

# WEEKLY MENU Year 3 to 8



| Service                     | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday                | Sunday                          |
|-----------------------------|--|--|---|--|---|-------------------------|---------------------------------|
| Breakfast                   | Scrambled eggs, beans, bacon.<br>Porridge  | Continental breakfast<br>Porridge  | English breakfast<br>Porridge   | Poached eggs, bacon and beans.<br>Porridge                                   | Boiled eggs with muffins.<br>Porridge   | Bacon baps and pastries | Porridge and choice of pastries |
| Morning snack               | <b>Cheesy Tomato Muffin</b>  | <b>Sausage Rolls</b>   | <b>Focaccia</b>   | <b>Cucumber, Carrot &amp; Pepper sticks with Houmous &amp; pitta fingers</b> | <b>Apple Nachos with Honey Yoghurt Drizzle</b>  |                         |                                 |
| Soup<br>Lunch               | Chef's homemade soup, served with fresh bread  | Chef's homemade soup, served with fresh bread  | Chef's homemade soup, served with fresh bread   | Chef's homemade soup, served with fresh bread                                | Chef's homemade soup, served with fresh bread   |                         |                                 |
| Lunch                       | Sweet & Sour Pork<br>Or<br>Soy, Ginger & Lime Quorn & Pepper Stir Fry<br><br>with Steamed Rice                   | Roast Chicken with Lemon and Thyme<br>or<br>Tomato Basil Tart<br><br>With Roast Potatoes and Gravy | Beef Taco<br>or<br>Bean & Summer Squash Tostada<br><br>with Salsa, Sour Cream, Guacamole & Mexican Style Rice | Macaroni and cheese with choice of toppings and garlic bread                 | Battered Fish or Oven Baked Fish Fingers served with Lemon & Tartar Sauce<br><br>Falafel, Shredded Vegetables and minted yoghurt bowl | Chefs choice            | Filled Panini Bar               |
| Served Daily                | Seasonal Vegetables, Full Salad Bar, Pasta and Sauce of the Day, Jacket Potatoes                                 |  |   |  |   |                         |                                 |
| Dessert                     | Yoghurt, fresh fruit and toppings  | Fruit Crumble of the day   | Yoghurt, fresh fruit and toppings   | Chocolate Mousse   | Yoghurt, fresh fruit and toppings   |                         |                                 |
| Afternoon snack             | <b>Banana Bread</b>  | <b>Fruity Flapjack Bar</b>   | <b>Homemade Blueberry Muffin</b>  | <b>Waffle</b>  | <b>The personal best cookie</b>   |                         |                                 |
| Supper with Basic Salad Bar | Mint & Lime Grilled Chicken Thighs or Halloumi served with Pitta Bread & Sweet Potato Wedge, Pickled Red Cabbage | Creamy Tuscan Pork served with Tagliatelle, Courgette & Parmesan                                   | Leek & Turkey Pie served with Herb Potato Wedges & Roasted Carrots  | Chicken Katsu or Sweet Potato Katsu Curry with Steamed Rice with Broccoli    | Ramen Noodle Bar with toppings and sauces   | <b>FakeAway Vibes</b>   | <b>Tomato Pasta Bake</b>        |
| fruits                      | Fruit Platter  | Eton Mess  | Fruit Platter   | Yoghurt Bar  | Fruit Platter   |                         |                                 |

