

Prospect House School Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 All meals come with free veg or side salad	Cheese and bean Enchiladas (v) with rice Green beans & sliced peppers	Chicken fillets With herby potatoes & mixed vegetables	Roast turkey & Yorkshire pud With mash Gravy, carrots & sprouts	Vegetable curry With rice & steamed oriental stir fry veg	Cumberland sausage Or vegetable sausage dog With wedges, Steamed red onions or Savoy cabbage
Option 2 All meals come with free veg or side salad	Vegetable frittata With Green beans & sliced peppers (v)	Green cuisine vegetable fingers With herby potatoes & mixed vegetables	Veggie shepherd's pie With mash Carrots & sprouts	Chicken curry With rice(v) & steamed oriental stir fry veg	Pizza With wedges, & beans (v)
Hot snacks All meals come with free veg or side salad	Panini/baguette Cheese (v)cheese & ham, or roast veg(ve) or Jacket potato with beans (ve), tuna mayo or cheese Or Pasta in tomato & herb sauce (ve)	Panini/baguette Cheese (v)cheese & ham, or roast veg(ve) or Jacket potato with beans (ve), tuna mayo or cheese Or Pasta in tomato & herb sauce (ve)	Panini/baguette Cheese (v)cheese & ham, or roast veg(ve) or Jacket potato with beans (ve), tuna mayo or cheese Or Pasta in tomato & herb sauce (ve)	Panini/baguette Cheese (v)cheese & ham, or roast veg(ve) or Jacket potato with beans (ve), tuna mayo or cheese Or Pasta in tomato & herb sauce (ve)	Panini/baguette Cheese (v)cheese & ham, or roast veg(ve) or Jacket potato with beans (ve), tuna mayo or cheese Or Pasta in tomato & herb sauce (ve)
Sides	Green beans Sliced peppers Baked beans	Mixed vegetables Baked beans	Mash Carrots & sprouts Baked beans	Rice Stir fry veg Baked beans	Wedges Red onions or cabbage Baked beans
Sweet treats	Homemade biscuit	Strawberry jelly surprise	Sponge & custard	Rice crispy & cranberry traybake	Selection of muffins