

Pre prep Lunch



**ST EDMUND'S
SCHOOL**
CANTERBURY

<i>Week 1</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>		
<i>Hot off the pass</i>	Minced Beef Pasta bake	Butchers Choice Sausages with Caramelized Onions & Gravy	Chicken thigh & gravy	Spaghetti Bolognese	Battered Fish of the day with Lemon & tartare Fish fingers		
	Mushroom Pasta Bake	Bubble & Squeak with a fried egg	Cherry Tomato, Basil & Cheddar Tart	Squash, Vegetable & Chick pea ragu	Pulled Jackfruit		
<i>On the side</i>	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 & Custard	Rice Pudding & Fruit Coulis	Blackberry & Mandarin Cake & Cream	Fresh Fruit platter	Lemon Curd & raspberry Cake with cream		
<i>Something Sweet</i>							

Pre prep Lunch

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday		
<i>Hot off the pass</i>	Beef Burger in a Bap	Barbecue Chicken thigh	Pork stir fry	Beef & Mushroom Casserole	Battered Fish of the day with Lemon & tartare	Fish fingers	
	Spicy Bean Burger in a Bap	Roasted pepper & Cherry Tomato risotto with Parmesan Shavings	Sweet Potato, Qourn & Chick pea Curry	Sweet & Sour Vegetables	Courgette, Pepper & red Onion Frittata		
<i>On the side</i>	Skinny fries Fried Onion	Minted New Potatoes Broccoli Baton Carrots	Steamed Rice Green beans	Egg Noodles Garlic infused Greens	Chunky Chips Peas Baked Beans		
	Jam & Coconut Sponge with Custard	Apple & Cherry pie & Custard	Chocolate Marble Sponge with vanilla Cream	Peach & Raspberry Crumble with Custard	Fresh Fruit platter		

Pots

Yoghurts, Chopped Fruit and Jelly

Pre prep Lunch

Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Hot off the pass

	Monday	Tuesday	Wednesday	Thursday	Friday		
	Chicken tikka Masala	Minced Beef & Vegetable Pie	Chicken thigh & gravy	Stir fry pork	Battered Fish of the day with Lemon & tartare Fish fingers		
	Vegetable, Chickpea & spinach Curry	Savoury Vegetable Pie	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	Fresh Fruit platter		
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Pots

Yoghurts, Chopped Fruit and Jelly