



OLD PALACE PREPARATORY SCHOOL MENU



WEEK 1

MONDAY

TUESDAY


WEDNESDAY

THURSDAY

MEAT FREE

FRIDAY


MAIN HOT MEAL

Farm Assured **Beef & lentil** Bolognese with Grated Cheese 


Farm Assured **Chicken** Sausages with Red Onion Gravy

Farm Assured Roast **Chicken**, Yorkshire Puddings & Gravy

Sweet & Sour **Quorn** with Stir Fry Vegetables 


MSC Batter crisp Fish or Fish Fingers. Lemon Wedges & tartare Sauce 

MAIN VEGETARIAN

Quorn Mince Bolognese with roasted Vegetables 

Vegetarian Sausages with Red Onion Gravy

***Vegan** Cottage Pie 

Stir Fry Vegetables with Steamed Rice 

Quorn Fishless Fingers 

SPUD / PASTA

Pasta Bows
Garlic Bread

Mash Potato


Roast Potatoes

Coriander Noodles

Crispy Chips

ON THE SIDE

Carrot Sticks
Turmeric Cauliflower

Steamed Cabbage
Roasted Butternut Squash 


Roasted Parsnips
Broccoli

Stir Fry Vegetables
Prawn-less Crackers

Baked Beans
Peas

HOUSE BAKE

Banana Cake & Custard Sauce

Carrot Cake with Cream Cheese Frosting 

Apple Sponge & Custard Sauce

Raspberry & Maple Flapjack

Orange Polenta Cake with Pouring plant Based cream

DID YOU KNOW?

We recognise all food preferences in our menus and always have a Halal and allergen free options

Our eggs a free range & organic from Chippindale in Yorkshire

Sustainably sourced



STAY hydrated fresh water Always available



All cooked daily



Balanced diet



Seasonal



FRESH FRUIT & YOGHURT





OLD PALACE PREPARATORY SCHOOL MENU

WEEK 2

MONDAY

TUESDAY


WEDNESDAY


THURSDAY

FRIDAY


MEAT FREE

HOT MAIN MEAL

Farm Assured **Turkey**, Sweet Potato & lentil curry 


Farm Assured **Chicken** & roasted Vegetable Fajita's 


Farm Assured Roast **Beef**, Yorkshire Puddings & Gravy


Butternut Squash Mac 'N' Cheese 

MSC Crispy Cod Goujons, Lemon & tartare Sauce 

MAIN VEGETARIAN

Spinach, Sweet Potato & Chick Pea Curry 

Stir Fried Quorn & Vegetable Fajita's 

Mediterranean Roasted Vegetable Tarts 

Cheesy Ratatouille Bake

Vegetarian Nuggets

SPUD / PASTA

Basmati Rice Naan Bread Fingers

Vegetable Fried Rice

Roast Potatoes

Garlic Bread

Chips

ON THE SIDE

Potato & Spinach

Grilled Corn on the Cob
Chef's Salad

Medley of Roasted Vegetables

Peas & Sweetcorn
***Vegan** Slaw


Baked Beans
Peas

HOUSE BAKE

Plum Tart with cream

Creamy Rice Pudding with Fruit

Sticky Toffee Pudding with Custard Sauce

Beetroot & Chocolate Sponge with Chocolate Sauce 

Raspberry Blondie

DID YOU KNOW?

Many of the world's leading health organisations now encourage a reduction in the amount of meat people consume, so we introduced a 'meat free day'

Get Set to Eat Fresh!
We limited our use of frozen vegetables & always have a fresh vegetable onsite

Sustainably sourced



STAY hydrated fresh water
Always available



All cooked daily



Balanced diet



Seasonal



FRESH FRUIT & YOGHURT





OLD PALACE PREPARATORY SCHOOL MENU



WEEK 3

MONDAY

TUESDAY


MEAT FREE

WEDNESDAY

THURSDAY

FRIDAY


MAIN
HOT MEAL

Farm Assured **Beef** & Lentil Lasagne 


Cajun Spiced vegetable Pizza 


Farm Assured Roast **Turkey**, Yorkshire Pudding & Gravy


Jacket Potatoes with: **Beef** Bolognaise

MSC Battercrisp Fish or Fish Fingers 


MAIN
VEGETARIAN

Vegan Spinach & Mushroom Pasta with Nut Free Pesto 

Cheese & Tomato Pizza 

Spinach & Pea Risotto 

Jacket Potatoes with: **Quorn** Bolognaise

Veggie Burger in a Brioche roll 

SPUD /
PASTA

New Potatoes
Garlic Bread

Spicy Wedges

Roasted Potatoes

Jacket Potatoes

Chips

ON THE SIDE

Peas
Grilled Carrots

Corn on the Cob
Rainbow Slaw

Medley of Roasted
Vegetables

French Beans
Chef Salad

Baked Beans
Peas

HOUSE
BAKE

Oatmeal Cookies

Pear & Ginger Sponge

Rhubarb & Orange
Crumble & Custard
Sauce

Boost it!
Sweet Potato
Chocolate Brownie

Ice Cream with Fruit
toppings

DID YOU
KNOW?

Our Multi-talented chefs source the best ingredients from local suppliers in a sustainable way.

Feeding the next generation of the future comes with great responsibility, and we take this very seriously.

Sustainably
sourced 

STAY
hydrated fresh water
Always available 

All cooked daily 

Balanced diet 

Seasonal 

FRESH FRUIT &
YOGHURT 

Week	1	2	3
	05 th September	12 th September	19 th September
	26 th September	03 rd October	10 th October
	31 st October	7 th November	14 th November
	21 st November	28 th November	05 th December
	12 th December		

Future Proof Food

- Recipes use at least 30% less meat
- Only sustainable fish is used in our menus
- We support an increase in Vegan & Vegetarian main meals
- Vegan based desserts
- We utilise the whole produce

