



Menu: Week One

*The variety may vary on a daily basis



FOREST
PREPARATORY
SCHOOL

Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Homemade Soup Station

Main Course

**Meat Free
Monday:**

Penne pasta in a
creamy tomato
and lentil sauce.

Locally sourced
pork sausages or
vegetarian
sausages

Beef lasagne

Peppered
chicken

Breaded Fish
Goujons

Vegetarian
Course

Vegetable
Lasagne

Roasted
vegetables in a
peppered creamy
sauce

Vegetable
Goujons

On the Side

Green beans

Creamy mashed
potato
Baked beans

Garlic bread

Rice
Corn ribs

Potato waffles
and garden peas

Salad/Deli Bar

Beetroot, peppers, boiled eggs, tomatoes, carrots, grated cheese, cucumber, coleslaw, red onion, mixed salad, tuna mayonnaise, greek salad*

Jacket Potato

Daily choice of Jacket Potato and Fillings

Dessert Station

Fresh fruit platter

Homemade
honey flapjack

Apple crumble
and custard

Fresh fruit
platter

Melon slices

Fruit and
Yoghurt

Selection of fresh fruits and natural flavoured yoghurts



Menu: Week Two

*The variety may vary on a daily basis

Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Homemade Soup Station

Main Course

*Meat Free
Monday:*
Chef Simon's
Pizza

Homemade
Meatballs or
Vegetarian
Meatballs in a rich
tomato sauce

Chicken or
vegetable curry

Cottage pie or
vegetarian
cottage pie

Chicken or
homemade
vegetable
goujons

Vegetarian
Course

Parmentier
potatoes and
Sweetcorn

Spaghetti
Garlic bread

Basmati rice
Naan bread

Broccoli

Potato waffles
Baked beans

On the Side

Salad/Deli Bar

Beetroot, peppers, boiled eggs, tomatoes, carrots, grated cheese, cucumber, coleslaw, red onion, mixed salad, plain pasta, tuna mayonnaise, greek salad*

Jacket Potato

Daily choice of Jacket Potato and Fillings

Dessert Station

Melon slices

Fresh fruit
platter

Sponge of the
day with custard

Homemade
honey flapjack

Fresh Fruit
Platter

Fruit and
Yoghurt

Selection of fresh fruits and natural flavoured yoghurts