



CHELTENHAM  
PREP SCHOOL

FOUNDED IN 1997  
**HOLROYD HOWE**  
FEEDING INDEPENDENT MINDS

# Prep Menu

Week 3



# BREAKFAST

**HOLROYD HOWE**

[illegible]

# BREAK TIME

Week Three	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 Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Soup</b>	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
<b>Main Meals</b>	Beef & Vegetable Stew  Pork Tomato Ragu	Sweet & Sour Chicken  Chilli & Lime Cod	Traditional English Beef Bolognese	Roasted Loin Pork Crackling Gravy	Poached Pollock in a Creamy Parsley sauce  Cajun Chicken Burgers	English Beef Mince topped with Macaroni Cheese	Baguettes Bacon Lettuce and Tomato
<b>Meat Free</b>	Roasted Butternut Squash & Sweet Potato Casserole	Oriental Vegetable Chow Mein	Roasted Tomato & Basil sauce	Falafel Crumble & Roasted Vegetables	Mediterranean Vegetable Fritters	Red Lentil Bake	Halloumi with Roasted Peppers
<b>On The Side</b>	New Potatoes Steamed Cabbage and Leeks Garden Peas	Steamed Rice Roasted Vegetable Carrots	Broccoli Trees Sweetcorn Tri coloured Fusilli Garlic bread	Roasted Potatoes Cauliflower Cheese Carrots Green beans	Chips Beans Peas	Garlic bread Broccoli Trees Steamed Sweetcorn	Homemade Nachos Chefs salad
<b>Desserts</b>	Sticky Chocolate pudding	Raisin Loaf & Custard	Ground Rice & Mango pudding with Lemon sauce	Rhubarb & Cherry Oat Crumble	Jam Sponge & Custard	Chefs delights	Empire Biscuits
<b>Every Day</b>	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

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course One	Chicken Arrabbiata	Pulled Pork	Cornish Pasty	Turkey Quesadilla	Grilled Mango & Lemon Chicken Thighs	Homemade Garlic and Parsley Chicken Kiev	Roasted Shoulder of Lamb
Main Course Two	Grilled Cherry Tomatoes in a Herby Sauce	Grilled Halloumi	Homemade Cheese and Onion Bakes	5 bean Chilli	Moroccan Minted Aubergine Tagine	Garlic Crumbed Quorn Fillet Kiev	Roasted Pumpkin Tarts
On The Side	Wholemeal Pasta Garlic Bread Broccoli Green Beans	Wraps Homemade Paprika Wedges	Sauté Potatoes Peas Chefs Salad	Spicy Rice Refried Beans Sweetcorn	Rice Green Beans Roasted Courgettes	French Fries Homemade Coleslaw Tender Stem Broccoli	Roasted Potato Cabbage Minted Carrots
Dessert One	Jam Sandwich Souffle	Rocky Road Fudge Cake	Chefs Delights	Lemon Meringue Tarts	Lemon & Poppyseed Traybake	Strawberry Mousse	Raspberry Sponge and Custard
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