



CATERHAM
PREP

Lunch Menu – Autumn Term – Week 1 (04/11, 25/11)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Plant Based Meatballs with Wholemeal Pasta	Chicken & Sweetcorn Pie with New Potatoes	Pork Sausages with Mashed Potato	Katsu Chicken with Curry Sauce and Wholegrain Rice	Oven Baked Sustainable Fish or Fish Fingers with Skinny Chips
Vegetarian Option	Wholemeal Pasta with Carbonnara sauce	Country Vegetable and Chickpea Pie with New Potatoes	Vegetable Sausages with Mashed Potato	Katsu Cauliflower with Curry Sauce and Wholegrain Rice	Mediterranean Vegetable Tart with Skinny Chips
Sides	Cauliflower Broccoli	Carrots Green Beans Gravy	Peas Baked Beans Gravy	Carrots Broccoli	Sweetcorn Peas
Alternative Mains	Jacket Potato with salad and topping selection	Jacket Potato with salad and topping selection	Pasta with salad and topping selection	Jacket Potato with salad and topping selection	Pasta with salad and topping selection
Dessert	Cookie	Peaches with Yoghurt	Reduced Sugar Lemon Drizzle	Apple Crumble with Custard	Rice Pudding with Jam Sauce
Available Daily	Whole Fruit Selection – Apple, Orange, Banana Cut Fruit Selection – Melon, Orange, Pineapple, Dried Fruit Pots Bread and Butter				

Lunch Menu – Autumn Term - Week 2 (11/11, 02/12)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Goujon Wrap with Potato Wedges	Beef Lasagne	Roast Turkey with Roast Potatoes	Chicken Korma with Mixed White & Brown Rice	Oven Baked Gammon with Skinny Chips
Vegetarian Option	Butternut Squash & Chickpea Feta Filo Pie	Vegetable & Quorn Lasagne	Sweet Potato, Carrot & Halloumi Rosti	Vegetable & Chickpea Korma with Mixed White & Brown Rice	Vegetable & Bean Stir Fry with Rice Noodles
Sides	Carrots Cauliflower	Garlic Bread Peas	Carrots Broccoli Gravy	Poppadums Green Beans	Peas Baked Beans
Alternative Mains	Jacket Potato with salad and topping selection	Jacket Potato with salad and topping selection	Jacket Potato with salad and topping selection	Jacket Potato with salad and topping selection	Pasta with salad and topping selection
Dessert	Reduced Sugar Flapjack	Rhubarb & Apple Crumble with Custard	Reduced Sugar Banana Cake	Slice Pears with Yoghurt	Chocolate Sponge with Chocolate Sauce
Available Daily	<p>Whole Fruit Selection – Apple, Orange, Banana</p> <p>Cut Fruit Selection – Melon, Orange, Pineapple, Dried Fruit Pots</p> <p>Bread and Butter</p>				

Lunch Menu – Autumn Term - Week 3 (18/11, 09/12)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Wholegrain Pasta with Tomato Sauce	Roast Chicken Breast with Roast Potatoes	Beef Goulash with Mixed Rice	Chicken Chow Mein	Theme Day TBC
Vegetarian Option	Wholegrain Pasta with Cheese Sauce	Vegetable Paella with Garlic Aioli	Cauliflower & Broccoli Cheese with Mixed Rice	Soy & Ginger Vegetable Chow Mein	
Sides	Broccoli Cauliflower	Carrots Green Beans Gravy	Peas Broccoli	Carrots Cabbage Gravy	
Alternative Mains	Jacket Potato with salad and topping selection	Jacket Potato with salad and topping selection	Pasta with salad and topping selection	Jacket Potato with salad and topping selection	
Dessert	Reduced Sugar Chocolate Brownie	Jam Sponge with Custard	Mandarin Segments with Yoghurt	Apple Pie with Custard	
Available Daily	<p>Whole Fruit Selection – Apple, Orange, Banana Cut Fruit Selection – Melon, Orange, Pineapple, Dried Fruit Pots Bread and Butter</p>				