



CATERHAM
PREP

Lunch Menu – Spring Term – Week 1 (06/01, 27/01)

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|--|--|--|--|---|
| Main Meal | Plant Based Meatballs with Wholemeal Pasta | Chicken & Sweetcorn Pie with New Potatoes | Beef & Baked Bean Cottage Pie 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 Cheese sauce | Country Vegetable and Chickpea Pie with New Potatoes | Cauliflower & Broccoli Cheese | Katsu Cauliflower with Curry Sauce and Wholegrain Rice | Mediterranean Vegetable Tart with Skinny Chips |
| Sides | Cauliflower Broccoli | Carrots Green Beans Gravy | Peas Cauliflower 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 | Jacket Potato 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 | <p>Whole Fruit Selection – Apple, Orange, Banana Cut Fruit Selection – Melon, Orange, Pineapple, Dried Fruit Pots Bread and Butter</p> | | | | |

Lunch Menu – Spring Term - Week 2 (13/01, 03/02)

| | 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 Fish or Fish Fingers with 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 | Sliced Pears with Yoghurt | Chocolate Sponge with Chocolate Sauce |
| Available Daily | Whole Fruit Selection – Apple, Orange, Banana Cut Fruit Selection – Melon, Orange, Pineapple, Dried Fruit Pots Bread and Butter | | | | |

Lunch Menu – Spring Term - Week 3 (20/01, 10/02)

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|--|--|--|--|------------------|
| Main Meal | Wholegrain Pasta with Tomato & Lentil Sauce | Roast Chicken Breast with Roast Potatoes | Beef Chilli with Rice | Pork Sausages with Mashed Potato | Theme Day TBC |
| Vegetarian Option | Wholegrain Pasta with Cheese Sauce | Vegetable Paella with Garlic Aioli | Mushroom Stroganoff with Rice | Vegetable Sausages with Mashed Potato | |
| Sides | Broccoli Cauliflower | Carrots Cabbage Gravy | Broccoli Sweetcorn | Peas Baked Beans Gravy | |
| Alternative Mains | 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 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> | | | | |