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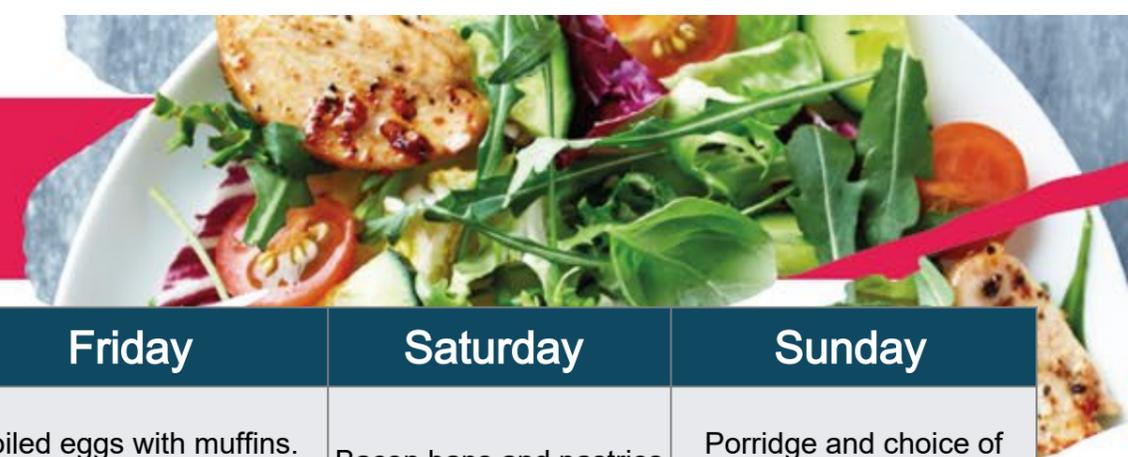
| Service                        | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday                | Sunday                           |
|--------------------------------|--|--|--|---|--|-------------------------|----------------------------------|
| Breakfast                      | Scrambled eggs, beans, bacon.<br>Porridge  | Continental breakfast<br>Porridge  | English breakfast<br>Porridge  | Poached eggs, bacon and beans.<br>Porridge  | Boiled eggs with muffins.<br>Porridge  | Bacon baps and pastries | Porridge and choice of pastries  |
| Morning snack                  | <b>Cheesy Tomato Muffin</b>  | <b>Sausage Rolls</b>   | <b>Focaccia</b>  | <b>Cucumber, Carrot &amp; Pepper sticks with Houmous &amp; pitta fingers</b>  | <b>Apple Nachos with Honey Yoghurt Drizzle</b>   |                         |                                  |
| Soup served at break and lunch | Chef's homemade soup, served with fresh bread  | Chef's homemade soup, served with fresh bread  | Chef's homemade soup, served with fresh bread  | Chef's homemade soup, served with fresh bread   | Chef's homemade soup, served with fresh bread  |                         |                                  |
| Lunch                          | Paprika Chicken served with lemon & Parsley Rice<br><br>Halloumi & Vegetable Tray Bake | Roast Pork, roast potatoes & Gravy<br><br>Spring Onion, Cheddar Quiche with Roast Potatoes | Coconut Chicken Curry Or Sweet Potato & Chickpea Curry<br><br>served with Steamed Rice & Mango Chutney                                   | Beef Lasagne served with chef's salad<br><br>Tomato Sauce with Roasted Vegetables with Penne                                  | Battered Fish or Oven Baked Fish Fingers served with Lemon & Tartar Sauce<br><br>Mushroom Burger with Tomato Salsa<br><br>Chunky Chips | Chefs choice            | Chefs choice                     |
| Served Daily                   | Seasonal Vegetables, Full Salad Bar, Pasta and Sauce of the Day, Jacket Potatoes       |  |  |   |  |                         |                                  |
| Dessert                        | Yoghurt, fresh fruit and toppings  | Fruit Crumble of the day   | Yoghurt, fresh fruit and toppings  | Banoffee Pot  | Yoghurt, fresh fruit and toppings  |                         |                                  |
| Afternoon snack                | <b>Banana Bread</b>  | <b>Fruity Seeded Flapjack Bar</b>  | <b>Blueberry Muffin</b>  | <b>Waffle</b>   | <b>The personal best cookie</b>  |                         |                                  |
| Supper with basic salad bar    | Pork Milanese or Lentil Bolognese served with herb oil spaghetti & Tomato Sauce        | Teriyaki Beef or Quorn Stir Fry served with vegetable Rice & Broccoli                      | Baja Fish Taco or Chipotle Bean and Chickpea served with smashed avocado shredded iceberg lettuce & tomato salsa & cajun dusted potatoes | BBQ Pulled Pork or Chickpea & Bean Chilli served with Hasselback Potatoes, Crispy Onions & Sour Cream<br><br>Caesar Salad Bar | Vegetable Paella served with lemon chilli courgette salad  | <b>FakeAway Vibes</b>   | <b>Homemade Margherita Pizza</b> |
| Fruits                         | Fruit Platter  | Yoghurt Bar  | Fruit Platter  | Syrup Sponge  | Fruit Platter  | Chefs choice            | Chefs choice                     |

