

PREP SCHOOL MENU

lexington
independents

NURTURING
APPETITES



WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

Chicken or Tomato

Broccoli

Creamy Sweetcorn

Tomato

Butternut Squash

MAIN

Sandwiches
Ham
Cheese
Tuna Mayonnaise
Egg Mayonnaise

Sausage & Cheese Muffin

Roast Loin of Pork
Sage & Onion Stuffing
Gravy

Smothered BBQ Chicken

Cod Fillet Fish Fingers
Mini Battered Cod Fillet
Lemon Wedge

VEGETARIAN

Tomato & Basil Pasta
Garlic Bread

Macaroni Cheese
Garlic Bread Slice

Vegetable Quorn Dippers
Tomato Ketchup

Cheese & Tomato Pizza

BAKED POTATO

Baked Potato
Grated Cheese
Baked Beans

Baked Potato
Grated Cheese
Tuna Mayonnaise

Baked Potato
Grated Cheese
Baked Beans

Baked Potato
Grated Cheese
Tuna Mayonnaise

COMPOSITE SALADS

Rainbow Slaw
Creamy Potato & Shallot

Rainbow Slaw
Penne Pasta with Feta &
Olives Salad

Rainbow Slaw
Pesto Pasta Salad

Rainbow Slaw
Greek Salad

Rainbow Slaw
Caesar Salad

DESSERT

Chocolate Cupcake
Jelly Pot
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

Banana Cake
Angel Delight Pot
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

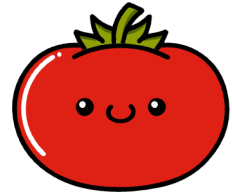
Iced Sponge
Banoffee Pie Pot
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

Steamed Syrup Sponge
Custard
Jelly Pot
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

Choc Ice
Flapjack
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

SALAD

Rainbow Salad, Cucumber, Tomato, Grated Carrot, Sweetcorn, Beetroot, Mixed Leaves and Chefs Daily Salads



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NURTURING
APPETITES



WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

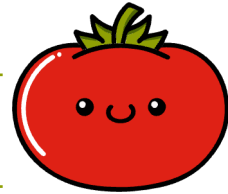
Chicken or Tomato

Carrot & Coriander

Leek & Potato

Cream of Mushroom

Simply Tomato



MAIN

Hot Ham & Cheese
Baguette

Crispy Chicken Tenders
Tomato Ketchup

Cumberland Sausage
Yorkshire Pudding
Gravy

Minced Beef Cottage Pie

BBQ Chicken Pizza



VEGETARIAN

Hot Cheese & Tomato
Baguette

Macaroni Cheese
Garlic Bread Slice

Tomato & Basil Pasta
Garlic Bread Slice

Quorn Vegan Dippers
Sweet Chilli Sauce

Cheese & Tomato Pizza

BAKED POTATO

Baked Potato
Grated Cheese
Tuna Mayonnaise

Baked Potato
Grated Cheese
Baked Beans

Baked Potato
Grated Cheese
Tuna Mayonnaise

Baked Potato
Grated Cheese
Baked Beans



COMPOSITE SALADS

Rainbow Slaw
Pesto Pasta salad

Rainbow Slaw
Rainbow Rice Salad

Rainbow Slaw
Tuna & sweetcorn Pasta
Salad

Rainbow Slaw
Traffic Light Salad

Rainbow Slaw
Watermelon & Cucumber
Salad

DESSERT

White Chocolate Chip
Muffin
Banoffee Pie Pot
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

Swedish Apple Cake
Red Cherry Cheesecake
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

Chocolate Krispies
Strawberry Angel Delight
Pot
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

Mandarin Cupcake
Ice Cream Pot
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

Jam Doughnut
Jelly Pot
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt



SALAD

Rainbow Salad, Cucumber, Tomato, Grated Carrot, Sweetcorn, Beetroot, Mixed Leaves and Chefs Daily Salads



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NURTURING
APPETITES



WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

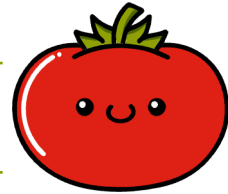
Chicken or Tomato

Tomato & Basil

Butternut Squash & Red
Pepper

Creamy Sweetcorn

Cream of Country Vegetable



MAIN

Hot Sausage Bap
Tomato Ketchup

Chicken Korma
Steamed Rice
Mango Chutney
Mini Naan Bread

Beef Lasagna
Garlic Bread Slice

Sausage Pie

Mini Slider



VEGETARIAN

BBQ Quorn Baguette

Mini Spring Rolls
Sweet Chilli Noodles

Cheese & Potato Pie
Garlic Bread Slice

Tomato & Basil Pasta
Garlic Bread Slice

Vegetable & Cheese Burger
in a Bun

BAKED POTATO

Baked Potato
Grated Cheddar Cheese
Baked Beans

Baked Potato
Grated Cheddar Cheese
Tuna Mayonnaise

Baked Potato
Grated Cheddar Cheese
Baked Beans

Baked Potato
Grated Cheddar Cheese
Tuna Mayonnaise



COMPOSITE SALADS

Rainbow Coleslaw
Italian Bean Salad

Rainbow Coleslaw
Tuna & Sweetcorn Salad

Rainbow Coleslaw
Greek Style Butterbean
Salad

Rainbow Coleslaw
Pesto Pasta Salad

Rainbow Coleslaw
Fruity Cous Cous

DESSERT

Victoria Cupcake
Cherry Cheesecake
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

Apple Crumble & Custard
Mandarin Jelly Pot
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

Ice Cream Tub
Pineapple Upside Down
Cake
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt

Chocolate Chip Cookie
Angel Delight Pot Fresh
Fruit Salad Pot
Whole Fruit
Muller Yoghurt

Lemon Drizzle Cake
Mississippi Mud Pie Pot
Fresh Fruit Salad Pot
Whole Fruit
Muller Yoghurt



SALAD

Rainbow Salad, Cucumber, Tomato, Grated Carrot, Sweetcorn, Beetroot, Mixed Leaves and Chefs Daily Salads

