



SOLIHULL

Prep School - Week 1

Weekly Lunch Menu

Monday

Main Course
Classic beef burger

Vegetarian Option
Maple, sweet potato & pumpkin burger

Halal Option
Herb & garlic chicken burger

Sides
Corn on the cob
BBQ beans
Skinny paprika fries

Dessert
Chocolate brownie

Tuesday

Main Course
Chicken tikka curry, naan, poppadoms & rice

Vegetarian Option
Potato, spinach & chickpea curry

Halal Option
Tuna & broccoli pasta bake

Sides
Green beans, kale & sweetcorn
Bombay potatoes

Dessert
Carrot cake

Wednesday

Main Course
Rosemary & lemon roasted chicken breast with sage & onion stuffing

Vegetarian Option
Roast butternut squash, spinach & sage risotto

Halal Option
Braised lamb & rosemary shepherd's pie

Sides
Cabbage, leeks & peas
Crispy roast potatoes

Dessert
Chocolate chip cookies

Thursday

Main Course
Pulled ham hock & cheddar pasta bake

Vegetarian Option
Creole vegetable jambalaya

Halal Option
Spiced chicken creole jambalaya

Sides
Baby corn & broccoli
Herb baked new potatoes

Dessert
Lemon drizzle cake

Friday

Main Course
Chicken & mushroom pie

Vegetarian Option
Lemon & herb tempura tofu

Halal Option
Crispy battered fish

Sides
Garden peas & mushy peas
Chip shop chips

Dessert
Sweet treat Friday

Everyday items
Jacket potato with baked beans
Pasta with sauce



SOLIHULL

Prep School - Week 2

Weekly Lunch Menu

Monday

Main Course

American style pork hot dog

Vegetarian Option

Roasted flat mushroom, spinach & feta burger

Halal Option

Meatballs & pasta in a tomato & basil sauce

Sides

Peas
Beans
Herb roasted new potatoes

Dessert

Superfood flapjack

Tuesday

Main Course

Traditional beef lasagne

Vegetarian Option

Roasted vegetable lasagne

Halal Option

Chicken parm

Sides

Mixed vegetable ratatouille
Buttered new potatoes

Dessert

Doughnuts

Wednesday

Main Course

Slow roasted pork shoulder with sage & onion stuffing

Vegetarian Option

Spring roll with vegetable egg fried rice

Halal Option

Burnt ends beef mac 'n' cheese

Sides

Cabbage & leeks
Roast potatoes

Dessert

Raspberry & chocolate slice

Thursday

Main Course

Mexican beef chilli, rice & fresh nacho crisps

Vegetarian Option

Mixed bean & vegetable chilli

Halal Option

Chicken & root vegetable pot roast

Sides

Green beans
Roasted corn cob
Baked cheesy wedges

Dessert

Banana loaf

Friday

Main Course

Pan fried gammon chop, mango & tomato salsa

Vegetarian Option

Herb breaded mozzarella

Halal Option

Crispy fish fingers

Sides

Garden peas, mushy peas
Chip shop chips

Dessert

Sweet treat Friday

Everyday items

Jacket potato with baked beans

Pasta with sauce



SOLIHULL

Prep School - Week 3

Weekly Lunch Menu

Monday

Main Course

Southern baked buttermilk chicken

Vegetarian Option

Cauliflower, broccoli
& leek pasta bake

Halal Option

Minced beef & potato pie

Sides

Sweetcorn & peas
Sautéed potatoes

Dessert

Beetroot & chocolate brownie

Tuesday

Main Course

Butchers pork sausages

Vegetarian Option

Rosemary & red onion sausages

Halal Option

Cod, leek & cheddar fishcake

Sides

Green beans
Baked beans
Creamed potato

Dessert

Apple bake

Wednesday

Main Course

Slow braised beef steak
& mushrooms

Vegetarian Option

Vegetable ramen noodle pots

Halal Option

Lamb & mint burger

Sides

Cabbage, leeks & peas
Roast potatoes

Dessert

Ginger & orange pudding

Thursday

Main Course

Hand stretched pepperoni
& mozzarella pizza

Vegetarian Option

Hand stretched tomato
& mozzarella pizza

Halal Option

Jerk chicken kebabs with
mint yoghurt

Sides

Roasted corn cob
Oregano & lemon crushed
new potatoes

Dessert

Sticky toffee pudding

Friday

Main Course

Sweet & sticky BBQ
pulled pork wrap

Vegetarian Option

Roast squash, sweet potato,
spinach & feta cannelloni

Halal Option

Crispy battered fish

Sides

Garden peas, mushy peas
Chip shop chips

Dessert

Sweet treat Friday

Everyday items

Jacket potato with baked beans

Pasta with sauce