

THE BELVEDERE PREPARATORY SCHOOL MENU: WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>HOT MEAL OF THE DAY OPTION (CHOICE ONE)</i>	Pork Sausage	Lamb Meatballs in tomato and herb sauce	Sliced Roast Chicken	Pizza Margherita	Cod Fishfingers
<i>VEGETARIAN OPTION (CHOICE TWO)</i>	Vegetarian Sausage (Free From Dairy and Gluten sausages available)	Quorn Balls in tomato and herb sauce	Rice and Vegetable Stuffed Peppers	Pizza Margherita	Vegetable nuggets
<i>ACCOMPANIMENTS (APPLIES TO CHOICES ONE & TWO)</i>	Baked Beans or Diced Carrots Creamed Potatoes or New Potatoes	Pasta Twists (Free From gluten and dairy pasta available) Garlic Bread	Broccoli florets, roast potatoes, gravy	Salad leaves, tomato, cucumber, coleslaw, sliced sauté potatoes	Peas or spaghetti rings, chips and tomato ketchup
<i>JACKET POTATO OPTION (CHOICE THREE)</i>	Tuna Mayo Baked Beans Grated Cheddar Cheese Salad pots available from cold display trolley	Tuna Mayo Baked Beans Grated Cheddar Cheese Salad pots available from cold display trolley	Tuna Mayo Baked Beans Grated Cheddar Cheese Salad pots available from cold display trolley	Tuna Mayo Baked Beans Grated Cheddar Cheese Salad pots available from cold display trolley	Tuna Mayo Baked Beans Grated Cheddar Cheese Salad pots available from cold display trolley
<i>SANDWICH OPTION (CHOICE FOUR)</i>	Tuna Mayo and Sweetcorn on wholemeal bread Chicken Breast, grated carrot, lettuce wrap Salad pot available from cold display trolley	Tuna Mayo and Sweetcorn on wholemeal bread Chicken Breast, grated carrot, lettuce wrap Salad pot available from cold display trolley	Tuna Mayo and Sweetcorn on wholemeal bread Chicken Breast, grated carrot, lettuce wrap Salad pot available from cold display trolley	Tuna Mayo and Sweetcorn on wholemeal bread Chicken Breast, grated carrot, lettuce wrap Salad pot available from cold display trolley	Tuna Mayo and Sweetcorn on wholemeal bread Chicken Breast, grated carrot, lettuce wrap Salad pot available from cold display trolley
<i>DESSERT (APPLIES TO ALL CHOICES)</i>	Vanilla Ice Cream Selection of desserts yogurts and fresh fruit available from the cold display trolley	Cream Crackers and cheese or flora portion, Selection of desserts yogurts and fresh fruit available from the cold display trolley	Plain scone with jam or flora portion, Selection of desserts yogurts and fresh fruit available from the cold display trolley	Chocolate chip muffin, Selection of desserts yogurts and fresh fruit available from the cold display trolley	Strawberry jelly, Selection of desserts yogurts and fresh fruit available from the cold display trolley

