COPTHORNE PREP

Lunch Menu – Autumn Term – Week 1 (02/11, 23/11)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Pork Sausages with Mashed Potato	Chicken & Sweetcorn Pie with New Potatoes	Beef Bolognaise with Spaghetti	Oven Baked Katsu Chicken with Curry Sauce and Wholegrain Rice	Oven Baked Sustainable Fish or Fish Fingers with Chips
Vegetarian Option	Vegetable Sausages with Mashed Potato	Green Pea Pesto Pasta	Quorn Bolognaise with Spaghetti	Katsu Cauliflower with Curry Sauce and Wholegrain Rice	Vegetable & Bean Paella with Garlic Aioli
Sides	Peas Baked Beans Gravy	Carrots Cauliflower Gravy	Green Beans Garlic Dough Balls	Carrots Broccoli	Sweetcorn Peas
Alternative Mains	Wholemeal Pasta 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	Jacket Potato with salad and topping selection
Dessert	Strawberry Mousse	Cookie	Apple Crumble with Custard	Fruit Salad	Ice Cream Tub
Available Daily	Whole Fruit Selection – Apple, Orange, Banana Cut Fruit Selection – Melon, Orange, Pineapple, Dried Fruit Pots Bread and Butter				

COPTHORNE PREP

Lunch Menu – Autumn Term - Week 2 (09/11, 30/11)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Goujon Wrap with Potato Wedges	Beef Lasagne	Roast Turkey with Mashed Potato	Chicken Korma with Mixed White & Brown Rice	Oven Baked Fish or Fish Fingers with Chips
Vegetarian Option	Vegetable Nuggets with Potato Wedges	Vegetable & Quorn Lasagne	Cheesy Leek and Carrot Crumble with Mashed Potato	Vegetable & Chickpea Korma with Mixed White & Brown Rice	Cauliflower & Broccoli Cheese Bake with Chips
Sides	Carrots Peas	Garlic Bread Sweetcorn	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	Wholemeal Pasta with salad and topping selection	Jacket Potato with salad and topping selection	Jacket Potato with salad and topping selection
Dessert	Peaches and Yoghurt	Jam Sponge and Custard	Cornflake Krispie Cake	Reduced Sugar Flapjack	Ice Cream Tub
Available Daily	Whole Fruit Selection – Apple, Orange, Banana Cut Fruit Selection – Melon, Orange, Pineapple, Dried Fruit Pots Bread and Butter				

COPTHORNE PREP

Lunch Menu – Autumn Term - Week 3 (16/11, 07/12)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Plant Based Meatballs with Wholemeal Pasta	Cottage Pie	Beef Burger in a Bun with Chips	Chicken Pasta Pesto Bake	Theme Day
Vegetarian Option	Mushroom & Parmesan Risotto	Quorn Pie	Vegetable & Bean Burger with Chips	Vegetable & Bean Stir Fry with Rice Noodles	
Sides	Broccoli Carrots	Green Beans Savoy Cabbage	Sweetcorn Peas	Cauliflower Carrots	
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	Jacket Potato with salad and topping selection
Dessert	Mandarin Segments with Yoghurt	Carrot Cake	Rice Pudding and Jam	Ice Cream	
Available Daily	Whole Fruit Selection – Apple, Orange, Banana Cut Fruit Selection – Melon, Orange, Pineapple, Dried Fruit Pots Bread and Butter				