

Example Weekly Lunch Menu



Sunninghill
PREP SCHOOL DORCHESTER

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Traditional Main Course	Chicken Breast in a Mushroom Sauce	Honey Baked Salmon	Cod & Potato Gratin	Roast Pork	Chicken Fajitas
Vegetarian Main Course	Tortellini with a Mushroom Sauce	Feta & Sundried Tomato Tart	Cod & Potato Gratin	Roast Quorn	Quorn Fajitas
Vegetable choice	Sweetcorn & Peas	Fine Green Beans & Broccoli	Green Beans & Peas	Carrots & Parsnips Apple Sauce	Sliced Mixed Peppers Sour Cream, Salsa & Cheddar Cheese
Side Dish of the Day	Herby Diced Potatoes	New Potatoes	Bread Rolls	Roast Potatoes	Potato Wedges
Salad Bar	Selection of fresh salads, crudities and dips	Selection of fresh salads, crudities and dips	Selection of fresh salads, crudities and dips	Selection of fresh salads, crudities and dips	Selection of fresh salads, crudities and dips
Sweet Treat	Raspberry & Mango Mess	Treacle Sponge with Custard	Rice Pudding with Chocolate Buttons	Lemon Drizzle Slice	Chocolate Mint Cake
Healthy Option	Fresh fruit salad whole fruit and yoghurts	Fresh fruit salad whole fruit and yoghurts	Fresh fruit salad whole fruit and yoghurts	Fresh fruit salad whole fruit and yoghurts	Fresh fruit salad whole fruit and yoghurts

