



Chigwell School
PRE PREP



Week One



Monday

Chicken korma with basmati rice and naan bread (HA)
Mango chutney
Mint raita

Halal available

Chickpea and vegetable korma with basmati rice and naan bread (V)
Mango chutney
Mint raita (V)

Jacket potato:
-Baked beans
-Tuna mayonnaise
-Grated cheese

Roasted sweet potato
Spiced cauliflower

Sticky toffee pudding with custard

Fresh bread, salad, fresh fruit and yoghurt



Tuesday

Chicken fajita with herby sauteed potatoes and a selection of dips (HA)

Vegan vegetable bean wrap with herby sauteed potatoes and a selection of dips (VE)

Jacket Potato;-
Beans
Cheese
Tuna Mayonnaise

Corn on the cob
Tender stem broccoli

Rice pudding with strawberry compote

Fresh bread, salad, fresh fruit and yoghurt



Wednesday

Honey roasted gammon with roast potatoes, Yorkshire pudding and gravy

Halal available

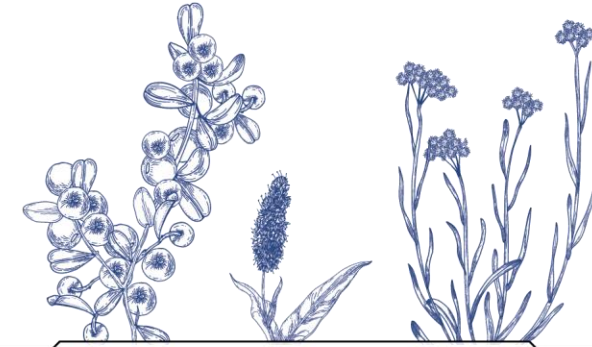
Winter vegetable and butter bean pie with roast potatoes and gravy (V)

Jacket Potato;-
Beans
Cheese
Tuna Mayonnaise

Mashed swede and carrots
Braised red cabbage

Peach melba cake with custard

Fresh bread, salad, fresh fruit and yoghurt



Thursday

Sweet and sour chicken with egg noodles (HA)

Halal available

Tofu vegetable stir fry with egg noodles (V)

Jacket Potato;-
Beans
Cheese
Tuna Mayonnaise

Stir fried vegetables
Pak choi

Jam and coconut sponge with custard

Fresh bread, salad, fresh fruit and yoghurt



Friday

Fish fingers with chips

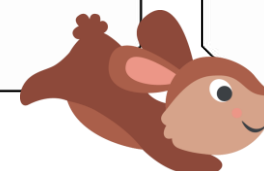
Mediterranean tower tart with chips (V)

Jacket Potato;-
Beans
Cheese
Tuna Mayonnaise

Garden peas
Carrots

Flapjack

Fresh bread, salad, fresh fruit and yoghurt



Week One





Monday

Pasta station – Sauces:
Tomato sauce
Cheese sauce
Bolognese sauce
Served with garlic bread

French Ratatouille (V)

Jacket potato:
-Baked beans
-Tuna mayonnaise
-Grated cheese

Sweetcorn
Sugar snap peas

Marble cake with custard

Fresh bread, salad, fresh
fruit and yoghurt



Tuesday

Jerk chicken with basmati
rice (HA)

Kidney beans and vegetable
curry with basmati rice (V)

Jacket Potato;-
Beans
Cheese
Tuna Mayonnaise

Roasted butternut squash
Roasted aubergines

Banoffee pie

Fresh bread, salad, fresh
fruit and yoghurt



Wednesday

Traditional roast beef with
roast potatoes, Yorkshire
pudding and gravy (HA)

Halal available

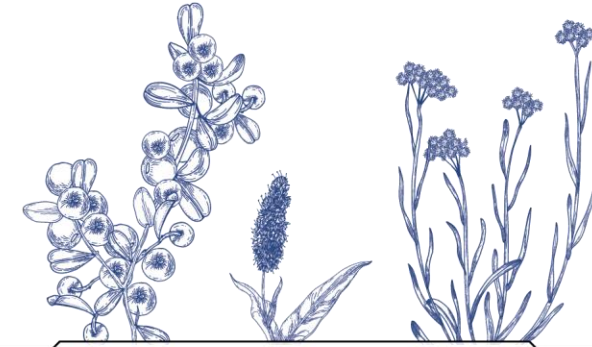
Butternut squash and hispi
cabbage wellington (VE)

