

Lunch Menu for Sukkot Term 2019 Preparatory School

Hot Lunches

Week 1

Monday	Chicken Schnitzel & New Potatoes Vegetarian Schnitzel
Tuesday	Turkey Balls & Rice Vegetarian Meat Balls
Wednesday	Baked Salmon (Teryaki Sauce on the side) & Mashed Potato Vegetarian Soya Rolls
Thursday	Yr 3,4,5 & 6 Roast Beef & Cous Cous, Rec, Yr 1 & 2 Jacket Potato, Beans & Tuna Vegetarian Sausage Rolls
Friday	Vegetarian Burgers & Baked Beans

Week 2

Monday	Fish & Baked Potato Puffs Vegetarian Nuggets
Tuesday	Chicken Strips & Rice Chicken Style Strips
Wednesday	Turkey Schwarma, Humous & Pitta Bread Vegetarian Falafel
Thursday	Spaghetti Bolognaise Vegetarian Bolognaise
Friday	Vegetarian Schnitzel & Potato Wedges

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Hot Lunches

Week 3

Monday	Beef Burgers Vegetarian Burgers
Tuesday	Italian Chicken Breast, Tagliatelle & Italian Sauce Vegetarian Schnitzel
Wednesday	Yr 3,4,5 & 6 Meat Lasagne, Rec, Yr 1 & 2 Pasta with Meat Sauce Vegetarian Lasagne
Thursday	Salmon, Cream Sauce & Mashed Potatoes Vegetarian Nuggets
Friday	Vegetarian Burgers & Baked Beans

Week 4

Monday	Spaghetti Bolognaise Vegetarian Bolognaise
Tuesday	Roast Chicken with a choice of three sauces & Mashed Potatoes Vegetarian Balls
Wednesday	Roast Turkey Leg & Rice Vegetarian Falafel
Thursday	Fish Gujons & New Potatoes Vegetarian Nuggets
Friday	Vegetarian Schnitzel & Potato Wedges

Jacket Potato with filling available daily

(On Wednesday & Friday Week 1, Monday & Friday Week 2, Thursday & Friday Week 3 and Thursday & Friday Week 4 the main hot meal is parev i.e. not meat or milk)

Special Diets

Contact Mr Berlin's staff regarding special meals