



HOWELL'S PREP SCHOOL
Llandaff
GDST

PREP SCHOOL MENU

Week 2



	<i>Meat Free Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Main - Meat</i>	Meat Free Monday	Chicken with sweet and sour sauce	Roast of the day or oven baked sausages with Yorkshire pudding and gravy	Chicken breast with katsu curry sauce	Beefburger
<i>Main - Vegetarian</i>	Wholewheat cheese, tomato and hidden broccoli pizza	Chickpeas and roasted vegetables with sweet and sour sauce	Quorn sausages with Yorkshire pudding and gravy	Butter beans and butternut squash with katsu curry sauce	Falafel burger
<i>Vegetables</i>	Green beans Sweetcorn	Broccoli Mixed vegetables	Peas Carrots	Lettuce bowl Cucumber Carrot sticks Cauliflower	Baked beans Peas
<i>Carbohydrates</i>	Wholewheat spaghetti rings	Rice	Roast potatoes	Rice	Chips
<i>Dessert</i>	Cheese and crackers	Frozen yogurt	Welsh cakes	Blueberry muffin	Fruit pots



Available every day: jacket potatoes with a variety of fillings (always including baked beans, cheese and tuna mayonnaise), salad cart and fresh fruit for dessert





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Week 3



	<i>Meat Free Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Main - Meat</i>	Meat Free Monday	Chilli con carne with grated cheese	Roast chicken with gravy	Beef bolognaise with grated cheese	Oven baked cod
<i>Main - Vegetarian</i>	Tomato, broccoli and butterbean sauce Grated cheese	Vegetable and bean chilli with grated cheese	Quorn roast with gravy	Neapolitan sauce with grated cheese	Vegetable burger
<i>Vegetables</i>	Peas Mixed vegetables	Sweetcorn and roasted red peppers	Cauliflower Carrots	Broccoli Green beans	Baked beans Peas
<i>Carbohydrates</i>	Tricolour pasta Garlic bread	Rice Tortilla chips	Roast potatoes Yorkshire pudding	Spaghetti	Chips
<i>Dessert</i>	Welsh cakes	Frozen yogurt	Cheese and crackers	Homemade flapjack	Fruit pots



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