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# Fairholme Preparatory School

# Menu September 2022 - October 2022



This menu has been nutritionally analysed in line with Welsh Government Guidance to meet pupils needs for protein, carbohydrates, fat, sugar and salt.



Suitable for Vegetarians





# MONDAY

### **Breaded Fish Stars**

Served with oven baked diced potatoes & baked

## Oven Baked Nuggets 🕜 😭

Vegetarian nuggets served with oven baked diced potatoes & baked beans

**Lemon Muffin or Fresh Fruit** 



# TUESDAY

### Meatballs & Pasta

Beef meatballs in a tomato sauce & garlic bread

## Veggie Meatballs & Pasta 😗 😩

Vegetarian meatballs in a tomato sauce & garlic bread.

Raspberry Sponge & Custard or Fresh Fruit 💜

# WEDNESDAY

## Roast Chicken Dinner of the Day

Served with potatoes & two seasonal veg.

Veggie Roast Dinner of the Day Served with potatoes & two seasonal veg.

Cooks Fruit Cake or Fresh Fruit

# THURSDAY

## Chicken Curry & Naan Bread

Served with vegetable rice.

## Sweet Potato & Vegetable Curry N

Served rice and naan bread.

Fresh Fruit or Yoghurt 🕜

# FRIDAY

## Gluten Free Beef Burger in a Bun

# Served with chips & veg sticks.

Salmon Tortellini 🕜

Pasta stuffed with salmon served in a tomato sauce & Garlic Bread Slice

**Chocolate Muffin or Fresh Fruit** 

FRIDAY

**Oven Baked Chicken Nuggets** 

Served with chips & veg sticks.

# MONDAY

## **Oven Baked Sausage**

Served with mashed potatoes & baked beans.

### **Oven Baked Fish Fillet**

Served with mashed potatoes & baked beans.

Raspberry Crumble & Cream or Fresh Fruit V

## TUESDAY

### **Sweet & Sour Chicken**

Chicken strips served in a sweet and tangy sauce served with rice.

### Chilli Non Carne

Vegetarian mince Chilli served with Vegetable

Chocolate Sponge & Chocolate Custard or Fresh

# WEDNESDAY

## **Roast Turkey Dinner**

Served with potatoes & two seasonal veg.

## Veggie Roast Dinner 🕜

Served with potatoes & two seasonal veg.

Fruit Flapjack or Fresh Fruit



# THURSDAY

### **Chicken and Tomato Pasta**

Strips of chicken served with pasta in a tomato and vegetable sauce and Garlic Bread Slice

### Mexican Burrito



Lightly Spiced veggie mince wrap with Salad Fresh Fruit or Yoghurt 💜

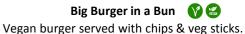
THURSDAY

**Chicken Hot Dog** 

Jumbo Chicken Hot Dog served with potato

wedges, peas and sweetcorn

Breakfast Wrap



## **Baked Biscuit or Fresh Fruit**

# MONDAY

### Chicken Burger in a Bun

Served with skin on potato wedges & garden

## Jumbo Fish Finger

Jumbo Fish Finger served with potato wedges & garden peas.

Blueberry Muffin or Fresh Fruit

# TUESDAY

## **Beef Bolognaise**

Minced beef bolognaise served with pasta and garlic bread slice.

## Pasta Bolognaise 👔



Vegetarian mince in tomato & vegetable sauce & garlic bread.

Lemon Sponge & Custard or Fresh Fruit

# WEDNESDAY

## Roast Chicken Dinner of the Day

Served with potatoes & two seasonal veg.

# Veggie Roast Dinner of the Day

Served with potatoes & two seasonal veg.

## Shortbread Biscuit or Fresh Fruit



Vegetarian sausage, hash brown, free Range omelet & baked beans.

## Yoghurt or Fresh Fruit

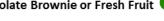


# FRIDAY

## Ham & Cheese Calzone Pocket served with chips & veg sticks.

Cheese & Tomato Calzone Pocket 🕜 Served with chips & veg sticks.

Chocolate Brownie or Fresh Fruit V





## Sandwiches

Choose from the following fillings:

### Ham

Cheese 🕜



**Tuna Mayo** 

Served with daily pudding, drink, fresh fruit and salad options where available.

# Freshly Cooked Jacket Potatoes

Choose from the following toppings:

## Baked Beans 🕜 😭 Cheese 🕜

Tuna Mayo



Cheese & Beans 😯

Served with daily pudding and drink with fresh fruit and salad options where available.

# Pasta Pots

Choose from the following toppings:

### Ham





## Tuna Mayo

Served with daily pudding, drink, fresh fruit and salad options where available.

# Daily Salad Selection

The salad bar will once again be available to provide a daily choice of fresh salad to all students.



