

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	Leek/Potato Homemade Bread	Smoked Paprika/Lentil Homemade Bread	Roasted Pepper/Tomato Homemade Bread	Cauliflower Homemade Bread	Chicken & Noodle Homemade Bread
MAIN COURSE	Howells Sausages	Burrito Bar	Roast Chicken, Stuffing Balls	Beef lasagna	Pork and Apple Burger or different Flavoured Chicken Burgers
VEGETARIAN	Veggie Sausage Fritters	Veggie Burrito	Feta and Spinach Spiral	Roasted Vegetable Lasagna	Homemade Spicy Bean Burger
ON THE SIDE	Mash, Onion Gravy, Steamed Carrots	Corn on the Cob, Peamole, Soured Cream	Roast Potatoes, Steamed Carrots, Parsnips, Peas	Garlic focaccia, Broccoli	Home-Cut BBQ Wedges, Sliced Cheese, Crispy Onions, Baked Beans
	Pasta with Tomato and Basil Sauce	Jacket Potatoes with Baked Beans and Cheddar Cheese	Sun dried Tomato Pesto Tagliatelle	Jacket Potatoes with Baked Beans and Cheddar Cheese	Pasta with a Smoked Tomato Sauce
DESSERTS	School Sprinkle Sponge, Fresh Fruit	Tiffin, Fresh Fruit, Jelly	Fruit Pie, Cream, Fresh Fruit	Chocolate Chip Shortbread, Fresh Fruit, Jelly	Cranberry and Orange Swirls, Fresh Fruit
Early Years Substitute	Yoghurt and Fresh Fruit	Sponge	New Potatoes Yoghurt and Fresh Fruit	Sponge	Yoghurt and 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**

Chicken Satay Skewers,
Satay Sauce

Gammon and Fried Egg

Tuna Pasta Bake

Stuffed Chicken Breast with
Sweet Chili Sauce

Beef Rissoles

VEGETARIAN

Courgette, Pepper and Red
Onion Satay Skewers

Cheese and Pesto Swirls

Vegetable Pasta Bake

Stuffed Courgettes

Vegetable Rissoles

ON THE SIDE

Mexican Rice,
Baby Corn

Fries,
Grilled Tomato,
Grilled Pineapple,
Steamed Peas

Steamed Green Beans,
Garlic Dough Balls

Roasted Lemon and Thyme
Potatoes,
Roasted Vegetables

Oven Baked Herb Wedges,
Sweetcorn, Green Beans

**DESSERT
ONE**

Snickerdoodles

Banoffee Pie

Egg Custard Tart

Swissroll

Eclairs/Profiteroles



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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	Pulled Pork Burger	Beef Stroganoff	Battered Fish & Steamed Fish
VEGAN	Vegetable Korma	Chickpea and Lentil Pie	Beetroot and Feta Burger	Mushroom Risotto	Pea Fritters
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	Rice, Saag Aloo, Sugar Snaps, Poppadom's and Mango Chutney	Roasted Carrots and Peas	Roasted New Potatoes	Buttered Kale, Green Beans, Mash Potatoes	Home- Cut Chips, Mushy Peas, Garden Peas, 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	Selection of Various Filled/ Open Sandwiches, Wraps or Baguettes
PUDDING	Apple Sponge	Lemon Sponge	Crumble and Custard	Chocolate Sponge	Cherry Bakewell
CHILDED DESSERT	Chocolate Mousse	Jelly	Peaches and Cream	Fumble Pots	Berry Mousse



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MENU

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	Marinated Pork Chops	Red Thai Chicken Curry	Beef Fajitas	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	Roasted Cauliflower Steaks with Tahini Dressing	Coconut and Lentil Curry	Mixed Bean Chilli Burritos	Spinach and Ricotta Gnocchi	Aubergine Parmigiana
ON THE SIDE	Parmenter Potatoes, Steamed Leeks with Chives, Sweetcorn	Naan Bread, Curried Cauliflower, Spinach, Tomato	Guacamole, Sour Cream, Rice and Black Beans, Tomato and Red Onion and Coriander Salad	Prawn Crackers, Roasted Broccoli	Roasted Courgettes, Roasted Sweet Potato, Mixed Vegetable with Lemon and Thyme
DESSERT	Classic Strawberry Cheesecake	Coconut and Pineapple Sponge	Shortbread	Marble Cake	Blueberry Muffins



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