



MERCHANT TAYLORS' PREP SCHOOL LUNCH MENU

13TH JAN MONDAY - 16TH JAN FRIDAY 2023



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|------------------|---|--|--|---|--|--|
| MONDAY | <i>CHICKEN PLAIT</i> | <i>CHEESE & ONION & POTATO PLAIT</i> | <i>CRISPY POTATOES & BEANS & SWEETCORN</i> | SALAD BAR JACKET POTATO SOUP OF THE DAY | FRESH FRUIT YOGHURTS APPLE CRUMBLE & CUSTARD | CHEESE BREAD & BUTTER HOMEMADE BISCUITS |
| TUESDAY | <i>CHICKEN CURRY</i> | <i>SPINACH & SWEET POTATO CURRY (VE&V)</i> | <i>NAAN BREAD & RICE & CAULIFLOWER</i> | SALAD BAR JACKET POTATO | FRESH FRUIT YOGHURTS FRUITY FLAP JACK | CHEESE BREAD & BUTTER HOMEMADE BISCUITS |
| WEDNESDAY | <i>LAMB SHEPHERD'S PIE</i> | <i>VEGGIE PIE (VE&V)</i> | <i>GRAVY & PEAS</i> | SALAD BAR JACKET POTATO | FRESH FRUIT YOGHURTS ORANGE CAKE | CHEESE BREAD & BUTTER HOMEMADE BISCUITS |
| THURSDAY | MACARONI AND CHEESE | VEGAN MEATBALLS IN TOMATO SAUCE | CARROTS | SALAD BAR JACKET POTATO | FRESH FRUIT YOGHURTS PEARS & CHOCOLATE SAUCE | CHEESE BREAD & BUTTER HOMEMADE BISCUITS |
| FRIDAY | BAKED COD BATTERED COD FISH FINGERS | MUSHROOM RISOTTO (VE&V) | CHIPS PEAS BAKED BEANS | SALAD BAR JACKET POTATO | FRESH FRUIT YOGHURTS PEACHES & CREAM | CHEESE BREAD & BUTTER HOMEMADE BISCUITS |

SALAD BAR - EACH DAY AT LEAST 10 DIFFERENT FOODS ARE AVAILABLE I.E. CUCUMBER, TOMATO, LETTUCE, BEETROOT, COLESLAW, CELERY, PEPPERS, CARROT, RADISHES, CRESS, CHEDDAR CHEESE, TUNA, HARD BOILED EGGS, POTATO SALAD, PASTA SALAD, COLD MEATS, VEGGIE QUICHE, COTTAGE CHEESE

FRESH FRUIT - EACH DAY AT LEAST 5 DIFFERENT FRESH FRUITS ARE AVAILABLE E.G. ORANGES, APPLES, BANANAS, GRAPES, WATERMELON, HONEYDEW MELON, STRAWBERRIES, PEARS, PINEAPPLE, PEACHES, NECTARINES, PLUMS