



Bournemouth Collegiate Preparatory School Lunch Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1					
The Main Event	Meatballs in tomato sauce with rice	Mild Turkey Curry	Sticky BBQ Pork	Our butchers sausages with caramelised onion gravy on the side	Oven baked scampi with tarter sauce and lemon wedges
Meat Free Zone	Cauliflower and broccoli cheese bake	Mild Vegetable and lentil Curry	Caramelised Red onion, feta cheese and tomato tart	Vegetable Sausages	Macaroni cheese
And To Go With	Trio of fresh vegetables	Fluffy Rice Naan Bread Fingers & chutneys	New Potatoes Carrot Batons	Creamy mashed potatoes Crunchy cabbage	Chunky Chips Garden Peas
Scrummy Puds	Warm Peaches with custard	Home Baked fruit muffins	Raspberry Jam tart and custard	Lemon Iced Sponge	Fruit Jelly and Ice cream



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Week 2					
The Main Event	Lamb Bolognese	Roast Beef with Yorkshire Pudding and gravy	Creamy Pork and Vegetables	Homemade Shepherds Pie	Golden Haddock in Batter with lemon mayonnaise
Meat Free Zone	Vegetable and Quorn Bolognese	Chickpea and spinach Filled Mini Yorkshire Pudding	Macaroni cheese	Homemade vegetable shepherds pie	Homemade vegetable quiche
And To Go With	Garlicky Bread Spaghetti Parmesan Cheese	Mini Roast Potatoes Fresh Carrots & Green beans	Fluffy Rice Fresh Broccoli Trees	Fresh Cabbage Gravy On the side	Chunky Chips or Jacket Potatoes Garden Peas
Scrummy Puds	Mixed fruit oat crunch with custard	Creamy Rice pudding with jam sauce	Homemade lemon and orange sponge with orange sauce	Fresh fruit Salad and cream	Homemade Nut Free chocolate & Banana brownies



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Week 3					
The Main Event	Not so spicy Chilli con carne	White fish fingers with lemon wedge	Roast Pork with apple sauce and gravy	Homemade Lasagne	Homemade Pizza
Meat Free Zone	Vegetable con carne	Spinach and feta cheese quiche	Mushroom and Pepper Stroganoff with rice	Spinach Layered Lasagne	Homemade Roasted red pepper and cheese pizza
And To Go With	Fluffy Rice Sweet corn Sour Cream	Crispy Green Salad	Golden Roast Potatoes Fresh Crunchy Cabbage	Garlicky Bread Carrot Batons	Chunky chips or jacket potato Garden Peas Homemade Coleslaw
Scrummy Puds	Ice cream Treat with seasonal fruity sauce	Chocolate Pudding with choccy sauce	Homemade Apple crumble with custard	Yummy Fruit Flapjacks	Home baked Carrot Cake



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Week 4					
The Main Event	Sizzling Chicken in honey and tomato sauce	Sweet "n" sour Pork and rice	Roast Lamb with mint sauce and gravy	Penne Pasta with Bacon, tomato and mushrooms	White fish fingers with a Lime Mayo
Meat Free Zone	Spanish Omelette	Cream Cheese and roast vegetable wraps	Cheese & Onion Topped Baked Jacket Potato	Macaroni Cheese	Tomato, Red Onion and Cheddar cheese puff pastry tart
And To Go With	New Potatoes Fresh Broccoli Florets	Prawn Crackers Stir Fry vegetables	Mini Roast Potatoes Fresh Carrots & Garden Peas	Chunky Chips or Jacket Potatoes Duo of fresh vegetables	Herby Jacket Wedges Tomato and Cucumber Salad
Scrummy Puds	Homemade Fruit Shortbread	Tangy Lemon Cheesecake	Cheese, dried fruit and crackers	Homemade moist Banana Cake	Chocolate Rice crispy cake