

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

Minestrone Soup
Homemade Bread

Pea/Mint
Homemade Bread

Red Pepper & Tomato
Homemade Bread

Vegetable
Homemade Bread

Broccoli
Homemade Bread

MAIN COURSE

Chicken Korma/Tikka Curry

Sausage Bar

Roast Beef
Yorkshire Puddings

Chicken Meatballs

Breaded Hake & Lemon
Wedges

VEGETARIAN

Vegetable curry

Squash/Spinach Gnocchi

Vegetable Streudel

Pepper, Sweet Potato
Frittata

Macaroni Cheese

ON THE SIDE

Rice,
Poppadoms, Naan,
Roasted Cauliflower,
Green Beans,
Mango Chutney

Wedges,
Onions,
peas

Roast Potatoes,
Steamed Carrots, Parsnips
Broccoli,
Gravy

Spaghetti,
Garlic bread,
Sweetcorn

Home-Cut Chips,
Garden Peas,
Baked Beans

Broccoli Pesto Pasta

Jackets/Beans and Cheese

Creamy Tomato Pasta

Jacket/Beans and Cheese

Plain Pasta

DESSERT

Lemon Drizzle Cake,
Fresh Fruit

Chocolate/Orange
shortbread,
Fresh Fruit,
Jelly

Blackberry/Polenta Cake,
Cream,
Fresh Fruit

Treacle Tart,
Fresh Fruit,
Jelly

Apple/Cinnamon Roll,
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 1



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**MAIN
COURSE**

Beef Burgers

Pork Kebabs

BBQ Pulled Chicken/Bao
Buns

Smoked ham
hock/leek/gnocchi

Pizza Night

VEGETARIAN

Homemade Vegetable
Burgers

Veggie Kebabs

Spring Rolls

Bubble & Squeak

Pizza Night

ON THE SIDE

Chips,
Sliced cheese,
Sliced tomato

Mexican Rice,
Charred Corn

Noodles,
Prawn Crackers,
Stir Fry Vegetables

Special Rice With Peas
Charred Corn

Corn on the Cob
Wedges

DESSERT

Cupcakes

Tiramisu

Lemon Meringue Pie

Waffle Bar

Doughnuts



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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 | Soup of the Day | Soup of the Day |
| MAIN COURSE | | Black Pepper Sausage with Mash Potato | Paprika Roasted Chicken Breast | Beef and Ale Pie with Short Crust Pastry | Battered Fish |
| VEGAN | | Vegetarian Toad in the Hole with Red Onions | Butternut Squash and Feta Parcel | Roasted Vegetable Filo 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 |
| ON THE SIDE | | Caramelised Onion, Spring Greens, Fine Beans and Mash Potato | Roasted Cajun New Potatoes, Cauliflower, Sugar Snap Peas | Crushed New Potatoes, Savoy Cabbage, Green Beans, Red Wine Jus | 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 | Selection of Various Filled/ Open Sandwiches, Wraps or Baguettes | Selection of Various Filled/ Open Sandwiches, Wraps or Baguettes |
| PUDDING | | Sticky Toffee Pudding | Chocolate Cake and Chocolate Custard | Apple and Cinnamon Crumble with Custard | Berry Sponge |
| CHILD DESSERT | | Lemon Mousse | Jelly | Yoghurt and Granola | Pannacotta |



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MENU

DINNER COLLEGE
WEEK 1

The Dining Room



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FRIDAY

SOUP OF THE DAY

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MAIN COURSE 1

Salt and Pepper Chicken

Beef Chilli

Slow Cooked Brisket
Burger

Pork and Beef Meatballs

Chicken Thighs with
Tomato, Pepper and Basil

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

Mixed Bean Chilli

BBQ Jackfruit

Vegetarian Meat Balls

Stuffed Mushrooms

ON THE SIDE

Egg Fried Rice, Stir Fry
Vegetables, Prawn Crackers

Mexican Rice, Nachos,
Guacamole, Sour Cream,
Salsa

Wedges, Corn Cobs, Red
Cabbage Slaw BBQ Beans

Garlic Bread, Spaghetti,
Green Beans, Red Onions

Roasted New Potatoes,
Broccoli, Sugar Snap Peas,
Baby Corn

DESSERT

Tiramisu

Lemon Drizzle

Raspberry and White
Chocolate Cheesecake

Chocolate Mousse

Trifles



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