

# Autumn



Week **1**

# Lunch MENU



**St Christopher's Prep School  
& Nursery**

## Monday

**Meat Free**

**Mac n Cheese**

**Garlic Bread**

**Peas & Sweetcorn**

**Jam & Coconut Sponge**

## Tuesday

**Chef's Special**

**Lamb Bolognese**

**Quorn Bolognese**

**Penne Pasta**

**Fresh Carrots**

**Fruit Salad**

## Wednesday

**Roast**

**Roast Turkey**

**Roast Vegetable Loaf**

**Roast Potatoes**

**Fresh Broccoli**

**Fruity Yogurts**

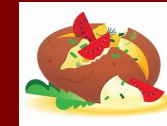
## Everyday

**Jacket Potatoes**

**Bread**

**Salad Bar**

**Fresh Fruit**



## Thursday

**International**

**Sweet & Sour Chicken**

**Sweet & Sour Vegetables**

**Noodles**

**Lemon Sponge**

## Friday

**Fun**

**Fish Fingers**

**Vegetable sausages / Potato bites**

**Oven Chips**

**Baked Beans**

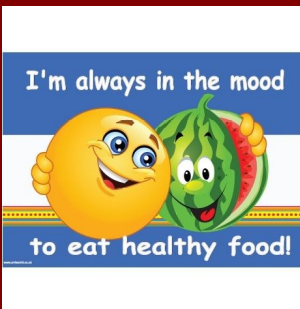
**Crispy Cake Bar**

## HEALTHY EATING PYRAMID



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# Autumn



Week **2**

# Lunch MENU



**St Christopher's Prep School & Nursery**

## Monday

### Meat Free

Italian Tomato & Sweetcorn Sauce

Pasta Shells

Green Beans

Apple Crumble & Custard

## Tuesday

### Chef's Special

Lamb Shepherd's Pie

Veggies Shepherd's Pie

Mixed Steam Vegetables

Banana Cake

## Wednesday

### Roast

Chicken Sausages

Meat Free Sausages

Mashed Potato

Seasonal Vegetables

Fruit & Chocolate Chip Cookies

## Everyday

Jacket Potatoes

Bread

Salad Bar

Fresh Fruit



## Thursday

### International

Lamb Korma

Sweet Potato & Lentil Curry

Basmati Rice

Cauliflower

Fresh Fruit Selection

## Friday

### Fun

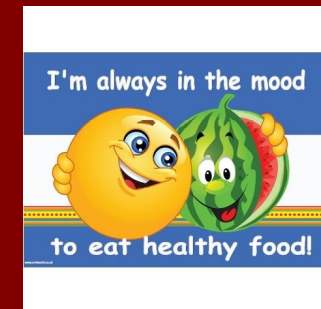
Chicken Burger with Bun

Vegetable Burger with Bun

Oven Chips

Salad bowl

Blueberry Muffins



# Autumn



Week **3**

# Lunch MENU



**St Christopher's Prep School & Nursery**

## Monday

### Meat Free

Fresh Herb & Green Pesto Sauce

Filled jacket Potatoes

Baton Carrots

Apricot Crumble & Custard

## Tuesday

### Chef's Special

Lamb Meatballs in Tomato Sauce

Roasted Mediterranean Vegetables

White Rice

Chef's Tray Bake

## Wednesday

### Roast

Roast Lemon & Herb Chicken

Vegetable Lasagne

Fresh Broccoli

Fruit Salad

## Everyday

Jacket Potatoes

Bread

Salad Bar

Fresh Fruit



## Thursday

### International

Turkey Curry

Chick pea Korma

Basmati Rice, Naan Bread & Mint Yoghurt

Oat & Raisin Flapjacks

## Friday

### Fun

Mild Jerk Chicken

Mild Spice Diced Veggies

Rice & Peas

Ice Cream Tubs

## HEALTHY EATING PYRAMID



I'm always in the mood



to eat healthy food!

