

# 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>	Mushroom Homemade Bread	Carrot/Coriander Homemade Bread	Tomato/ Basil Homemade Bread	French Onion Homemade Bread	S/Potato/Chilli/Coconut Homemade Bread
<b>MAIN COURSE</b>	Bolognese	Hunters Chicken	Roast Gammon	Mediterranean Chicken	Breaded Hake & Lemon Wedges
<b>VEGETARIAN</b>	Butternut Squash/Sage Risotto	Vegetable Calzones	Cherry Tomato and Red Onion Chutney Slice	Vegetarian Quiche	Macaroni Cheese
<b>ON THE SIDE</b>	Spaghetti, Garlic Dough Balls, Corn on the Cob	New Potatoes, Broccoli	Roast Potatoes, Roasted Carrots, Parsnips, Leeks in Cheese Sauce	Wedges, Kale, Red Onion	Home - Cut Chips, Garden Peas, Baked Beans
	Jacket Potato, Tuna Mayo, Garlic Mushrooms	Roasted Red Pepper Sauce, Pasta	Jacket Potato with Baked Beans and Cheddar Cheese	Pea/Mint Pesto Pasta	Jacket Potato with Baked Beans and Cheddar Cheese
<b>DESSERTS</b>	Chocolate Fudge Cake, Fresh Fruit	Lemon coconut Shortbread, Fresh Fruit, Jelly	Carrot Cake with an Orange Frosting, Fresh Fruit	Fruit Strudel, Cream Fresh Fruit, Jelly	Rhubarb, Lemon Curd, Cake, Fresh Fruit
<b>Early Years substitute</b>	Yoghurt, Fresh Fruit	Cake	New potatoes, Yoghurt/Fresh Fruit	Cake	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 2



**MOUNT  
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Boarding and Day School  
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**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MAIN  
COURSE**

Southern Fried  
Chicken/Halloumi wrap

Sausage/Egg Plait

Beef Schnitzel, Creamy  
Tomato sauce

Lemon and Thyme Chicken

Meatball Subs

**VEGETARIAN**

Halloumi and Mushroom  
wraps

Mushroom Plait

Aubergine Schnitzel

Tomato and Spinach Orzo

Vegan Meatball Subs

**ON THE SIDE**

Spiced Diced Potatoes'  
Green Beans

Wedges,  
Sweetcorn

Roasted New Potatoes,  
Steamed Carrots

Herbed Rice,  
Broccoli

Stuffed Jackets,  
Sweetcorn Salsa

**DESSERT  
ONE**

Meringues

Egg Custard Tart

Viennese Biscuits

Caramel Cornflake  
Traybake

Waffles with Various  
Toppings



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# MENU

LUNCH COLLEGE  
WEEK 2

The Dining Room



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP OF THE DAY</b>	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
<b>MAIN COURSE</b>	Cajun Pork Steaks with Pineapple and Sweetcorn Salsa	Beef Lasagna	Spud Counter With Various Toppings - Beef Chilli - Chicken Curry	Chicken Shawarma	Beef Burger Bar
<b>VEGAN</b>	Butterbean, Squash and Feta Parcel	Vegetable Moussaka	Mixed Bean Chilli	Curried Chickpea Falafel	Spicy Bean Burger
<b>PASTA BAR</b>	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
<b>ON THE SIDE</b>	Cajun Roasted New Potatoes, Cauliflower Leaves and Sautéed Green Beans, Red Onions	Roasted Cauliflower, Roasted Carrots, Fresh Red Cabbage Slaw	Mixed Leaf Salads, Red Cabbage Slaw, 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
<b>DELI BAR</b>	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
<b>PUDDING</b>	Coffee and Seed Cake	Lemon Sponge	Steam Syrup Sponge	Apple and Blackberry Crumble with Custard	Carrot Cake
<b>CHILLED DESSERT</b>	Jelly	Yoghurt and Granola	Berry Pannacotta	Mousse Cups	Fruit Fumbles



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DINNER COLLEGE  
WEEK 2

## The Dining Room



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP OF THE DAY</b>	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
<b>MAIN COURSE 1</b>	Devonshire Fish Pie	Hoisin Beef Bao Buns	Sausage and Chorizo Casserole	Cornflake Chicken	Beef Chilli Nachos
<b>Pasta Dish</b>	Chefs Choice Pasta Bake	Chefs Choice Pasta Bake	Chefs Choice Pasta Bake	Chefs Choice Pasta Bake	Chefs Choice Pasta Bake
<b>VEGAN</b>	Vegetarian Tofu and Hoisin Stir fry	BBQ Jack Fruit Bao Buns	Vegetable Cottage Pie	Gnocchi	Vegetarian Chilli
<b>ON THE SIDE</b>	Lemon Sauteed Green Beans	Egg Noodles, Soy Roasted Broccoli, Baby Corn	Crushed New Potatoes, Sauteed Spring Greens, Roasted Courgettes	Charred Corn Cobs Roasted Cauliflower	Sour Cream, Guacamole, Crispy Onions, Jalapenos, Sugar Snaps
<b>DESSERT</b>	Lemon Cheesecake	Chocolate Brownie	Bread and Butter Pudding	Chocolate and Berry Trifle	Waffle Bar



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