



ORWELL PARK SCHOOL

Celebrating
150
YEARS

Pre Prep menu

MENU
Week Commencing 30th April 2018

	Hot Main	Vegetarian	Dessert
Monday	Pork escalope with asparagus mushroom and cream sauce Served with minted new potatoes, Broccoli and carrots.	Hunters Quorn fillet	Chocolate cake. Fresh fruit salad, a selection of melon or fruit yogurts. Alternatively, a piece of fresh fruit.
Tuesday	Homemade Cottage pie. Served with braised potatoes Steamed spring greens	Vegetarian sausage	Sticky toffee pudding and ice cream. Fresh fruit salad, a selection of melon or fruit yogurts. Alternatively, a piece of fresh fruit.
Wednesday	Spaghetti bolognese served with garlic bread Sweetcorn and green beans.	Vegetable ragu and spaghetti.	Iced chocolate and raspberry cake. Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Thursday	Roast turkey and cranberry sauce. served with roast potatoes Parsnips or steamed kale.	Aubergine gateau	Steamed treacle sponge. Or fruit jelly. A selection of melon or fruit yogurts. Or a piece of fresh fruit.
Friday	Traditional battered fish Served with chunky chips Peas or beans.	Tempura battered vegetables and halloumi	Chocolate mousse. Fresh fruit salad, a selection of melon or fruit yogurts. Alternatively, 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.