

# Pre prep Lunch



**ST EDMUND'S  
SCHOOL**  
CANTERBURY

## Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

## Hot off the pass

Minced Beef Pasta bake	Butchers Choice Sausages with Caramelized Onions & Gravy	Chicken thigh & gravy	Spaghetti Bolognaise	Battered Fish of the day with Lemon & tartare Fish fingers		
Mushroom Pasta Bake	Bubble & Squeak with a fried egg	Cherry Tomato & Cheddar Tart	Sweet Potato, haricot bean & chard ragu	Chickpea & Mushroom Madras with rice		

## On the side

Green Beans	Potato Wedges Peas Sliced Carrot	Cheddar mash Fine green Beans Cauliflower	Garlic Slice Sweetcorn Mixed Leaf salad	Chunky Chips Peas Baked Beans		
Steamed syrup Sponge & Cream	Rice Pudding & Fruit Coulis	Gingerbread cake & cinnamon Cream	Orange & poppy seed Cake with Cream	Ice Cream tub		

## Something Sweet



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# Pre prep Lunch

## Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

### Hot off the pass

Chicken Korma	Turkey, Ham & Sweetcorn Pie	Chicken thigh & gravy	Stir fry pork	Battered Fish of the day with Lemon & tartare Fish fingers		
Vegetable, Chickpea & spinach Curry	Courgette, Pepper & Red Onion frittata	Creamy Mushroom & spinach lasagne	Sweet Chilli Vegetables & Tofu	Vegetable & Mixed Bean Quesadillas		

### On the side

Steamed rice Fine Green Beans	Minted new Potatoes Braised Red Cabbage Peas	Herby Diced Potato Savoy cabbage sweetcorn	Egg Noodles Broccoli Baton carrots	Chunky Chips Peas Baked Beans		
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### Something Sweet

Chocolate Sponge with Chocolate Sauce	Lemon & blueberry drizzle cake with lemon Sauce	Apple & blackberry Crumble with Custard	Raspberry & white Chocolate Cake with cream	Maple Syrup cake with Custard		
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### Pots

Yoghurts, Chopped Fruit and Jelly