


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>WEEK 1</b>						
<b>Breakfast</b>	Porridge Boiled Eggs Selection of Cereals Toast & Preserves Fresh Fruit & Fruit Juice Yoghurts	Porridge Grilled Bacon Grilled Tomatoes Selection of Cereals Toast & Preserves Fresh Fruit & Fruit Juice Yoghurts	Porridge Grilled Sausages Mushrooms Selection of Cereals Toast & Preserves Fresh Fruit & Fruit Juice Yoghurts	Porridge Hash Brown Baked Beans Selection of Cereals Toast & Preserves Fresh Fruit & Fruit Juice Yoghurts	Porridge Pain Au Chocolat Croissants Selection of Cereals Toast & Preserves Fresh Fruit & Fruit Juice Yoghurts	Porridge Grilled Sausages Grilled Bacon Scrambled Egg Selection of Cereals Toast & Preserves Fresh Fruit & Fruit Juice Yoghurts
<b>Lunch Prep School</b>	atballs al Pomodoro Pumpkin Ravioli(v) Herby Rice Sweetcorn  Jacket Potatoes Salad Bar  Assorted Fruit Jellies Mousse Summer Fruit Sponge Pudding  Fresh Fruit or Yoghurt	Margarita Pizza(v) Garlic Bread Carrot and Cucumber Sticks  Jacket Potatoes Salad Bar  Assorted Fruit Jellies and Mousse Peach Crumble Cheesecake  Fresh Fruit or Yoghurt	Roast Topside of Beef Asparagus Quiche(v) Roast Potatoes Greens  Jacket Potatoes Salad Bar  Assorted Fruit Jellies & Mousse Felsted Mess with Shortbread  Fresh Fruit or Yoghurt	Sausage Pasta Bake Veggie Sausage Pasta e(v) Broccoli  Jacket Potatoes Salad Bar  Assorted Fruit Jellies & Mousse Seasonal Cupcake  Fresh Fruit or Yoghurt	let Cod Fish Fingers a & Spinach Pie(v) rench Fries Baked Beans  Jacket Potatoes Salad Bar  Assorted Fruit Jellies & Mousse Tart  Fresh Fruit or Yoghurt	Korean Chicken & Rice Pot       Fresh Fruit or Yoghurt
<b>Lunch Stewart House</b>	atballs al Pomodoro Pumpkin Ravioli(v) Herby Rice Sweetcorn  Jacket Potatoes Salad Pots  Assorted Fruit Jellies and Mousse Summer Fruit Sponge Pudding  Fresh Fruit or Yoghurt	Margarita Pizza(v) Garlic Bread Carrot and Cucumber Sticks  Jacket Potatoes Salad Pots  Assorted Fruit Jellies and Mousse Peach Crumble Cheesecake  Fresh Fruit or Yoghurt	Roast Topside of Beef Asparagus Quiche(v) Roast Potatoes Greens  Jacket Potatoes Salad Pots  Assorted Fruit Jellies & Mousse Felsted Mess with Shortbread  Fresh Fruit or Yoghurt	Sausage Pasta Bake Veggie Sausage Pasta e(v) Broccoli  Jacket Potatoes Salad Pots  Assorted Fruit Jellies & Mousse Seasonal Cupcake  Fresh Fruit or Yoghurt	Cod Fillet / Fish Fingers vegetable Goujons(v) rench Fries Baked Beans  Jacket Potatoes Salad Pots  Assorted Fruit Jellies & Mousse Tart  Fresh Fruit or Yoghurt	PREP SCHOOL INDIVIDUAL SALADS OFFERED DAILY STEWART HOUSE SALAD BAR OFFERED DAILY
<b>Supper</b>	Lamb Kofta Vegan Kofta(v) Garlic Potatoes Roasted Peppers  Fresh Fruit or Yoghurt	n Fried Chicken Vegan Southern Fried Chkn(v) d Potatoes Cornbread & Gravy  Fresh Fruit or Yoghurt	aghetti Bolognese Lentil Bolognese(v) ocket Salad  Fresh Fruit or Yoghurt	Katsu Chicken Vegen Katsu Schnitzel (v) hine Rice  Fresh Fruit or Yoghurt	Peri Peri Chicken Peri Peri Vegetable aps(v) Spicy Rice Minted Peas  Fresh Fruit or Yoghurt	 <b>Felsted</b>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>WEEK 2</b>						
