

AUTUMN - WEEK 1

# LUNCH MENU



BUCKINGHAM PREPARATORY SCHOOL  
AN INDEPENDENT SCHOOL FOR BOYS

## MONDAY

<b>Meat/Fish Option</b>	Lamb Chilli with Rice
<b>Vegetarian Option</b>	5 Bean Chilli with Rice
<b>Alternative Option</b>	Jacket Potato with Filling
<b>Vegetables and Sides</b>	Peas Sweetcorn Tortilla Chips
<b>Dessert</b>	Yogurt or Fresh Fruit

## TUESDAY

Chinese Chicken with Noodles
Quorn Stir Fry with Noodles
Jacket Potato with Filling
Broccoli Carrots
Lemon & Ginger Biscuit
Fresh Fruit or Yogurt

## WEDNESDAY

Chicken Sausage Roll
Cheese Pasty
Give it a go!
Cauliflower Green Beans Roast Potatoes
Apple & Pear Crumble & Custard
Fresh Fruit or Yogurt

## THURSDAY

Lamb Pasta Bake
Macaroni Cheese
Jacket Potato with Filling
Sweetcorn Broccoli Garlic Bread
Lemon Drizzle Cake
Fresh Fruit or Yogurt

## FRIDAY

Margherita Pizza
Margherita Pizza
Give it a go!
Baked Beans Peas Chips
Rice Krispie Cake
Fresh Fruit or Yogurt

All meals are prepared and cooked fresh daily on the premises — menus are subject to change.

Week beginning 2 September, 14 October 2024

AUTUMN - WEEK 2

# LUNCH MENU



BUCKINGHAM PREPARATORY SCHOOL  
AN INDEPENDENT SCHOOL FOR BOYS

## MONDAY

### Meat/Fish Option

Chicken Curry  
with Rice

### Vegetarian Option

Mixed Bean Curry  
with Rice

### Alternative Option

Jacket Potato  
with Filling

### Vegetables and Sides

Peas  
Sweetcorn  
Naan Bread

### Dessert

Yogurt or  
Fresh Fruit

## TUESDAY

Chicken Lasagne

Vegetable Lasagne

Jacket Potato  
with Filling

Broccoli  
Carrots  
Garlic Bread

Syrup Sponge &  
Custard  
Fresh Fruit or Yogurt

## WEDNESDAY

Roast Chicken  
Thighs with Gravy

Veggie Sausage Roll

Give it a go!

Cauliflower  
Green Beans  
Roast Potatoes

Cheese & Crackers  
Fresh Fruit or Yogurt

## THURSDAY

Lamb Burgers

Quorn Burger

Jacket Potato  
with Filling

Salad  
Sweetcorn  
Potato Wedges

Iced Sprinkle Cake  
Fresh Fruit or Yogurt

## FRIDAY

Fish Friday  
Fish of the Day

Vegan Fingers

Give it a go!

Baked Beans  
Peas  
Chips

Cookies  
Fresh Fruit or Yogurt

All meals are prepared and cooked fresh daily on the premises — menus are subject to change.

Week beginning 9th September 2024

AUTUMN - WEEK 3

# LUNCH MENU



BUCKINGHAM PREPARATORY SCHOOL  
AN INDEPENDENT SCHOOL FOR BOYS

## MONDAY

### Meat/Fish Option

Lamb Meatballs in  
Tomato Sauce

### Vegetarian Option

Quorn & Vegetables  
in Tomato Sauce

### Alternative Option

Jacket Potato  
with Filling

### Vegetables and Sides

Peas  
Cauliflower  
Spaghetti

### Dessert

Yogurt or  
Fresh Fruit

## TUESDAY

Fish Fingers

Vegetable  
Fingers

Jacket Potato  
with Filling

Sweetcorn  
Peas  
New Potatoes

Chocolate Fudge  
Brownie  
Fresh Fruit or Yogurt

## WEDNESDAY

Roast Turkey Breast  
with Gravy

Spicy Bean Burger

Give it a go!

Cabbage  
Green Beans  
Roast Potatoes

Cheese & Crackers  
Fresh Fruit or Yogurt

## THURSDAY

Chicken Wraps

Veggie Wraps

Jacket Potato  
with Filling

Sweetcorn  
Carrots  
Potato Wedges

Jam & Coconut  
Sponge  
Fresh Fruit or Yogurt

## FRIDAY

Chicken Sausage

Quorn Sausage

Give it a go!

Baked Beans  
Peas  
Chips

Ginger Cake  
Fresh Fruit or Yogurt

All meals are prepared and cooked fresh daily on the premises — menus are subject to change.

