



Eversfield Preparatory School

LUNCH MENU

Sample weekly lunch menu

MONDAY: Tomato Pasta Bake, roll and butter, salad

Peaches and Custard

TUESDAY **Nursery and Reception** – Fish Tiddlers
Forms 1 – 6 – Haddock and Spring Onion Fish Cake
-chips, peas, sweetcorn and tomato sauce.

Rice pudding and jam

WEDNESDAY: Cowboy casserole, potatoes and peas
Veggie: Veggie banger cowboy casserole

Fresh fruit

THURSDAY: Chicken pie, potatoes, green beans and mixed vegetables.
Veggie: Quorn Pie

Vanilla tubs and wafers

FRIDAY: Savory minced lamb, pasta spirals, sweetcorn, peas
sweetcorn
Veggie: Savory minced Quorn

Apples and black berry crumble

Salad Bar is available every day.





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MONDAY:

Pizza Neapolitan, chips, salad

Peaches and Custard

TUESDAY

Mild chicken curry, rice, naan bread, mango chutney, sweetcorn and peas.

Veggie: Mild Quorn curry

Fruit, Yogurt

WEDNESDAY:

Sausage rolls, potatoes, spaghetti rings and baked beans

Veggie: Veggie sausage rolls

Jam sponge and custard

THURSDAY:

Lamb casserole and dumplings, potatoes, green beans

Veggie: Quorn casserole

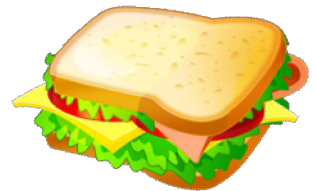
Cheese and biscuits

FRIDAY:

Cottage pie, gravy, mixed vegetables,

Veggie: Minced Quorn pie

Apples and Bananas



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MONDAY

Macaroni Cheese with Peas, Bread Roll
and Butter.

Pears and Hot Chocolate Sauce.

TUESDAY

Beefsteak Pie with Shortcrust Pastry, Creamed
Potato, Country Mixed Vegetables and Gravy.

Fresh Fruit Selection.

WEDNESDAY Chicken Fricassee with Rice and Sweetcorn.

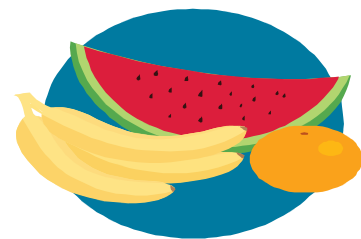
Chocolate Chip Sponge and Raspberry Sauce.

THURSDAY Shepherd's Pie with Cabbage, Carrots and Gravy.

Semolina and Fruit Coulis.

FRIDAY Roast Turkey, Roast Potatoes, Whole Green Beans
and Gravy.

Fruit Yoghurt.



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