshly baked pastries <b>G,E,D,S</b>	Yoghurt <b>D</b> served with a homemade granola topping <b>G</b> , autumn berry compote & dried mixed fruit	Butcher's sausage, grilled tomatoes, field mushrooms, hash browns. baked beans & scrambled free range egg <b>E,D</b>	Toasted English breakfast muffin <b>G</b> , crushed avocado, poached free range eggs <b>E</b> , crispy bacon	French toast <b>G,E,D</b> Cinnamon sugar, fruit compote, crispy bacon		
	Jane's porridge <b>G,D</b> & fruit compote, selection of cereals <b>G</b> , toast <b>G,S</b> , juices, fruit & preserves						
MORNING SNACK	Toasted crumpet <b>G</b> (ve)	Vanilla shortcake <b>G</b> (ve)	Potato waffles (ve)	Toasted tea cake <b>G</b> (ve)	Homemade flapjack <b>G</b> (ve)		
SOUP	Chefs Homemade Soup of the Day (v), crusty bread <b>G</b>		Chefs Homemade Soup of the Day (v), crusty bread <b>G</b>				
LUNCH <i>Served alongside a full jacket potato bar, salad bar &amp; deli bar, all including a range of vegan, gluten free &amp; halal options.</i>	Oven Roasted Butcher's Sausage <b>G,Su</b> OR Quorn Vegan Sausage (ve) <b>G</b> - Served with mashed potato (ve), sautéed spring cabbage (ve), peas and sweetcorn (ve), caramelised red onion gravy	Golden Panko Crumb Katsu Chicken <b>G,E</b> OR Golden Panko Crumb Katsu Cauliflower <b>G</b> (ve) - Served with homemade katsu curry sauce (ve), sticky fragrant jasmine rice (ve), stir fried vegetables (ve)	<b>Wednesday Pasta Bar</b> - Beef Bolognese OR Basil Pesto Cream Sauce <b>D</b> OR Tomato & basil sauce (ve) - Served with a selection of pasta <b>G</b> (ve), parmesan <b>D</b> , homemade garlic bread <b>G</b> (ve), roasted vegetables (ve), 'crispy' rocket (ve)	American Hot Dog OR Moving Mountains Vegan Hot Dog (ve) - Served in a soft finger roll <b>G</b> (ve) with caramelised onions (ve), homemade coleslaw (ve) and French fries (ve) - Ketchup <b>Mu</b> & American Mustard <b>Mu</b>	<b>YEAR 8 LEAVERS' LUNCH</b>		
DESSERT	Orchard Apple and Raspberry Crumble <b>G</b> (ve) Custard <b>D</b> , pouring cream <b>D</b>	Chocolate Cornflake Cakes <b>G,D</b> (v) - Vegan Chocolate Cornflake Cakes (ve)	Treacle Tart <b>G</b> (ve), Pouring cream <b>D</b>	Victoria Jam Sponge <b>G,E</b> - Vegan Victoria Jam Cupcake (ve)			
PITSTOP	Tomato & Basil Pasta Pot <b>G</b> (ve)	Homemade sausage roll <b>G</b> - Vegan pasty <b>G</b> (ve)		Cheese, Crackers, Grapes <b>D,G</b> - Vegan Cheese, Crackers, Grapes <b>G</b> (ve)			
BOARDERS' TEA <i>Served with a selection of salads</i>	Teriyaki Salmon Fillet <b>G,S</b> OR Teriyaki Tofu <b>S</b> (ve) - Served with egg noodles <b>G,E</b> (v), stir fried vegetables (ve), bok choy (ve), green beans (ve) & prawn crackers <b>Cr</b>	<b>Beach Party BBQ</b> Prime Beef Burger, Brioche Bun <b>G,E</b> Hot Dog Sausage <b>G,Su</b> , Caramelised Onions, Finger Roll <b>G</b> - Cajun Marinated Chicken - Served with Roasted New Potatoes (ve), Homemade Slaw (ve), Corn on the Cob (ve) & Mixed Leaf Salad (ve)	Chicken Korma <b>D</b> OR Mixed Vegetable Balti (ve) - Served with steamed cumin rice (ve), onion bhaji <b>G</b> (ve), poppadums (ve), coriander yoghurt <b>D</b> (v), mango chutney (ve)	Hand Breaded Chicken Goujons <b>G,E</b> OR Quorn Nuggets <b>G</b> (ve) - Swerved with Curly fries (ve), BBQ beans (ve), corn on the cob (ve), chicken gravy			
DESSERT	Chocolate chip shortcake <b>G</b> (ve)	Selection of Ice Cream <b>D</b>	Fresh fruit salad (ve), pouring cream <b>D</b>	Liz's Dream Cookies <b>G,E,D</b>			