Week 2



THE ORATORY  
PREP SCHOOL

# WEEKLY MENU Year 3 to 8



| Service                        | Monday  | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday                | Sunday                                |
|--------------------------------|---|---|---|--|--|-------------------------|---------------------------------------|
| Breakfast                      | Scrambled eggs, beans, bacon.<br>Porridge   | Continental breakfast<br>Porridge   | English breakfast<br>Porridge   | Poached eggs, bacon and beans.<br>Porridge   | Boiled eggs with muffins.<br>Porridge  | Bacon baps and pastries | Porridge and choice of pastries       |
| Morning snack                  | <b>Cheesy Tomato Muffin</b>   | <b>Sausage Rolls</b>  | <b>Focaccia</b>   | <b>Cucumber, Carrot &amp; Pepper sticks with Houmous &amp; pitta fingers</b>                         | <b>Apple Nachos with Honey Yoghurt Drizzle</b>   |                         |                                       |
| Soup served at break and lunch | Chef's homemade soup, served with fresh bread   | Chef's homemade soup, served with fresh bread                                       | Chef's homemade soup, served with fresh bread   | Chef's homemade soup, served with fresh bread  | Chef's homemade soup, served with fresh bread  |                         |                                       |
| Lunch with full salad bar      | Sausage and mashed potatoes with brown onion gravy<br><br>Vegetarian Sausages served with mashed potatoes & Gravy   | Roast turkey and roast potatoes<br><br>Spinach, Mushroom Quiche with roast potatoes | Chicken Fajita served with Salsa, Sour Cream & Rice<br><br>Bean & Vegetable Burrito               | Beef & Vegetable Stir Fry served with Noodles<br><br>Tofu & Broccoli Stir Fry served with Noodles    | Battered Fish or Oven Baked Fish Fingers served with Lemon & Tartar Sauce<br><br>BBQ Quorn Fillet served with chunky chips | Chefs choice            | Build your own Baguette Bar           |
| Served Daily                   | Seasonal Vegetables, Full Salad Bar, Pasta and Sauce of the Day, Jacket Potatoes                                    |   |   |  |  |                         |                                       |
| Dessert                        | Yoghurt, fresh fruit and toppings   | Summer Berry Cheesecake   | Yoghurt, fresh fruit and toppings   | Chocolate Beetroot Brownie   | Yoghurt, fresh fruit and toppings  |                         |                                       |
| Afternoon snack                | <b>Banana Bread</b>   | <b>Fruity Flapjack Bar</b>  | <b>Blueberry Muffin</b>   | <b>Waffle</b>  | <b>The personal best cookie</b>  |                         |                                       |
| Supper with basic salad bar    | Chicken tagine with Lemon Cous Cous and Moroccan flatbread<br><br>Aubergine tagine with rice and Moroccan flatbread | Rich Beef Ragu or Ratatouille served with Wholemeal Penne & Garlic Bread            | Kung Pao Pork with chunky vegetables & Rice<br><br>Tofu Kung Pao with chunky vegetables & Noodles | Grilled Chicken Burger with crispy onions or<br><br>Bean burger<br><br>oven baked sweet Potato fries | Tomato, Basil and Roasted Red Pepper Pasta Bake served with  | <b>FakeAway Vibes</b>   | <b>Macaroni Cheese</b><br>Chefs Salad |
| Fruits                         | Fruit Platter   | Chocolate Pudding   | Fruit Platter   | Yoghurt Bar  | Fruit Platter  |                         |                                       |

Week 3



THE ORATORY  
PREP SCHOOL