

Sample Menu

Millfield Prep School Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade Soup 	Carrot & Coriander	Cream of Mushroom	Tomato & Basil	Country Vegetable	Roasted Red Pepper	Leek & Potato	Brunch Sausage, Bacon, Black Pudding, Mushroom, Tomato & Fried Egg
Main Course	Spanish Paella with Chicken & Prawns 	Minted Lamb Casserole	Honey Baked Gammon with Cinnamon Gravy	Chicken Escalope with Tomato & Basil Sauce	Grilled or Battered Fish with Lemon & Tartare Sauce	Chicken Pie topped with short crust pastry	
Main Course	Pasta Carbonara with Smoked Bacon	Homemade Fish Cake with Lemon Mayonnaise	Roasted Vegetable Pasta Bake	Thai Fish Curry with Rice & Prawn Crackers	Chicken & Bacon Caesar Wrap	Baked Fish with a Herb Crust 	Croissants Pain au Chocolat
 Vegetarian	Cheese & Tomato Quiche	Vegetable Hot Pot 	Mushroom Goulash with Dumplings	Vegetable Korma with scented Rice	Quorn Lasagne with Garlic Bread	Cheese Ravioli with Tomato and Herb Sauce	
Vegetable & Potato Selection	New Potatoes Baton Carrots Courgettes	Champ Potato Cauliflower Broccoli	Roast Potatoes Glazed Carrots Savoy Cabbage	New Potatoes Green Beans Glazed Parsnips	Mushy Peas Garden Peas Chips	Sauté Potatoes Glazed Carrots Buttered Broccoli	Baguette Bar  Fresh Fruit Salad
Dessert	Cherry Shortbread with Custard	Chocolate Crunch with Chocolate Sauce	Sticky Toffee Pudding with custard	Double Baked Apple & Toffee Crumble	Mincemeat and Pear Jalousie	Rice Pudding with Jam Sauce	



New Baked Sweet Potato are high in Beta Carotene

