




Wetherby Preparatory School




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	<u>Going Hungarian</u> Chicken and Mushroom Stroganoff	<u>Pizza Madness</u> Home Made Meat Feast Pizza or Cheese & Tomato Pizza	<u>Wetherby Roast</u> Roast Top Side of Beef Yorkshire Puddings	<u>Cool Casablanca</u> Lamb Tagine	<u>Fish Friday</u> Breaded Fish
The Main Event	Lentil Dal	Macaroni Cheese	Spicy Breaded Quorn Fillets	Spinach and Brie topped Mushrooms	Mixed Vegetable Jambalaya
Meat Free Zone	Basmati Rice Steamed Leek	Sweet Corn Ratatouille	Roast Potatoes Carrot Wheel's Green Cabbage	Cous Cous Spiced Crunchy Carrots	Chunky Oven Chips Baked Beans
And To Go With	Homemade Yoghurt Fresh Fruit Salad	Homemade Apple Crumble Fresh Fruit Salad	Banoffee Pie Yoghurt With a Fruity Topping	Chocolate Yoghurt Fruit Platter	Fresh Fruit Salad Yoghurt with a Fruity Topping
Scrummy Puds					



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	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2	<u>Pasta Pasta</u> Wholemeal Pasta Bake with Roast Vegetables	<u>The Odd A-Cajun</u> Cajun Chicken Breast	<u>Wetherby Roast</u> Roast Turkey	<u>Gone Greek</u> Roast Lamb in a Tomato and Olive Sauce	<u>Fish Friday</u> Herb Roast Pollack
Meat Free Zone	Wholemeal Pasta Bake with Roast Vegetables	Peppers stuffed with Quinoa with a Seeded Topping	Spicy Breaded Quorn Fillets	Chickpea Tarragon and Spinach Tagine	Spring Vegetable Risotto
And To Go With	Broccoli Sweetcorn and Peppers	New Potatoes Green Beans	Roast Sweet Potatoes Ratatouille	Brown Rice Roast Mediterranean Vegetables	Jacket Potatoes Creamy Green Vegetable Medley
Scrummy Puds	Homemade Yoghurt Fresh Fruit Salad	Seed and Apricot Flapjack Fresh Fruit and Seed Yoghurt	Date and Apple Cake Yoghurt With a Fruity Topping	Fruit Crumble with a Seeded Oat Topping Fruit Platter	Fresh Fruit Salad Yoghurt with a Fruity Topping



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Week 3	<u>Bangers 'n' Mash</u> Beef or Cumberland Sausages	Jamaican Jerk Chicken	<u>Wetherby Roast</u> Roast Lamb with Mint Sauce	Green Thai Turkey Curry	<u>Fish Friday</u> Home Made Fish Pie
The Main Event					
Meat Free Zone	Veggie Sausages with Onion Gravy	Roast Vegetable Lasagne	Chilli con Lentils with Rice	Beanie Baked Tortillas	Cheese and Onion Omelette
And To Go With	Crushed New Potatoes Baked Beans	Rice and Peas Spiced Sweet Potato and Onion	Roast Potatoes Cauliflower Cheese Broccoli Spears	Noodles Mixed Pan Cooked Vegetables	Mixed Steamed Vegetables
Scrummy Puds	Homemade Yoghurt Fruit Platter	Banana Cake Fresh Fruit Salad	Berry Strudel Fruit Platter	Home Made Fruit Crumble Strawberry Yoghurt	Fresh Fruit Salad Yoghurt with a Fruity Topping



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 THE Brookwood PARTNERSHIP LIMITED	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 4					
The Main Event	Quorn Burger in a Wholemeal Bun	<u>Italiano</u> Home Made Italian Lasagne	<u>Wetherby Roast</u> Roast Chicken with Sage and Onion Stuffing	<u>Curry Days</u> Creamy Lamb Curry with Coconut Milk	<u>Under The Sea</u> Pollack Fillet topped with Cheesy Mexican Salsa
Meat Free Zone	Wild Mushroom Stroganoff and Rice	Home Made Leek & Gruyere Quiche	Quorn Fillet with Sage and Onion Stuffing	Cheese and Tomato Pasta Bake	Mixed Bean Tortillas topped with Cheese
And To Go With	Jacket Potato Sweetcorn	Homemade Garlic Bread Mixed Greens	Herby Roast Potatoes Cauliflower Roast Root Vegetables	Fluffy Rice Spicy Roasted Peppers	Chunky Oven Chips Broccoli Spears
Scrummy Puds	Homemade Yoghurt Fresh Fruit Salad	Short Bread Biscuits with Strawberry Cream Fruit Platter	Carrot Cake Fruity Yoghurt	Berry Cheesecake Fresh Fruit Salad	Homemade Yoghurt Fresh Fruit Platter