

St Michaels Pre Prep School Lunch Menu



WEEK 1

Monday

Tomato and Cheese Pizza
Potato wedges
Selection of cucumber and red
Pepper sticks
Orange jelly apricot sauce

Tuesday

Lamb and vegetable curry
Rice
Carrots
Spring Greens
Ginger cake with custard

Wednesday

Local Butchers Pork Meatballs
Spaghetti
Green Beans
Cucumber sticks
Caramel Cheesecake with
Pomegranate

Friday

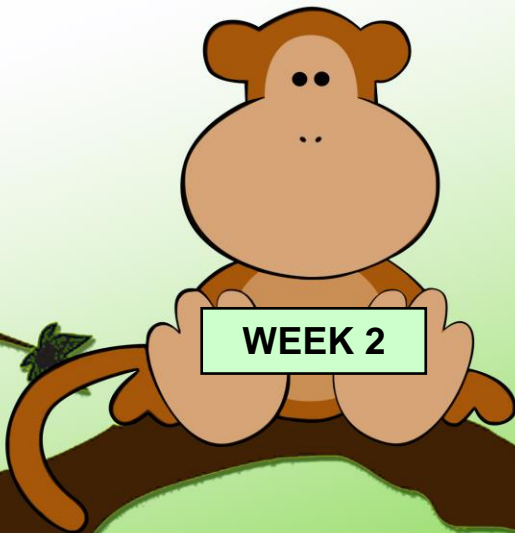
Oven Baked MSC Fish Fingers

Chunky Chips
Garden peas
Baby plum tomatoes
Strawberry smoothie
With strawberry sauce

Thursday

Roast beef and Yorkshire
pudding
Gravy, Roast Potatoes
Courgette
Broccoli
Lemon curd Cake

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WEEK 2

Roast Pork, gravy, apple sauce
Sage and apple stuffing
Mini roast potatoes
Carrots
Pear and chocolate cake
with cream

Monday

Pasta bake
With cheddar and mozzarella
Cauliflower
Pepper sticks
Strawberry Jelly with
blueberries

Tuesday

Baked Tandoori Chicken
Steamed Rice
Broccoli
Cherry Tomatoes
Cinnamon & Poppyseed Cake
with mango sauce

Wednesday

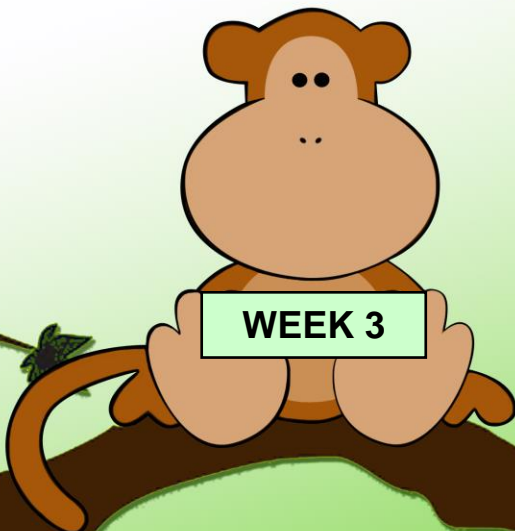
Cottage pie with Beef,
vegetable and flageolet beans
Green Beans
Cucumber Sticks
Rhubarb crumble with custard

Friday

Crispy Fish Fingers (MSC)
Crunchy Chips
Low salt baked Beans
Cherry Tomatoes
Frozen Raspberry ice cream

Thursday

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WEEK 3

Monday

Macaroni with Mozzarella
Cheese
Broccoli
Cucumber sticks
Cherry Tomatoes
Apple and Sultana crumble
and Cream

Tuesday

Chicken Masala
Steamed Rice
Cauliflower
Pepper Sticks

Chocolate and Honey Flapjack

Wednesday

Lamb Hotpot
With a potato crust

Green Beans
Cherry Tomatoes
Sticky Toffee Pudding with
caramel sauce

Friday

MSC 100% Fish Fingers with
Tomato Sauce
Crispy chunky Chips
Baked beans
Pepper sticks
Iced mango and orange
Smoothie Pot

Thursday

Beef Bolognese
Pasta
Cauliflower
Sweetcorn

Fairtrade Banana cake with
custard