

# PREP MENU

LUNCH PREP  
WEEK 2



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP OF THE DAY</b>	French Onion Homemade Bread	Carrot & Coriander Homemade Bread	Red Pepper & Tomato Homemade Bread	Pea & Mint Homemade Bread	Broccoli Homemade Bread
<b>MAIN COURSE</b>	Howells Pork Sausages	Jacket Potato Bar	Roast Loin of Pork with Apple Sauce	Beef Lasagne	Breaded Fish & Lemon Wedges
<b>VEGETARIAN</b>	Quorn Sausages	Jacket Potato Bar	Red Onion & Spinach Parcels	Roasted Vegetable Lasagne	Macaroni Cheese
<b>ON THE SIDE</b>	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
<b>DESSERT</b>	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
<b>Early Years Substitute</b>	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

WEDNESDAY

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



	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	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 Sauteed 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	Selection of Various filled/ open/ Sandwiches, wraps or Baguettes	Selection of Various filled/ open/ Sandwiches, wraps or Baguettes
PUDDING	Coffee and Seed Cake	Lemon Sponge	Steam Syrup Sponge	Apple and Blackberry Crumble with Custard	Carrot Cake
CHILLED DESSERT	Jelly	Yoghurt and Granola	Berry Pannacotta	Mousse Cups	Fruit Fumbles



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DINNER COLLEGE  
WEEK 2

The Dining Room



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TUESDAY

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SOUP OF  
THE DAY

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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

Chefs Choice Pasta Bake

Chefs Choice Pasta Bake

Chefs Choice Pasta Bake

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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