

# PREP MENU

LUNCH PREP  
WEEK 1



MOUNT  
KELLY  
Boarding and Day School  
Boys and Girls, Aged 3-18

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP OF  
THE DAY

Mushroom  
Homemade Bread

Tomato  
Homemade Bread

Broccoli and Stilton  
Homemade Bread

Carrot and Parsnip  
Homemade Bread

Chicken Noodle  
Homemade Bread

MAIN  
COURSE

Pork Boloagnese

Hunters Chicken

Roast Beef & Yorkshire  
Puddings

Chicken and Leek Pie

Breaded Fish & Lemon  
Wedges

VEGETARIAN

Pesto and Spinach Gnocchi  
Bake

Homity Pie

Mushroom Parcels

Root Vegetable & Lentil Pie

Macaroni Cheese

ON THE SIDE

Spaghetti,  
Garlic focaccia,  
Peas, sweetcorn

Wedges,  
Corn on the Cob

Roast Potatoes,  
Roasted carrots, Parsnips,  
Broccoli & Leek Cheese

Mashed Potatoes,  
Sauté Kale, Red Onion

Home-Cut Chips,  
Garden Peas,  
Baked Beans

Early Years  
substitute

Yoghurt, fresh fruit

Cake

New potatoes  
Yoghurt, Fresh Fruit

Cake

Yoghurt, Fresh Fruit



For allergen & nutritional  
information, please speak  
to a member of the team.



Crustaceans



Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur Dioxide



Molluscs

# PREP MENU

DINNER PREP  
WEEK 1



MOUNT  
KELLY  
Boarding and Day School  
Boys and Girls, Aged 3-18

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN  
COURSE

Southern Fried Chicken  
Wrap

Gammon Ham & Fried Egg

Fish Pie

Beef Stir Fry

Turkey & Red Pepper  
Enchiladas

VEGETARIAN

Chickpea & Mushroom  
Wraps

Mushroom Risotto

Cheese & Leek Pasta

Hoi Sin Tofu

Cheese Enchiladas

ON THE SIDE

Oregano Diced Potatoes,  
Green Beans

Fries,  
Garden Peas,  
Grilled Pineapple,  
Grilled Tomato

Grilled Courgettes

Egg Noodles,  
Pak Choi,  
Stir Fry Vegetables,  
Prawn crackers

Loaded Nachos,  
Soured Cream,  
Guacamole

DESSERT  
ONE

Rocky Road Traybake

White Chocolate Brownie

Victoria Sponge

Chocolate & Coconut  
Moments

Chocolate Brownie



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Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur  
Dioxide



Molluscs

# MENU

LUNCH COLLEGE  
WEEK 1

The Dining Room

COOKED FRESH  
BEST QUALITY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP OF  
THE DAY

Soup of the Day

Soup of the Day

Soup of the Day

Soup of the Day

Soup of the Day

MAIN  
COURSE

Chilli Con Carne

Black Pepper Sausage with Mash Potato

Paprika Roasted Chicken Breast

Beef and Ale Pie topped with Short Crust Pastry

Battered Hake Fillet

VEGAN

Chickpea and Bean Chilli

Vegetarian Toad in the Hole with Caramelised Red Onion

Butternut Squash and Feta Parcel

Roasted Root Vegetable Filo Topped Pie

Curried Sweetcorn Fritter

PASTA BAR

Jackets and Sweet Potatoes, Pasta Bar with Sauces, Homemade Bread

Jackets and Sweet Potatoes, Pasta Bar with Sauces, Homemade Bread

Jackets and sweet Potatoes, Pasta Bar with Sauces, Homemade Bread

Jackets and sweet Potatoes, Pasta Bar with Sauces, Homemade Bread

Jackets and sweet Potatoes, Pasta Bar with Sauces, Homemade Bread

ON THE SIDE

Nachos, Rice, Guacamole, Coleslaw, Sour cream

Caramelised Onion, Spring Greens, Fine Beans and Mashed Potato

Roasted Cajun New Potatoes, Cauliflower, Sugar Snaps

Crushed New Potatoes, Savoy Cabbage, Green beans and Red Wine Gravy

Home-Cut Chips, Mushy Peas, Garden Peas, Tartare Sauce/ Curry Sauce

DELI BAR

Selection of Various filled/ open/ Sandwiches, wraps or Baguettes

Selection of Various filled/ open/ Sandwiches, wraps or Baguettes

Selection of Various filled/ open/ Sandwiches, wraps or Baguettes

Selection of Various filled/ open/ Sandwiches, wraps or Baguettes

Selection of Various Filled/ Open Sandwiches, wraps or Baguettes

CHILLED  
DESSERT

Jelly

Lemon Mousse

Berry Trifle

Yoghurt and Granola

Pannacotta



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DINNER COLLEGE  
WEEK 1

COOKED FRESH  
BEST QUALITY

The Dining Room

MONDAY

TUESDAY

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THURSDAY

FRIDAY

SOUP OF  
THE DAY

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Soup of the Day

MAIN  
COURSE 1

Chilli Con Carne

Paprika Roasted Chicken

German Currywurst

Beef and Ale Pie Topped  
with Short Crust Pastry

Battered Hake Fillet

Pasta Dish

Chefs Choice Pasta Bake

VEGAN

Vegetarian Tofu and Hoisin  
Stir Fry

Curried Cous-Cous Stuffed  
Peppers

BBQ Jackfruit Burger

Vegetarian Meat Ball Sub

Stuffed Mushroom

ON THE SIDE

Egg Fried Rice, Stir Fry  
Vegetables, Prawn Crackers

Wedges, Corn Cobs, Red  
Cabbage Slaw and BBQ  
Beans

Wedges, Corn Cobs, Red  
Cabbage Slaw and BBQ  
Beans Sour Kraut, Roasted  
Parmenter, Broccoli and  
Curry Sauce

Garlic Bread, Green Beans  
and Red Onion

Mixed Beans Ragout,  
Spinach and Sugar Snaps

DESSERT

Tiramisu

Syrup Sponge

Brownie and Cream

Peach Meringue Fool

Trifles



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