



ORWELL PARK SCHOOL

Celebrating  
**150**  
YEARS

# Pre Prep menu

MENU  
Week Commencing 5<sup>th</sup> February 2018

	<b>Hot Main</b>	<b>Vegetarian</b>	<b>Dessert</b>
<b>Monday</b>	Hunters chicken. (Bbq chicken breast with smoked bacon and cheese) Served with new potatoes. Fresh baton carrots and green beans.	Hunters Quorn fillet.	Black forest cake and custard. Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
<b>Tuesday</b>	Turkey fricassee. Served with rice. Mixed seasonal vegetables and sweetcorn.	Butternut squash and red lentil curry.	Apple raisin and cinnamon crumble and custard. Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
<b>Wednesday</b>	Chinese new year lunch		Marble cake and custard. Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
<b>Thursday</b>	Breaded Pork schnitzel served with Parmentier potatoes. Steamed kale or sliced glazed carrots.	Vegetable sweet and sour served with rice.	Vanilla cheesecake, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
<b>Friday</b>	Grilled Suffolk sausage. Served with chunky chips and beans.	Vegetarian sausage.	Steamed jam sponge served with custard. Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.

Daily Salad: mixed salad leaves, coleslaw, tomatoes, mixed sweet peppers, tuna salad, curried potato salad, cucumber, mixed olives, beetroot, bean and quinoa salad, sweetcorn, grated carrot, cheddar cheese, pork pie, cold sliced meats, smoked mackerel, fresh breads, butter portions, various dressings and sauces.