THE BELVEDERE PREPARATORY SCHOOL MENU: WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>HOT MEAL OF THE DAY OPTION (CHOICE ONE)</i>	Milo Chicken	Chicken Stir Fry	Roast Ham or Sliced Roast Chicken	Pork Sausages	Cold Fish Cakes
<i>VEGETARIAN (CHOICE TWO)</i>	Vegetable Curry	Vegetarian Stir Fry	Vegetable Cottage Pie	Vegetarian Sausages Dairy or gluten free sausages	Cheese and Onion Quiche
<i>ACCOMPANIMENTS (APPLIES TO CHOICES ONE & TWO)</i>	Boiled basmati rice Peas Naan bread	Noodles Spring Rolls	Cauliflower Cheese or sliced carrots Roast potatoes Gravy	Creamed Potato or new Potatoes Peas or Sweetcorn	Chips Peas or Spaghetti Rings Tomato Ketchup
<i>JACKET POTATO OPTION (CHOICE THREE)</i>	Tuna Mayo Baked Beans Grated Cheddar Cheese Salad pots available from cold display trolley	Tuna Mayo Baked Beans Grated Cheddar Cheese Salad pots available from cold display trolley	Tuna Mayo Baked Beans Grated Cheddar Cheese Salad pots available from cold display trolley	Tuna Mayo Baked Beans Grated Cheddar Cheese Salad pots available from cold display trolley	Tuna Mayo Baked Beans Grated Cheddar Cheese Salad pots available from cold display trolley
<i>SANDWICH OPTION (CHOICE FOUR)</i>	Cheddar cheese on soft floured roll Chicken Breast and salad on wholemeal bread Tuna and Cucumber Mayo with salad wrap Salad pots available from cold display trolley	Cheddar cheese on soft floured roll Chicken Breast and salad on wholemeal bread Tuna and Cucumber Mayo with salad wrap Salad pots available from cold display trolley	Cheddar cheese on soft floured roll Chicken Breast and salad on wholemeal bread Tuna and Cucumber Mayo with salad wrap Salad pots available from cold display trolley	Cheddar cheese on soft floured roll Chicken Breast and salad on wholemeal bread Tuna and Cucumber Mayo with salad wrap Salad pots available from cold display trolley	Cheddar cheese on soft floured roll Chicken Breast and salad on wholemeal bread Tuna and Cucumber Mayo with salad wrap Salad pots available from cold display trolley
<i>DESSERT (APPLIES TO ALL CHOICES)</i>	Raspberry ripple mousse Selection of desserts yogurts and fresh fruit available from the cold display trolley	Chocolate chip cookies Selection of desserts yogurts and fresh fruit available from the cold display trolley	Vanilla ice cream or fruit salad Selection of desserts yogurts and fresh fruit available from the cold display trolley	Iced Fairy Cakes Selection of desserts yogurts and fresh fruit available from the cold display trolley	Crackers and Cheese or Flora portions Selection of desserts yogurts and fresh fruit available from the cold display trolley

THE BELVEDERE PREPARATORY SCHOOL MENU: WEEK 3:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>HOT MEAL OF THE DAY OPTION (CHOICE ONE)</i>	Cheese and Tomato Pastabake	Roast Chicken Pie	Roast Turkey	Lamb Bolognese	Cod Fishfingers
<i>VEGETARIAN (CHOICE TWO)</i>	Broccoli and Cheese Pastabake	Vegetable Quiche	Stuffed vegetable and cheese pepper	Vegetable Bolognese	Cheese and Tomato Omelette
ACCOMPANIMENTS (APPLIES TO CHOICES ONE & TWO)	Sweetcorn Garlic Bread Slice	Peas Rice	Broccoli Florets Roast Potatoes Gravy	Diced Carrot Pasta twists (Gluten and Dairy Free available)	Chips Spaghetti Ring or Peas Tomato Ketchup
<i>JACKET POTATO OPTION (CHOICE THREE)</i>	Tuna Mayo Baked Beans Grated Cheddar Cheese Salad pots available from cold display trolley	Tuna Mayo Baked Beans Grated Cheddar Cheese Salad pots available from cold display trolley	Tuna Mayo Baked Beans Grated Cheddar Cheese Salad pots available from cold display trolley	Tuna Mayo Baked Beans Grated Cheddar Cheese Salad pots available from cold display trolley	Tuna Mayo Baked Beans Grated Cheddar Cheese Salad pots available from cold display trolley
<i>SANDWICH OPTION (CHOICE FOUR)</i>	Ham and Cheese on soft floured roll Tuna Mayo on wholemeal bread Grated Cheddar Cheese and apple wrap Salad pots available from cold display trolley	Ham and Cheese on soft floured roll Tuna Mayo on wholemeal bread Grated Cheddar Cheese and apple wrap Salad pots available from cold display trolley	Ham and Cheese on soft floured roll Tuna Mayo on wholemeal bread Grated Cheddar Cheese and apple wrap Salad pots available from cold display trolley	Ham and Cheese on soft floured roll Tuna Mayo on wholemeal bread Grated Cheddar Cheese and apple wrap Salad pots available from cold display trolley	Ham and Cheese on soft floured roll Tuna Mayo on wholemeal bread Grated Cheddar Cheese and apple wrap Salad pots available from cold display trolley
<i>DESSERT (APPLIES TO ALL CHOICES)</i>	Blueberry Muffin Selection of desserts yogurts and fresh fruit available from the cold display trolley	Plain Scone with butter and jam portion Selection of desserts yogurts and fresh fruit available from the cold display trolley	Lemon Meringue Pie Selection of desserts yogurts and fresh fruit available from the cold display trolley	Strawberry Jelly Selection of desserts yogurts and fresh fruit available from the cold display trolley	Raspberry Ripple Mousse Selection of desserts yogurts and fresh fruit available from the cold display trolley