Chigwell School
PRE PREP

Lunch Week One

LODESTONE HOUSE

Monday

Cajun Chicken in Garlic Lemon Sauce

Stuffed Tomato with Couscous, Halloumi (v)

Halal available

Jacket potato
Baked beans
Cheddar cheese
Tuna mayonnaise

Herby Dice Potatoes
Roasted Cauliflower
Sweetcorn

Fairy Cake

Fresh bread, salad, fresh fruit and yoghurt

Tuesday

Lamb Kofte, Khobez Bread, Tzatziki Dip

Falafel & Houmous Wrap, Tzatziki Dip (v)

Halal available

Jacket potato
Baked beans
Cheddar cheese
Tuna mayonnaise

Rosemary Sauteed New Potatoes
Butternut Squash
Broccoli

Rice Pudding with Strawberry Compote

Fresh bread, salad, fresh fruit and yoghurt

Wednesday

Honey Roast Glazed Gammon, Yorkshire Pudding, Gravy

Vegetarian Moussaka (v)

Halal available

Jacket potato
Baked beans
Cheddar cheese
Tuna mayonnaise

Roast potatoes
Carrot & Swede Mash
Green Beans

Crème Brulée Cheesecake

Fresh bread, salad, fresh fruit and yoghurt

Thursday

Sweet & Sour Chicken with Egg Noodles

Stir Fry Vegetable Tofu Chow Mein with Egg Noodles (v)

Jacket potato
Baked beans
Cheddar cheese
Tuna mayonnaise

Ginger Oyster Sauce
Pak Choi
Baby Corn

Jam & Coconut Sponge Cake with Custard

Fresh bread, salad, fresh fruit and yoghurt

Friday

Cod fish fingers

Pan Fried Sea Bream with Dill Sauce

Spinach, Tomato & Feta Quiche (v)

Jacket potato
Baked beans
Cheddar cheese
Tuna mayonnaise

Oven chips
Sweetcorn
Garden Peas

Cheese & Biscuits

Fresh bread, salad, fresh fruit and yoghurt

Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen

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Lunch Week Two

LODESTONE HOUSE

Monday

Pasta Station with a choice of Cheese Sauce, Tomato Sauce, or Beef Bolognaise

Four Cheese Ravioli with Pesto Sauce (v)

Halal available

Jacket potato
Baked beans
Cheddar cheese
Tuna mayonnaise

Garlic Bread
Broccoli
Sweetcorn

Marble Cake with Custard

Fresh bread, salad, fresh fruit and yoghurt

Tuesday

Sausage Bar
Chigwell Pork Sausage
Halal Chicken Sausage,
Gravy

Plant Based Sausage,
Gravy
(v)

Jacket potato
Baked beans
Cheddar cheese
Tuna mayonnaise

Creamy Mashed Potato
Garden Peas
Green Beans

Marshmallow Cheesecake

Fresh bread, salad, fresh fruit and yoghurt

Wednesday

Roast Chicken with Sage & Onion Stuffing, Yorkshire Pudding and Gravy

Stuffed Pumpkin with Quinoa and Cheddar Cheese (v)

Halal available

Jacket potato
Baked beans
Cheddar cheese
Tuna mayonnaise

Roasted potatoes
Honey Roasted Carrots
Sauteed Sweetheart Cabbage

Cinnamon Apple Cake with Custard

Thursday

Slow Cooked Beef Goulash with Rice & Sour Cream

Roast Vegetable & Butter Bean Goulash with Rice & Sour Cream (v)

Halal available

Jacket potato
Baked beans
Cheddar cheese
Tuna mayonnaise

Mediterranean Vegetables
Roasted Courgettes

Lemon Drizzle Cake

Friday

Battered Fish

Goats Cheese, Caramelised Onion & Spinach in Filo Pastry (v)

Jacket potato
Baked beans
Cheddar cheese
Tuna mayonnaise

Oven chips
Carrots
Garden Peas

Flapjack

Fresh bread, salad, fresh fruit and yoghurt

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Chigwell School
PRE PREP

Lunch Week Three

LODESTONE HOUSE

Monday

Shepherds Pie with Gravy

Vegetarian Shepherds Pie with Gravy (v)

Halal available

Jacket potato
Baked beans
Cheddar cheese
Tuna mayonnaise

Steamed New Potatoes
Sliced Carrots
Garden Peas

Treacle Sponge with Custard

Fresh bread, salad, fresh fruit and yoghurt

Tuesday

Chicken Korma, Basmati Rice, Naan Bread, Mango Chutney

Vegetable Chickpea Korma, Naan Bread, Mango Chutney (v)

Halal available

Jacket potato
Baked beans
Cheddar cheese
Tuna mayonnaise

Roasted Cauliflower
Sweet Potato

Banoffee Pie
Cheesecake

Fresh bread, salad, fresh fruit and yoghurt

Wednesday

Roast Sirloin of Beef, Yorkshire Pudding, Gravy

Country Vegetable Pie, Yorkshire Pudding, Gravy (v)

Jacket potato
Baked beans
Cheddar cheese
Tuna mayonnaise

Roast Potatoes
Honey Roasted Parsnips
Green Beans

Pear & Apple Crumble with Custard

Thursday

Chicken Tikka Burrito, Hummus, Salsa Dip

Mexican Bean Burrito, Hummus, Salsa Dip (v)

Halal available

Jacket potato
Baked beans
Cheddar cheese
Tuna mayonnaise

Potato Wedges
Corn on the Cob
Roasted Aubergine

Carrot Cake

Fresh bread, salad, fresh fruit and yoghurt

Friday

Breaded Chicken Goujons

Seabass in Parsley Sauce

Baked Macaroni Cheese (v)

Jacket potato
Baked beans
Cheddar cheese
Tuna mayonnaise

Oven chips
Sliced Carrots
Broccoli

Jelly & Ice Cream

Fresh bread, salad, fresh fruit and yoghurt

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