

PREP MENU

LUNCH PREP
WEEK 3



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP OF THE DAY

Curried Parsnip
Homemade Bread

Carrot & Cumin
Homemade Bread

Leek & Potato
Homemade Bread

Sweet Potato, Chilli &
Coconut
Homemade Bread

Chicken & Sweetcorn
Homemade Bread

MAIN COURSE

Chicken Curry

Beef Chilli

Roast Gammon

Beef Meatballs

Beef Burgers/Hotdog Bar

VEGETARIAN

Butternut and Chickpea
Curry

Black Bean Chilli

Vegetable Frittata

Vegan Meatballs

Vegetable Burgers/Veggie
Sausages

ON THE SIDE

Steamed Rice,
Roasted Cumin Carrots,
Poppadom's, Naam Bread

Paprika Rice,
Nachos,
Green Beans

Roast Potatoes,
Steamed Carrots,
Broccoli Cheese

Spaghetti,
Garlic Bread,
Peas, Sweetcorn

Home-Cut Chips,
Sliced Cheese,
Crispy Onions,
Baked Beans

Pasta with Tomato Sauce

Jacket Potatoes with Baked
Beans and Cheddar Cheese

Pasta with a Red Pesto
Sauce

Jacket Potatoes with Baked
Beans & Cheddar Cheese

Pasta with a Smoked
Tomato Sauce

DESSERTS

Marble Sponge & Custard
Fresh Fruit

Shortbread,
Fresh Fruit, Jelly

Fruit Pie & Fresh Cream,
Fruit

Lemon Swirls,
Fresh Fruit, Jelly

Chocolate Fudge Cake,
Fresh fruit

Early Years Substitute

Yoghurt & Fresh fruit

Sponge

New potatoes,
Yoghurt & Fresh fruit

Sponge

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 3



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN
COURSE

Sausage Casserole

Beef Burgers

Cottage Pie

Theme Night

Creamy Ham Hock Pasta

VEGETARIAN

Pumpkin Orzo with Tomato
& Basil Sauce

Bang Bang Cauliflower

Veggie Pie

Theme Night

Mushroom Carbonara

ON THE SIDE

Crushed New Potatoes
Grilled Courgettes & Peas

Fries,
Garden Peas,
Baked Beans

Corn on the Cob

Theme Night

Garlic Bread

DESSERT
ONE

Cookies

Cheesecake

Egg Custard Tart

Theme Night

Chocolate Melting
Moments



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MENU

LUNCH COLLEGE
WEEK 3

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	Chicken Tikka Masala	Cottage Pie	Chicken And Beef Paella	Pulled Pork Burger	Hot Dog Bar
VEGAN	Cauliflower Korma	Chickpea and Lentil Pie	Vegetable Bean Burrito	Halloumi and Roast Red Pepper Burger	Falafel Sausage with Chive and Garlic Sauce
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	Saag Aloo, Sugar Snaps, Poppadom's and Mango Chutney	Carrot and Swede Mash, Roasted New Potatoes	Buttered Kale and Garlic Mushrooms	Wedges, Tex Mex Vegetable Medley	Home- Cut Chips, Sour Kraut, Crispy Onions
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	Apple Sponge	Lemon Sponge	Crumble and Custard	Raspberry and Vanilla Sponge	Cherry Bakewell
CHILDED DESSERT	Jelly	Yoghurt and Granola	Berry Pannacotta	Lemon Posset	Fruit Fumbles



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DINNER COLLEGE
WEEK 3

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	Red Thai Chicken Curry	Marinated Pork Chops	Beef Tacos	Indonesian Nasi Goreng With Satay Chicken Skewers	Breaded Lemon Turkey Escalope
Pasta Dish	Chefs Choice Pasta Bake	Chefs Choice Pasta Bake	Chefs Choice Pasta Bake	Chefs Choice Pasta Bake	Chefs Choice Pasta Bake
VEGAN	Coconut and Lentil Curry	Roasted Steak and Tahini Dressing	Beetroot and Chickpea Burger	Spinach and Ricotta Tagliatelle	Aubergine Parmigiana
ON THE SIDE	Naan Bread, Curried Cauliflower with Spinach and Tomato	Parmenter Potatoes, Steamed Leeks with Chives and Sweetcorn	Guacamole, Sour Cream, Rice and Black Beans, Tomato and Red Onion and Coriander Salad	Prawn Crackers, Roasted Broccoli	Courgettes, Roasted Sweet Potato, Mixed Vegetable with Lemon and Thyme
DESSERT	Classic Strawberry Cheesecake	Lemon Posset	Baked Apple Strudel	Marble Cake	Blueberry Muffins



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