



**WYMONDHAM  
COLLEGE  
PREP SCHOOL**



Our food is  
from local  
responsible  
suppliers



# Prep School Lunch Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	<p>Sweet and Sour Quorn Dippers Macaroni Cheese Jacket Potato Option</p> <p>Steamed Rice/ Garden Peas Sweetcorn</p> <p>Fresh fruit Yoghurt Chocolate Fudge Cake</p>	<p>Homemade Margherita Pizza Nut free Pesto Pasta Jacket Potato Option</p> <p>Cucumber/Tomato/Carrot Sticks Pasta Salad</p> <p>Fresh fruit Yoghurt Fruit Muffin</p>	<p>Roast Beef &amp; Yorkshire Pudding Tomato and Vegetable Pasta Jacket Potato Option</p> <p>Roasties Broccoli/ Carrots</p> <p>Fresh fruit Yoghurt Oaty Cookies</p>	<p>Chinese Chicken Tomato Pasta Bake Jacket Potato Option</p> <p>Steamed Rice/ Noodles Baby corn/ Green Beans</p> <p>Fresh fruit Yoghurt Mandarins &amp; Ice cream</p>	<p>Breaded Fish Herby Pasta Jacket Potato Option</p> <p>Garden Peas/ Baked Beans Chips</p> <p>Fresh fruit Yoghurt Vanilla Sponge &amp; Custard</p>
Week Two	<p>Turkey Meatballs in Tomato Sauce Cheese and Broccoli Pasta Bale Jacket Potato Option</p> <p>Noodles Baton Carrots/ Garden Peas</p> <p>Fresh fruit Yoghurt Sliced Watermelon</p>	<p>Pork &amp; Apple Burgers Tomato and Basil Pasta Jacket Potato Option</p> <p>Baked Potato Wedges Coleslaw/ Assorted Salad</p> <p>Fresh fruit Yoghurt Strawberry Cheesecake</p>	<p>Roast Chicken &amp; Yorkshire Pudding Tomato and Bean Pasta Jacket Potato Option</p> <p>Roasties Sweetcorn/ Shredded Cabbage</p> <p>Fresh fruit Yoghurt Krispy Slice</p>	<p>Spaghetti Bolognese &amp; Garlic Bread Tomato Penne Pasta Jacket Potato Option</p> <p>New Potatoes Rainbow Salad</p> <p>Fresh fruit Yoghurt Banana Loaf</p>	<p>Fishcakes Mediterranean Pasta Jacket Potato Option</p> <p>Garden Peas/ Baked Beans Chips</p> <p>Fresh fruit Yoghurt Apple Flapjack</p>
Week Three	<p>Chicken in Breadcrumbs Spaghetti &amp; Tomato Sauce Jacket Potato Option</p> <p>Herby Diced Potatoes Roasted Vegetables</p> <p>Fresh fruit Yoghurt Strawberry Mousse</p>	<p>Homemade Margherita Pizza Cheesy Pasta Bake Jacket Potato Option</p> <p>Cucumber/ Tomato/ Carrot Sticks Pasta Salad</p> <p>Fresh fruit Yoghurt Peach Sponge &amp; Custard</p>	<p>Sausages &amp; Yorkshire Pudding Chicken and Sweetcorn Pasta Jacket Potato Option</p> <p>Creamy Mashed Potato Broccoli / Cauliflower Bake</p> <p>Fresh fruit Yoghurt Carrot Cake</p>	<p>Beef Lasagne Garlic Bread Tomato &amp; Herb Pasta Jacket Potato Option</p> <p>New Potatoes Green Beans/ Vegetable Medley</p> <p>Fresh Fruit Yoghurt Shortbread Cookies &amp; Milk</p>	<p>Fish Fingers Tomato Pasta Bake Jacket Potato Option</p> <p>Chips Garden Peas/ Spaghetti Hoops</p> <p>Fresh fruit Yoghurt Fruit Jelly</p>

