# Lunch Menu

9 - 13 November

The Croft Preparatory School

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Main Course:** | Jacket Potato with Baked Beans and Grated Cheese | Chilli Con Carne | Roast Chicken Fillet | Chicken Joe Strips with Peppers | Jumbo Sausage |
| **Vegetarian:** | Jacket Potato with Baked Beans and Grated Cheese | Quorn Chilli Con Carne | Stuffed Flat Mushrooms | Quorn and Pepper Fajita | Vegetable Sausage |
| **Vegetables:** | N/A | Potato Wedges<br>Golden Sweetcorn | Roast Potatoes<br>Baton Carrots<br>Broccoli Spears | Sweetcorn | Oven Chips<br>Garden Peas |
| **Served with:** | Carrot Sticks | Cucumber Sticks | Mixed Vegetable Crudités | Rice and Tortilla Wrap | Mixed Vegetable Crudités |
| **Dessert:** | Rice Pudding | Fruit Jelly | Homemade Cherry Shortbread | Blackberry and Apple Crumble with Custard | Chocolate Chip Cookie |
| **Alternatives:** | Low Fat Fruit Yoghurt<br>Apple Slices | Low Fat Fruit Yoghurt<br>Orange Segments | Low Fat Fruit Yoghurt<br>Mixed Fruit | Low Fat Fruit Yoghurt<br>Melon | Low Fat Fruit Yoghurt<br>Mixed Fruit Slices |