

PREP MENU

LUNCH PREP
WEEK 2



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP OF
THE DAY

French Onion
Homemade Bread

Carrot & Coriander
Homemade Bread

Red Pepper & Tomato
Homemade Bread

Pea & Mint
Homemade Bread

Broccoli
Homemade Bread

MAIN
COURSE

Howells Pork Sausages

Jacket Potato Bar

Roast Loin of Pork with
Apple Sauce

Beef Lasagne

Breaded Fish & Lemon
Wedges

VEGETARIAN

Quorn Sausages

Jacket Potato Bar

Red Onion & Spinach
Parcels

Roasted Vegetable Lasagne

Macaroni Cheese

ON THE SIDE

Creamy Mashed Potato,
Onion Gravy,
Sliced Carrots

A Selection including:
Pulled Pork
Curry
Chilli
Coronation Chicken

Roast Potatoes,
Leek & Parsnip Mash,
Garden Peas,
Gravy

Garlic Bread,
Broccoli

Home-Cut Chips,
Garden Peas,
Baked Beans

Pasta with a Red Pepper
Sauce
Homemade Bread

Homemade Bread

Pesto Pasta with Roasted
Seeds

Jacket & Sweet Potatoes
with Baked Beans &
Cheddar Cheese

Homemade Bread

DESSERT

White Chocolate and
Orange Sponge,
Fresh Fruit

Lemon Rolls,
Fresh Fruit,
Jelly

Apple & Pear Crumble with
Custard,
Fresh Fruit

Carrot Cake with a Cream
Cheese Frosting,
Fresh Fruit,
Jelly

Classic School Sprinkle
Sponge,
Fresh Fruit

Early Years
Substitute

Fresh Fruit
& Yogurt

Sponge

New Potatoes
Fresh Fruit & Yogurt

Sponge

Fresh Fruit & Jelly



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 2



MOUNT
KELLY
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MONDAY

TUESDAY

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THURSDAY

FRIDAY

MAIN
COURSE

Fish Finger Baps

Turkey Bolognese

Pork Stir Fry

Jerk Chicken Thighs

Pizza Night

VEGETARIAN

Fishless Finger Baps

Veggie Bolognese

Sweet & Sour Tempura
Vegetables

Bubble & Squeak

Pizza Night

ON THE SIDE

Potato Wedges,
Sweetcorn

Spaghetti,
Garlic Bread,
Green Beans

Egg Noodles,
Prawn Crackers,
Stir Fry Vegetables

Special Rice With Peas,
Charred Corn

Potato Bins

DESSERT

Black Forrest Gateau

White Chocolate &
Raspberry Muffins

Sticky Ginger Sponge

Waffle Bar

Chocolate Milkshake



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MENU |

LUNCH COLLEGE WEEK 2

The Dining Room

COOKED FRESH
• BEST QUALITY •

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**SOUP OF
THE DAY**

Soup of the Day

**MAIN
COURSE**

Cajun Pork Steaks with Pineapple and Sweetcorn Salsa

Beef Lasagna

Spud Counter With Various Toppings
- Beef Chilli
- Chicken Curry

Beef and Ale Pie topped with Short Crust Pastry

Battered Hake Fillet

VEGAN

Chickpea and Bean Chilli

Vegetable Toad in the Hole with Caramelised Red Onion

Butternut Squash and Feta Parcel

Chicken Shawarma

Beef Burger Bar

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

Cajun Roasted New Potatoes, Cauliflower Leaves and Sauted Green Beans

Steamed Cauliflower, Roasted Carrots, Fresh Red Cabbage Slaw

Mixed Leaf Salads, Coleslaw, Baked Beans, Grated Cheddar

Turmeric Rice, Cabbage and Coriander Salad with Onion, Minted Yoghurt

Home Cut Chips, Homemade Burger Sauce, Steamed kale and Garden Peas

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

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**CHILLED
DESSERT**

Jelly

Yoghurt and Granola

Berry Pannacotta

Mousse Cups

Fruit Fumbles



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MENU

DINNER COLLEGE
WEEK 2

COOKED FRESH
BEST QUALITY

The Dining Room

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SOUP OF
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MAIN
COURSE 1

Devonshire Fish Pie

Hoisin Beef Bao Buns

Sausage and Chorizo
Casserole

Cornflake Chicken

Beef Chilli Nachos

Pasta Dish

Chefs Choice Pasta Bake

VEGAN

Vegetarian Tofu and Hoisin
Stir fry

BBQ Jack Fruit Bao Buns

Vegetable Cottage Pie

Gnocchi

Vegetarian Chilli

ON THE SIDE

Lemon Sauteed Green
Beans

Egg Noodles, Soy Roasted
Broccoli, Baby Corn

Crushed New Potatoes,
Sauteed Spring Greens,
Roasted Courgettes

Charred Corn Cobs
Roasted Cauliflower with
Paprika and Garlic

Sour Cream, Guacamole,
Crispy Onions, Jalapenos,
Sugar Snaps

DESSERT

Lemon Cheesecake

Chocolate Brownie

Bread and Butter Pudding

Chocolate and Berry Trifle

Waffle Bar



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