Jacket Potato;-
Beans
Cheese
Tuna Mayonnaise

Honey roasted parsnips
Broccoli

Apple and forest berries with
custard

Fresh bread, salad, fresh fruit
and yoghurt



Thursday

Greek lemon tzatziki herb
chicken with roasted new
potatoes (HA)

Stuffed aubergine with
chickpea topped with feta
cheese (V)

Jacket Potato;-
Beans
Cheese
Tuna Mayonnaise

Mediterranean vegetables
cauliflower

Fairy cake

Fresh bread, salad, fresh
fruit and yoghurt



Friday

Baked salmon with oven chips

Chicken goujons with chips (H)

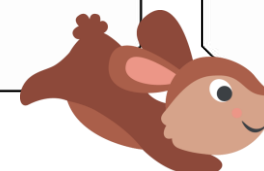
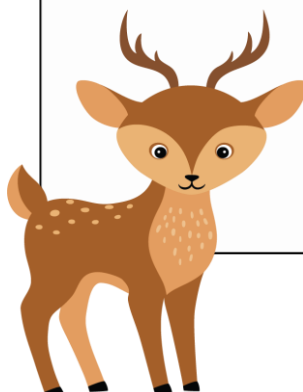
Winter vegetable and spinach
quiche with chips (V)

Jacket Potato;-
Beans
Cheese
Tuna Mayonnaise

Green beans
Baton carrots

Cheese and biscuits

Fresh bread, salad, fresh fruit
and yoghurt





Chigwell School
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Week Three



Monday

Tandoori chicken breast
with basmati rice (HA)

Halal available

Chana masala with
basmati rice, naan bread
and mango chutney (V)

Jacket potato:
-Baked beans
-Tuna mayonnaise
-Grated cheese

Spiced sauteed spinach
Courgettes

Lemon drizzle cake

Fresh bread, salad, fresh
fruit and yoghurt



Tuesday

Chigwell sausage with
mashed potato (HA)

Plant based sausage with
mashed potato (V)

Jacket potato:
-Baked beans
-Tuna mayonnaise
-Grated cheese

Savoy cabbage
Garden peas

Mango float cheesecake

Fresh bread, salad, fresh
fruit and yoghurt



Wednesday

Traditional roast chicken
with roast potatoes,
Yorkshire pudding and gravy
(HA)

Halal available

Vegetable and chickpea
mousaka (V)

Jacket potato:
-Baked beans
-Tuna mayonnaise
-Grated cheese

Broccoli
Honey roasted carrots

Cinnamon apple cake with
custard

Fresh bread, salad, fresh
fruit and yoghurt



Thursday

Italian beef meatballs with
spaghetti and garlic bites
(HA)

Halal available

Plant based meatballs with
spaghetti and garlic bites (V)

Jacket potato:
-Baked beans
-Tuna mayonnaise
-Grated cheese

Green beans
Roasted cauliflower

Carrot cake

Fresh bread, salad, fresh fruit
and yoghurt



Friday

Hunters chicken with chips
(HA)

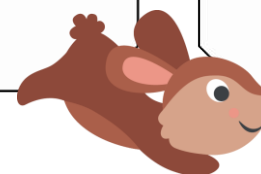
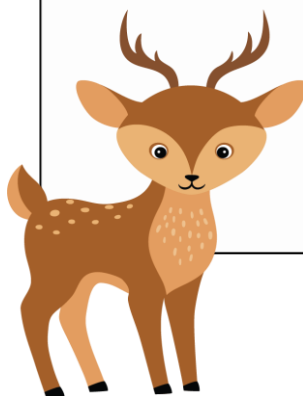
Cauliflower steak with
halloumi cheese topped
with salsa verde (V)

Jacket potato:
-Baked beans
-Tuna mayonnaise
-Grated cheese

Carrots
Sweetcorn

Jelly and vanilla ice cream

Fresh bread, salad, fresh
fruit and yoghurt



Week Three

