

# LUNCH MENU

Spring week beginning 11<sup>th</sup> March 2019



Feltonfleet  
PREPARATORY SCHOOL

## MONDAY

### Soup

Moroccan chick pea broth

### Bistro Dish

Shepherd's pie

### Vegetarian

Veggie mince cottage pie

### Sides

Steamed broccoli  
Honey roasted roots

### Jacket Potato

Baked beans

### Hot Dessert

Lemon curd bread & butter pudding

### Cold Dessert

Berry Fool

## TUESDAY

### Soup

Cream of cauliflower

### Bistro Dish

Spanish chicken

### Vegetarian

Feta cheese, aubergine and butterbean empanada

### Sides

Patatas Bravas  
Sweetcorn with spring onions  
Ratatouille vegetables

### Jacket Potato

Baked beans

### Hot Dessert

Churros with chocolate sauce

### Cold Dessert

Trifle pots

## WEDNESDAY

### Soup

Minestrone with parmesan croutons

### Comfort Food

Traditional beef lasagne

### Vegetarian

Vegetable and bean moussaka

### Sides

Garlic and rosemary focaccia  
Pesto roasted courgettes  
Steamed carrots

### Jacket Potato

Baked beans

### Hot Dessert

Steamed jam sponge and custard

### Cold Dessert

Chocolate cheesecake

## THURSDAY

### Soup

Spiced lentil

### Comfort Food

Roast gammon with sage & onion stuffing and roast gravy

### Vegetarian

Quorn sausage and red onion toad in the hole

### Sides

Thyme and garlic roasted potatoes  
Braised red cabbage  
Cauliflower cheese

### Pasta Bar

Pasta bar  
Pesto or chicken & bacon carbonara

### Hot Dessert

Semolina pudding with berry compote

### Cold Dessert

Mini doughnuts

## FRIDAY

### Soup

Sweetcorn chowder

### Comfort Food

Hotdogs with fried onions  
Or  
Smoked haddock fishcakes

### Vegetarian

Butternut squash, goats' cheese and red pepper filo parcel

### Sides

Chips  
Minted Garden peas or chip shop mushy peas

### Jacket Potato

Baked beans

### Hot Dessert

Chocolate brownie

### Cold Dessert

Choc ices

