

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 Bolognese

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,
Saute Kale, Red Onion

Home-Cut Chips,
Garden Peas,
Baked Beans

Jacket Potato with Baked
Beans and Cheddar Cheese

Pasta with a Vegan Creamy
Pesto Sauce

Jacket Potato with Baked
Beans and Cheddar Cheese

Pasta with Tomato Sauce
and Cheddar Cheese

Jacket Potato with Baked
Beans and Cheddar Cheese

DESSERTS

Bakewell Sponge, Custard,
Fresh Fruit

Lemon Drizzle Cake,
Fresh Fruit, Jelly

Pear & Blackberry Crumble,
Custard, Fresh Fruit

Chocolate Chip
Shortbread & Custard,
Fresh Fruit, Jelly

Cinnamon Rolls,
Fresh Fruit

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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MENU

LUNCH COLLEGE
WEEK 1

The Dining Room



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP OF
THE DAY

Soup of the Day

Soup of the Day

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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

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Sandwiches, wraps or Baguettes

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Sandwiches, wraps or Baguettes

Selection of Various Filled/ Open
Sandwiches, wraps or Baguettes

PUDDING

Jam and Coconut Sponge with
Custard

Sticky Toffee Pudding

Chocolate Cake with Chocolate
Custard

Apple and Cinnamon Crumble
with Custard

Berry Sponge

CHILLED
DESSERT

Jelly

Lemon Mousse

Berry Trifle

Yoghurt and Granola

Pannacotta



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MENU

DINNER COLLEGE
WEEK 1

The Dining Room



	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 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	Chefs Choice Pasta Bake	Chefs Choice Pasta Bake	Chefs Choice Pasta Bake	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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