

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

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



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

MENU

LUNCH COLLEGE
WEEK 3

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

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

CHILLED
DESSERT

Jelly

Yoghurt and Granola

Berry Pannacotta

Lemon Posset

Fruit Fumbles



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

MENU

DINNER COLLEGE
WEEK 3

COOKED FRESH
BEST QUALITY

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

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



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