**Menu Options** | Please note, all dishes listed are subject to ingredients availability and may change on the day. The finalised menu will be displayed on counter with relevant allergen information.  
**Food Allergies and Intolerances** | Before for you select your food, please speak to a member of staff if you want to know about our ingredients. A selection of dietary/allergen friendly alternative options will be available upon request.  
**Allergen Key** | **C** Celery, **G** Gluten, **Cr** Crustacean, **E** Egg, **F** Fish, **L** Lupin, **D** Dairy, **M** Mollusc, **Mu** Mustard, **N** Nuts, **PN** Peanuts, **SS** Sesame, **S** Soya, **Su** Sulphur

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MORNING SNACK	Toasted crumpet <b>G</b> (ve)	Vanilla shortcake <b>G</b> (ve)	Potato waffles (ve)	Toasted tea cake <b>G</b> (ve)	Homemade flapjack <b>G</b> (ve)
LUNCH <i>Served alongside a full jacket potato bar, salad bar &amp; deli bar, all including a range of vegan, gluten free &amp; halal options.</i>	Oven Roasted Butcher's Sausage <b>G,Su</b> OR Quorn Vegan Sausage (ve) <b>G</b> - Served with mashed potato (ve), sautéed spring cabbage (ve), peas and sweetcorn (ve), caramelised red onion gravy	Golden Panko Crumb Katsu Chicken <b>G,E</b> OR Golden Panko Crumb Katsu Cauliflower <b>G</b> (ve) - Served with homemade katsu curry sauce (ve), sticky fragrant jasmine rice (ve), stir fried vegetables (ve)	<b>Wednesday Pasta Bar</b> - Beef Bolognese OR Basil Pesto Cream Sauce <b>D</b> OR Tomato & basil sauce (ve) - Served with a selection of pasta <b>G</b> (ve), parmesan <b>D</b> , homemade garlic bread <b>G</b> (ve), roasted vegetables (ve), 'crispy' rocket (ve)	American Hot Dog OR Moving Mountains Vegan Hot Dog (ve) - Served in a soft finger roll <b>G</b> (ve) with caramelised onions (ve), homemade coleslaw (ve) and French fries (ve) - Ketchup <b>Mu</b> & American Mustard <b>Mu</b>	<b>YEAR 8 LEAVERS' LUNCH</b>
DESSERT	Orchard Apple and Raspberry Crumble <b>G</b> (ve) Custard <b>D</b> , pouring cream <b>D</b>	Chocolate Cornflake Cakes <b>G,D</b> (v) - Vegan Chocolate Cornflake Cakes (ve)	Treacle Tart <b>G</b> (ve), Pouring cream <b>D</b>	Victoria Jam Sponge <b>G,E</b> - Vegan Victoria Jam Cupcake (ve)	
SUPPER	Teriyaki Salmon Fillet <b>G,S</b> OR Teriyaki Tofu <b>S</b> (ve) - Served with egg noodles <b>G,E</b> (v), stir fried vegetables (ve), bok choy (ve), green beans (ve) & prawn crackers <b>Cr</b>	<b>Beach Party BBQ</b> Prime Beef Burger, Brioche Bun <b>G,E</b> OR Moving Mountains Vegan Burger <b>G</b> (ve) - Served with Roasted New Potatoes (ve), Homemade Slaw (ve), Corn on the Cob (ve) & Mixed Leaf Salad (ve)	Chicken Korma <b>D</b> OR Mixed Vegetable Balti (ve) - Served with steamed cumin rice (ve), onion bhaji <b>G</b> (ve), poppadums (ve), coriander yoghurt <b>D</b> (v), mango chutney (ve)	Hand Breaded Chicken Goujons <b>G,E</b> OR Quorn Nuggets <b>G</b> (ve) - Served with Curly fries (ve), BBQ beans (ve), corn on the cob (ve), chicken gravy	
DESSERT	Chocolate chip shortcake <b>G</b> (ve)	Selection of Ice Cream <b>D</b>	Fresh fruit salad (ve), pouring cream <b>D</b>	Liz's Dream Cookies <b>G,E,D</b>	

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