<b>Breakfast</b>	Porridge Boiled Eggs Selection of Cereals Toast & Preserves Fresh Fruit & Fruit Juice Yoghurts	Porridge Grilled Bacon Grilled Tomatoes Selection of Cereals Toast & Preserves Fresh Fruit & Fruit Juice Yoghurts	Porridge Grilled Sausages Mushrooms Selection of Cereals Toast & Preserves Fresh Fruit Fruit Juice Yoghurts	Porridge Hash Brown Baked Beans Selection of Cereals Toast & Preserves Fresh Fruit & Fruit Juice Yoghurts	Porridge Pain Au Chocolat Croissants Selection of Cereals Toast & Preserves Fresh Fruit & Fruit Juice Yoghurts	Porridge Grilled Sausages, Grilled Bacon Scrambled Egg Selection of Cereals Toast & Preserves Fresh Fruit & Fruit Juice Yoghurts
<b>Lunch Prep School</b>	Italian Pork Ragu Spring Vegetable Risotto(v) Pasta Broccoli  Jacket Potatoes Salad Bar  Assorted Fruit Jellies Mousse Marbled Brownie & Cream  Fresh Fruit or Yoghurt	Soy Sesame Chicken Tofu in Blackbean Sauce(v) Fried Rice Sweetcorn  Jacket Potatoes Salad Bar  Assorted Fruit Jellies Mousse Lemon Meringue Pie  Fresh Fruit or Yoghurt	Sausages Veggie Sausages(v) Jacket Potatoes Yorkshire Pudding Baton Carrots  Jacket Potatoes Salad Bar  Assorted Fruit Jellies Mousse Artic Roll  Fresh Fruit or Yoghurt	Beef Lasagne Vegetable Lasagne(v) Garlic Bread Mixed Salad  Jacket Potatoes Salad Bar  Assorted Fruit Jellies Mousse Strawberry Strudel  Fresh Fruit or Yoghurt	Chicken Burgers Veggie Burgers(v) Moules Mariniere  Baked Beans  Jacket Potato Salad Pots  Assorted Fruit Jellies Mousse Cookie  Fresh Fruit or Yoghurt	Hot Dog in a Roll       Fresh Fruit or Yoghurt
<b>Lunch Stewart House</b>	Italian Pork Ragu Spring Vegetable Risotto(v) Pasta Broccoli  Jacket Potatoes Salad Pots  Assorted Fruit Jellies Mousse Marbled Brownie & Cream  Fresh Fruit or Yoghurt	Soy Sesame Chicken Tofu in Blackbean Sauce(v) Fried Rice Sweetcorn  Jacket Potatoes Salad Pots  Assorted Fruit Jellies Mousse Lemon Meringue Pie  Fresh Fruit or Yoghurt	Sausages Veggie Sausages(v) Jacket Potatoes Yorkshire Pudding Baton Carrots  Jacket Potatoes Salad Pots  Assorted Fruit Jellies Mousse Artic Roll  Fresh Fruit or Yoghurt	Beef Lasagne Vegetable Lasagne(v) Garlic Bread Cucumber sticks  Jacket Potatoes Salad Pots  Assorted Fruit Jellies Mousse Strawberry Strudel  Fresh Fruit or Yoghurt	Chicken Burgers Veggie Burgers(v) Moules Mariniere  Baked Beans  Jacket Potato Salad Pots  Assorted Fruit Jellies Mousse Cookie  Fresh Fruit or Yoghurt	PREP SCHOOL INDIVIDUAL SALADS OFFERED DAILY STEWART HOUSE SALAD BAR OFFERED DAILY
<b>Supper</b>	Cheese Burger Veggie Burger(v) Potato Wedges Corn on the Cob  Fresh Fruit or Yoghurt	Meatball Subs Vegan Meatball Subs Potatoes Veggie Slaw  Fresh Fruit or Yoghurt	Chicken Enchiladas Vegetable Enchiladas (v) Mixed Peppers Salad  Fresh Fruit or Yoghurt	Gammon Steaks Vegetarian Balti Pie(v) Potato Wedges Grilled Tomatoes  Fresh Fruit or Yoghurt	Burrito Burrito(v) Mexican Slaw  Fresh Fruit or Yoghurt	 <b>Felsted</b>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>WEEK 3</b>						
