

Prep School Menu week commencing 13 January 2020	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	<b>Spaghetti Bolognese</b> Minced Beef in a Rich Ragu Sauce served with Spaghetti Pasta	<b>Sweet &amp; Sour Chicken</b> Diced Chicken Breast in a Tangy Vegetable Sauce	<b>Jacket Potato</b> Served With Choice Of Toppings	<b>Roasted Turkey</b> Carved Turkey Breast in Gravy	<b>Cod Fish Fingers</b> Cod fillet in Golden Breadcrumbs
<b>Meat-Free Zone</b>	<b>Quorn Bolognese</b> Vegetarian Alternative Served With Spaghetti Pasta	<b>Sweet &amp; Sour Quorn</b> Diced Quorn Pieces in a Tangy Vegetable Sauce	<b>Cheese</b>  <b>Beans</b>  <b>Tuna</b> <b>Salad</b>	<b>Cheese Pastry</b> Cheese & Onions In A Puff Pastry	<b>Quorn Nuggets</b> Quorn Pieces in a Soft Batter
<b>Additional Items</b>	<b>Spaghetti With Cheese</b>	<b>Penne Pasta with basil</b>			
<b>Halal (stunned)</b>	<b>Penne with Cheese</b>	<b>Halal Roasted Chicken</b>			
<b>Accompaniment</b>	Spaghetti / Penne Sweetcorn Broccoli	Rice Sweetcorn Peas		Roast Potatoes Cabbage Carrot Gravy	Baby Roasted Potato Peas Sweetcorn Tomato Ketchup
<b>Dessert</b>	Jam & Coconut Sponge Lemon Sponge Yoghurts	Flapjack Jam Tarts Peaches Yoghurts	Iced Choc Chip Sponge Banana & Toffee Loaf	Chocolate Sponge Toffee Sauce Fruit Crumble Peaches & Pineapple	Doughnuts Blueberry Muffins

EDGBASTON  
HIGH SCHOOL *for* GIRLS

