

# The Haberdashers' Aske's Boys' Pre-Prep School

## Spring Menu 2021– Week ONE

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Crudités of the day</b>	Carrot, cucumber & pepper	Cherry tomato & baby corn	Carrot, cucumber & pepper	Broccoli & sugar snaps	Carrot, cucumber & pepper
<b>Main course</b>	Slow cooked mild lamb curry	Chicken and mushroom pie topped with puff pastry	Roast turkey with sage and onion stuffing	Chicken tortilla wrap	Bread fish fingers
<b>Vegetarian/Vegan main</b>	Creamy macaroni cheese	Roasted vegetable pie with puff pastry	Sweet potato curry	Pasta in a tomato & pepper sauce	Vegetable burgers
<b>Sides</b>	Steamed rice Green beans	Sauté potato Cauliflower	Roast potatoes Carrots	Broccoli florets Roasted peppers	Potato wedges Beans
<b>Simple salads</b>	Cucumber, sweetcorn, tomato, & seasonal leaves	Cucumber, sweetcorn, tomato, & seasonal leaves	Cucumber, sweetcorn, tomato, & seasonal leaves	Cucumber, sweetcorn, tomato, & seasonal leaves	Cucumber, sweetcorn, tomato, & seasonal leaves
<b>Simple jacket</b>	Cheddar cheese Or Baked beans	Cheddar cheese Or Baked beans	Cheddar cheese Or Baked beans	Cheddar cheese Or Baked beans	Cheddar cheese Or Baked beans
<b>Daily dessert</b>	Daily fresh fruit pot	Daily fresh fruit pot	Fruity flapjack	Daily fresh fruit pot	Chocolate cake
<b>Fruit &amp; yoghurt</b>	Mango yoghurt	Strawberry yoghurt	Blueberry yoghurt	Greek yoghurt	Peach yoghurt

# The Haberdashers' Aske's Boys' Pre-Prep School

## Spring Menu 2021– Week TWO

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Crudités of the day</b>	Carrot, cucumber & pepper	Cherry tomato & baby corn	Carrot, cucumber & pepper	Cauliflower & sugar snaps	Carrot, cucumber & pepper
<b>Main course</b>	Tandoori chicken and light curry sauce	Mild beef chilli con carne	Chicken strips in barbeque sauce	Breaded turkey strips	Traditional beef bolognese
<b>Vegetarian/Vegan main</b>	Roasted vegetable curry	Vegetable & lentil chilli	Pasta in tomato sauce	Sweet & sour vegetables	Mozarella & tomato pastry tart
<b>Sides</b>	Steamed rice Green beans	Tortilla chips Sweetcorn	Mini jacket potatoes Cauliflower	Rice noodles Stir-fry vegetables	Penne pasta Savoy cabbage
<b>Simple salads</b>	Cucumber, sweetcorn, tomato, & seasonal leaves	Cucumber, sweetcorn, tomato, & seasonal leaves	Cucumber, sweetcorn, tomato, & seasonal leaves	Cucumber, sweetcorn, tomato, & seasonal leaves	Cucumber, sweetcorn, tomato, & seasonal leaves
<b>Simple jacket</b>	Cheddar cheese Or Baked beans	Cheddar cheese Or Baked beans	Cheddar cheese Or Baked beans	Cheddar cheese Or Baked beans	Cheddar cheese Or Baked beans
<b>Daily dessert</b>	Daily fresh fruit pot	Daily fresh fruit pot	Lemon drizzle slice	Daily fresh fruit pot	Rice crispy cake
<b>Fruit &amp; yoghurt</b>	Mango yoghurt	Strawberry yoghurt	Blueberry yoghurt	Greek yoghurt	Peach yoghurt

# The Haberdashers' Aske's Boys' Pre-Prep School

## Spring Menu 2021 – Week THREE

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Crudités of the day</b>	Carrot, cucumber & pepper	Cherry tomato & baby corn	Carrot, cucumber & pepper	Cauliflower & sugar snaps	Carrot, cucumber & pepper
<b>Main course</b>	Thai chicken curry	Loui's favorite beef lasagne	Roasted chicken & light gravy	Beef meatballs with spaghetti	Chipolata sausages and light gravy
<b>Vegetarian/Vegan main</b>	Thai vegetables with rice noodles	Mediterranean vegetable lasagne	Lentil & mushroom roast loaf	Soya meatballs & spaghetti	Vegetarian sausage and light gravy
<b>Sides</b>	Steamed rice Broccoli florets	Herb & Butter slice Green beans	Roasted potatoes Glazed carrots	Ratatouille vegetables Sweetcorn	Mash potato Garden peas
<b>Simple salads</b>	Cucumber, sweetcorn, tomato, & seasonal leaves	Cucumber, sweetcorn, tomato, & seasonal leaves	Cucumber, sweetcorn, tomato, & seasonal leaves	Cucumber, sweetcorn, tomato, & seasonal leaves	Cucumber, sweetcorn, tomato, & seasonal leaves
<b>Simple jacket</b>	Cheddar cheese Or Beans	Cheddar cheese Or Beans	Cheddar cheese Or Beans	Cheddar cheese Or Beans	Cheddar cheese Or Beans
<b>Daily dessert</b>	Daily fresh fruit pot	Daily fresh fruit pot	Blueberry muffin	Daily fresh fruit pot	Chocolate brownie
<b>Fruit &amp; yoghurt</b>	Mango yoghurt	Strawberry yoghurt	Blueberry yoghurt	Greek yoghurt	Peach yoghurt