Week beginning 16 September 2024

AUTUMN - WEEK 4



# LUNCH MENU



BUCKINGHAM PREPARATORY SCHOOL  
AN INDEPENDENT SCHOOL FOR BOYS

## MONDAY

### Meat/Fish Option

Brunch Special  
Chicken Sausage

### Vegetarian Option

Vegetable Sausage

### Alternative Option

Give it a go!  
Jacket Potato with  
filling

### Vegetables and Sides

Baked Beans  
Scrambled Egg  
Hash Browns

### Dessert

Yogurt or  
Fresh Fruit

## TUESDAY

Tuna Pasta Bake

Macaroni Cheese

Jacket Potato  
with Filling

Broccoli  
Carrots  
Garlic Bread

Jam Coconut Slice  
Fresh Fruit or Yogurt

## WEDNESDAY

Roast Chicken  
Breast

Vegetable Samosa

Give it a go!

Peas  
Cabbage  
Roast Potatoes

Cheese & Crackers  
Fresh Fruit or Yogurt

## THURSDAY

Lamb Burger

Cheese Turnovers

Jacket Potato  
with Filling

Sweetcorn & Peas  
Potato Wedges

Apple Cake  
& Custard  
Fresh Fruit or Yogurt

## FRIDAY

Margherita Pizza

Margherita Pizza

Give it a go!

Baked Beans  
Peas  
Chips

Choc-Chip Cookies  
Fresh Fruit or Yogurt

All meals are prepared and cooked fresh daily on the premises — menus are subject to change.

Week beginning 23 September 2024



AUTUMN - WEEK 5

# LUNCH MENU



BUCKINGHAM PREPARATORY SCHOOL  
AN INDEPENDENT SCHOOL FOR BOYS

## MONDAY

<b>Meat/Fish Option</b>	Chinese Chicken and Noodles
<b>Vegetarian Option</b>	Vegetable Noodles
<b>Alternative Option</b>	Jacket Potato with Filling
<b>Vegetables and Sides</b>	Cauliflower Green Beans Rice
<b>Dessert</b>	Yogurt or Fresh Fruit

## TUESDAY

Chicken Wrap
Vegetable Wrap
Jacket Potato with Filling
Broccoli Sweetcorn Rainbow Rice
Apple Sponge & Custard Fresh Fruit or Yogurt

## WEDNESDAY

Chicken Lattice with Gravy
Quorn Sausage Roll
Give it a go!
Carrots Cabbage Roast Potatoes
Cheese & Crackers Fresh Fruit or Yogurt

## THURSDAY

Lamb Koftas with Salad & Houmous
Falafel with Salad & Houmous
Jacket Potato with Filling
Sweetcorn Green Beans Pitta Bread
Lemon Drizzle Cake Fresh Fruit or Yogurt

## FRIDAY

Fish Friday Fish of the Day
Quorn Nuggets
Give it a go!
Baked Beans Peas Chips
Chocolate Cheese Cake Fresh Fruit or Yogurt

All meals are prepared and cooked fresh daily on the premises — menus are subject to change.

Week beginning 30 September 2024

AUTUMN -WEEK 6

# LUNCH MENU



BUCKINGHAM PREPARATORY SCHOOL  
AN INDEPENDENT SCHOOL FOR BOYS

## MONDAY

### Meat/Fish Option

Tuna Mayo Jacket  
Potato

### Vegetarian Option

Cheese & Beans  
Jacket Potato

### Alternative Option

Jacket Potato  
with Filling

### Vegetables and Sides

Green Beans  
Garlic Bread

### Dessert

Yogurt or  
Fresh Fruit

## TUESDAY

Chicken Lattice

Quorn Sausages with  
Gravy

Jacket Potato  
with Filling

Broccoli  
Carrots  
Curly Fries

Treacle Sponge  
Fresh Fruit or Yogurt

## WEDNESDAY

Roasted Chicken  
Thighs with Gravy

Cheese Pasty

Give it a go!

Carrots  
Cabbage  
Roast Potatoes

Cheese & Crackers  
Fresh Fruit or Yogurt

## THURSDAY

Lamb Meatballs with  
Tomato and Herb  
Sauce

Quorn with Tomato  
and Herb Sauce

Jacket Potato  
with Filling

Sweetcorn  
Green Beans  
Spaghetti

Cherry Sponge with  
Custard  
Fresh Fruit or Yogurt

## FRIDAY

Chicken Sausage

Quorn Nuggets

Give it a go!

Baked Beans  
Peas  
Chips

Fruity Flapjack  
Fresh Fruit or Yogurt

All meals are prepared and cooked fresh daily on the premises — menus are subject to change.

Week beginning 7 October 2024