



CHELTENHAM
PREP SCHOOL

FOUNDED IN 1997
HOLROYD HOWE
FEEDING INDEPENDENT MINDS

Prep Menu

Week 1



BREAKFAST

HOLROYD HOWE

[illegible]

BREAK TIME

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Cottage Pre-Prep	Fresh fruit Savoury Snack a Jacks	Fresh fruit Cheese, Carrot and Cucumber stick	Fresh Fruit Shortbread	Fresh Fruit Fruit Yoghurt pots	Fresh Fruit Brookie
LS/MS/UP	Fresh fruit Flap Jack	Fresh Fruit Shortbread	Fresh Fruit Blondie	Fresh Fruit Chefs' delights	Fresh Fruit Cookies

LUNCH

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Main Meals	Beef & Onion pie Herb topped Fisherman's Pie	Paprika pork Curry Masala Chicken Thighs	Chicken Carbonara Tri coloured Pasta	Honey Roast Gammon	Hand battered Pollock Beef Burgers	Chorizo Pasta	Bagel Bar
Meat Free	Sweet Potato, Butternut Squash & Spinach Pie	Roasted Chickpea Curry	Quorn Sausage with a herby Tomato sauce	Butternut Squash & Lentil cake	Breaded Halloumi on Grilled Vegetables	Creamy Cauliflower Pasta	Grilled Vegetable Bagel
On The Side	Mash potato Carrots Kale	Steamed Rice Garden Peas Grilled Vegetable medley	Tri coloured Pasta Garlic bread Broccoli Trees Garden Peas	Cauliflower Cheese Roasted Potatoes Carrots Red Cabbage	Skin on Chips Baked Beans Mushy peas	Pasta Grilled Ciabatta Roasted Peppers Sweetcorn	Curly fries Beans Chefs Salad
Desserts	Warm Chocolate Beetroot Brownie	Vanilla sponge with chocolate sauce	Traditional rice pudding	Apple pie with Cream	Flapjack with Butterscotch sauce	Chefs' delights	Chocolate Crunch
Every Day	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and Jelly	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and Jelly	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt



SUPPER

HOLROYD HOWE

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course One	Macaroni cheese topped with Crispy Onions	Homemade Italian style pizza Peperoni Passion Ham & Pineapple	Loaded Potato Skins Bacon & Spring Onion Ham & Cheese	Crispy Beef Fajitas	Chicken wrapped in Bacon Garlic Sauce	Boarders Take Over Night	Roast Beef Homemade Yorkshire Puddings
Main Course Two	Penne Pasta Marinara Sauce	Homemade Italian style Pizza Three Cheese	Loaded Potato Skins Cheese, Leeks & Onion	BBQ Jack fruit & Avocado Wraps	Stuffed Couscous Sweet Potato		Roast Beef Homemade Yorkshire Puddings
On The Side	Homemade Bread Sweetcorn Green Beans	Homemade seasoned Wedges Corn on the cob	Chefs Salad Baked Beans Coleslaw	Tortilla Wrap Grilled Peppers and Onions Baby gem Lettuce	Stuffed Couscous Sweet Potato		Beef Dripping Gravy Roasted Potatoes Buttered Cabbage Roast Parsnips
Dessert One	Viennese fingers	Raspberry Pannacotta	Chefs Delights	Lemon Posset	Gypsy Tart		Beef Dripping Gravy Roasted Potatoes Buttered Cabbage Roast Parsnips
Dessert Two	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt
SELECTION OF FRESHLY CUT & WHOLE FRUITS							