

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

Autumn Menu 2020 – Week ONE

	Monday	Tuesday	Wednesday	Thursday	Friday
Crudités of the day	Carrot, cucumber & pepper	Cherry tomato & baby corn	Carrot, cucumber & pepper	Cauliflower & sugar snaps	Carrot, cucumber & pepper
Main course	Beef sausage & macaroni cheese	Mild chicken curry	Pulled beef brisket	Chicken tortilla wrap	Turkey in a cream sauce
Vegetarian/Vegan main	Creamy macaroni cheese	Oriental vegetable & noodles	Sweet potato curry	Pasta in a tomato & pepper sauce	Mushroom risotto
Sides	Garlic bread Roasted carrots	Braised rice Cauliflower	Potato wedges Garden peas	Broccoli florets Roasted peppers	New potatoes Seasonal greens
Simple salads	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
Simple jacket	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
Daily dessert	Daily fresh fruit pot	Daily fresh fruit pot	Fruity flapjack	Daily fresh fruit pot	Chocolate cake
Fruit & yoghurt	Mango yoghurt	Strawberry yoghurt	Blueberry yoghurt	Greek yoghurt	Peach yoghurt

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Autumn Menu 2020 – Week TWO

	Monday	Tuesday	Wednesday	Thursday	Friday
Crudités of the day	Carrot, cucumber & pepper	Cherry tomato & baby corn	Carrot, cucumber & pepper	Cauliflower & sugar snaps	Carrot, cucumber & pepper
Main course	Chicken sausages	Mild beef chilli	Chicken in a BBQ sauce	Sweet & sour turkey	Beef bolognese
Vegetarian/Vegan main	Vegetarian sausages	Vegetable & lentil chilli	Pasta in tomato sauce	Sweet & sour vegetables	Mozarella & tomato pastry tart
Sides	Mashed potatoes Green beans	Braised rice Sweetcorn	Mini jacket potatoes Cauliflower	Rice noodles Stir-fry vegetables	Penne pasta Savoy cabbage
Simple salads	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
Simple jacket	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
Daily dessert	Daily fresh fruit pot	Daily fresh fruit pot	Raspberry muffin	Daily fresh fruit pot	Rocky road
Fruit & yoghurt	Mango yoghurt	Strawberry yoghurt	Blueberry yoghurt	Greek yoghurt	Peach yoghurt

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

Autumn Menu 2020 – Week THREE

	Monday	Tuesday	Wednesday	Thursday	Friday
Crudités of the day	Carrot, cucumber & pepper	Cherry tomato & baby corn	Carrot, cucumber & pepper	Cauliflower & sugar snaps	Carrot, cucumber & pepper
Main course	Spanish chicken thighs	Loui's favorite beef lasagne	Roasted chicken & stuffing	Turkey meat balls & spaghetti	Lamb curry & baby spinach
Vegetarian/Vegan main	Potato & red pepper tortilla	Vegetable & lentil lasagne	Lentil & mushroom roast loaf	Soya meatballs & spaghetti	Chickpea korma curry
Sides	Diced potatoes Broccoli florets	Herb & Butter slice Green beans	Roasted potatoes Glazed carrots	Ratatouille vegetables Sweetcorn	Braises rice Garden peas
Simple salads	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
Simple jacket	Cheddar cheese Or Beans	Cheddar cheese Or Beans	Cheddar cheese Or Beans	Cheddar cheese Or Beans	Cheddar cheese Or Beans
Daily dessert	Daily fresh fruit pot	Daily fresh fruit pot	Cranberry blondie	Daily fresh fruit pot	Chocolate chip muffin
Fruit & yoghurt	Mango yoghurt	Strawberry yoghurt	Blueberry yoghurt	Greek yoghurt	Peach yoghurt