<b>Breakfast</b>	Porridge Boiled Eggs Selection of Cereals Toast & Preserves Fresh Fruit & Fruit Juice Yoghurts	Porridge Grilled Bacon Grilled Tomatoes Selection of Cereals Toast & Preserves Fresh Fruit & Fruit Juice Yoghurts	Porridge Grilled Sausages Mushrooms Selection of Cereals Toast & Preserves Fresh Fruit & Fruit Juice Yoghurts	Porridge Hash Brown Baked Beans Selection of Cereals Toast & Preserves Fresh Fruit & Fruit Juice Yoghurts	Porridge Pain Au Chocolat Croissants Selection of Cereals Toast & Preserves Fresh Fruit & Fruit Juice Yoghurts	Porridge Grilled Sausages, Grilled Bacon Scrambled Egg Selection of Cereals Toast & Preserves Fresh Fruit & Fruit Juice Yoghurts
<b>Lunch Prep School</b>	Chicken Skewers Halloumi & Vegetable Skewers(v) Russet Potatoes Roasted Vegetables  Jacket Potatoes Salad Bar  Assorted Fruit Jellies Mousse Pineapple Upside Down Sponge & Custard  Fresh Fruit or Yoghurt	Cheese & Pepperoni Pasta Spinach & Ricotta Tortellini(v) Garlic Bread Broccoli  Jacket Potatoes Salad Bar  Assorted Fruit Jellies Mousse S'Mores Bar  Fresh Fruit or Yoghurt	Roast Pork & Stuffing & Bean Bakes(v) Roast Potatoes Roasted Carrots  Jacket Potatoes Salad Bar  Assorted Fruit Jellies Mousse Icecream & Wafer  Fresh Fruit or Yoghurt	Italian Joes Vegetable Italian Joes (v) Crispy Potatoes Sweetcorn  Jacket Potatoes Salad Bar  Assorted Fruit Jellies Mousse Tropical Tiramisu  Fresh Fruit or Yoghurt	Fish Fingers Homemade Sausage Rolls Vegan Sausage Rolls (v) French Fries Garden Peas  Jacket Potatoes Salad Bar  Assorted Fruit Jellies Mousse Summer Fruit Crumble Tart  Fresh Fruit or Yoghurt	Pasta Arrabiata          Fresh Fruit or Yoghurt
<b>Lunch Stewart House</b>	Chicken Skewers Halloumi & Vegetable Skewers(v) Russet Potatoes Carrot Sticks  Jacket Potatoes Salad Pots  Assorted Fruit Jellies Mousse Pineapple Upside Down Sponge & Custard  Fresh Fruit or Yoghurt	Cheese & Pepperoni Pasta Spinach & Ricotta Tortellini(v) Garlic Bread Broccoli  Jacket Potatoes Salad Pots  Assorted Fruit Jellies Mousse S'Mores Bar  Fresh Fruit or Yoghurt	Roast Pork & Stuffing & Bean Bakes(v) Roast Potatoes Roasted Carrots  Jacket Potatoes Salad Pots  Assorted Fruit Jellies Mousse Icecream & Wafer  Fresh Fruit or Yoghurt	Italian Joes Vegetable Italian Joes (v) Crispy Potatoes Sweetcorn  Potatoes Salad Pots  Assorted Fruit Jellies Mousse Tropical Tiramisu  Fresh Fruit or Yoghurt	Fish Fingers Homemade Sausage Rolls Vegan Sausage Rolls (v) French Fries Baked Beans  Jacket Potatoes Salad Bar  Assorted Fruit Jellies Mousse Summer Fruit Crumble Tart  Fresh Fruit or Yoghurt	
<b>Supper</b>	Chilli Beef & Potato Bake Vegetarian Chilli Bake (v) Tomato Salsa Guacamole  Fresh Fruit or Yoghurt	Pork Sausages Vegan Sausages(v) Cheesy Mash Baked Beans  Fresh Fruit or Yoghurt	Assorted Panini's Salad  Fresh Fruit or Yoghurt	Tandoori Chicken Tandoori Vegetable Skewers (v) Mandi Rice Green Salad  Fresh Fruit or Yoghurt	Chicken Fried Rice Vegetable Nasi goreng (v) Vegetable Spring Rolls Sweet Chilli Dipping Sauce  Fresh Fruit or Yoghurt	