



Eaton Square
Prep School

Autumn Term - Week 14 Menu

FOUNDED IN 1897

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

	MONDAY	TUESDAY	MAKE IT MINE WEDNESDAY	THURSDAY	FRIDAY
CRUDITES	Cucumber & Carrot	Radish & Yellow pepper	Cherry tomato & Broccoli	Cucumber & Green pepper	Red pepper & Baby corn
SOUP	Potato & Leek	Cauliflower	Broccoli Cheese	Tomato & Basil	Red Pepper Butternut Squash
MAIN MEAL 1	Tomato & mozzarella wholemeal pita pizza	Breaded Chicken Katsu	Mexican Day Beef & bean chilli con carne Blackened squash & rainbow vegetable fajitas 50/50 braised rice Sweetcorn & Okra Salsa Guacamole Soured cream Nacho strips	Sweet & Sour Chicken with stir fried carrot and spring onions	Fish fingers served with a lemon wedge and tomato ketchup
MAIN MEAL 2	Soya mince bolognaise served with penne pasta and cheese	Mushroom & cauliflower carbonara with three colour Fuseli and garlic dough balls		Egg noodle stir-fry with carrots spring onions and bean sprouts	Quorn sausage toad in the hole with gravy
ON THE SIDE	Skin on potato wedges, crushed peas & baked beans	Sticky coconut rice baked squash & seasonal greens		Egg fried rice, sautéed cabbage	Chips, Steamed broccoli & carrots
DESSERT	Yoghurt Pots & Strawberry Jelly	Oaty Flapjack	Apple and blackberry pie served with custard	Chocolate mousse pots	Lemon and olive oil cake
ALTERNATIVE	Daily alternatives available - Jacket potatoes with baked beans and cheese along with pasta and tomato sauce				
DAILY ITEMS	Daily Fresh Seasonal Fruit available				

