



Summer Menu



Chigwell School
PRE PREP

Lunch – Week One



LODESTONE
HOUSE



Monday

PASTA STATION

Cheese Sauce
Beef Bolognese Sauce
Tomato Sauce

Halal Available

Tomato & Basil
Cannelloni Verdi (V)

Jacket Potato;-
Beans
Cheese
Tuna Mayonnaise

Garlic Bread
Garden Peas
Roasted Courgette

Marble Cake with
Custard

Fresh bread, salad, fresh
fruit and yoghurt



Tuesday

Braised Beef Taco or
Shredded Chicken with
Garlic Aioli & Guacamole

Halal Available

Mixed Vegetable
Enchilada (V)

Jacket Potato;-
Beans
Cheese
Tuna Mayonnaise

Herby Sauté Potatoes
Carrots
Sweetcorn

Fairy Cake

Fresh bread, salad, fresh
fruit and yoghurt



Wednesday

Honey Roasted Gammon
with Yorkshire Pudding,
Roast Potatoes and Gravy

Halal Available

Vegetarian Moussaka (V)

Jacket Potato;-
Beans
Cheese
Tuna Mayonnaise

Roast Potatoes
Sweetheart Cabbage
Sweet Potato & Carrot Mash

Apple Crumble with Custard

Fresh bread, salad, fresh fruit
and yoghurt

Thursday

Teriyaki Chicken with Egg
Noodles

Halal Available

Stir Fry Vegetable Tofu Chow
Mein (V)

Jacket Potato;-
Beans
Cheese
Tuna Mayonnaise

Baby Corn
Pak Choi

Carrot Cake

Fresh bread, salad, fresh
fruit and yoghurt



Friday

Chicken Goujons with
Oven Chips

Mac & Cheese

Halal Available

Baked Cod with Salsa
Verde

Jacket Potato;-
Beans
Cheese
Tuna Mayonnaise

Garden peas
Broccoli

Cheese & Biscuits

Fresh bread, salad, fresh
fruit and yoghurt



Summer Menu



Chigwell School
PRE PREP

Lunch – Week Two



LODESTONE
HOUSE



Monday

Traditional Lasagne served with Garlic Bread

Halal Available

Vegetable & Lasagne served with Garlic Bread (V)

Jacket potato:
Beans
Cheese
Tuna mayonnaise

New Potatoes
Sliced Carrots
Vegetable Medley

Lemon Drizzle

Fresh bread, salad, fresh fruit and yoghurt

Tuesday

Sweet Chilli Chicken Wrap with Diced Potatoes

Roast Vegetable & Feta Wrap with Diced Potatoes (V)

Jacket Potato;-
Beans
Cheese
Tuna Mayonnaise

Diced Potatoes
Sweetcorn
Broccoli

Oreo Cheesecake

Fresh bread, salad, fresh fruit and yoghurt

Wednesday

Roast Topside of Beef with Yorkshire pudding, roast potatoes and gravy

Halal Available

Roasted Cauliflower Steak (V)

Jacket Potato;-
Beans
Cheese
Tuna Mayonnaise

Roast Potatoes
Roast Parsnips
Green Beans

Eton Mess

Fresh bread, salad, fresh fruit and yoghurt

Thursday

Jerk Chicken with Basmati Rice

Halal Available

Sweet Potato & Bean Curry with Rice (v)

Jacket Potato;-
Beans
Cheese
Tuna Mayonnaise

Basmati Rice
Roasted Cauliflower
Roasted Squash

Jam & Coconut Sponge with Custard

Fresh bread, salad, fresh fruit and yoghurt

Friday

Battered Cod with Oven Chips

Sicilian Grilled Tuna Steak

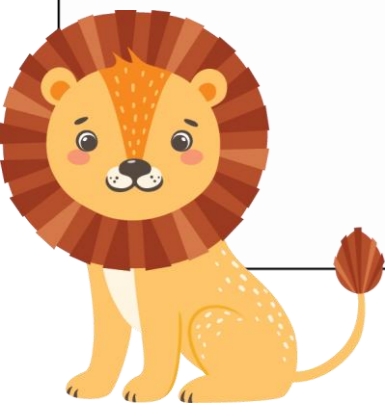
Sundried Tomato & Basil Quiche

Jacket Potato;-
Beans
Cheese
Tuna Mayonnaise

Oven Chips
Carrots
Garden Peas

Jelly & Ice-Cream

Fresh bread, salad, fresh fruit and yoghurt





Summer Menu



Chigwell School
PRE PREP

Lunch – Week Three



Monday

Chicken Korma with Naan Bread & Basmati Rice

Halal Available

Vegetable, Chickpea & Paneer Curry with Naan Bread (V)

Jacket potato:
Baked beans
Tuna mayonnaise
Grated cheese

Basmati Rice
Roasted Butternut Squash
Roasted Cauliflower

Apple & Cinnamon Cake with Custard

Fresh bread, salad, fresh fruit and yoghurt

Tuesday

Chigwell Pork Sausage with Mash & Gravy

Halal Chicken Sausage with Mash & Gravy

Plant Based Sausage with Mash & Gravy (V)

Jacket potato:
Baked beans
Tuna mayonnaise
Grated cheese

Creamy Mash Potato
Garden Peas
Carrots

Pineapple Cake with Custard

Fresh bread, salad, fresh fruit and yoghurt

Wednesday

Roast Chicken with Stuffing, Yorkshire Pudding, Roast Potatoes and Gravy

Halal Available

Sweet Potato, Spinach, Brie & Red Onion Filo Parcel (V)

Jacket potato:
Baked beans
Tuna mayonnaise
Grated cheese

Roast Potatoes
Roasted Carrots
Green Beans

Summer English Trifle with a Berry Topping

Fresh bread, salad, fresh fruit and yoghurt

Thursday

Lamb Kofta with Flatbread, Hummus & Tzatziki

Halal Available

Chargrilled Vegetable & Halloumi Flatbread with Dips

Jacket potato:
Baked beans
Tuna mayonnaise
Grated cheese

Flat Bread
Roasted Courgettes
Roasted Aubergine

Banana Biscoff Cheesecake

Fresh bread, salad, fresh fruit and yoghurt

Friday

Fish Fingers with Oven Chips

Pan Fried Seabass with Lemon, Dill & Caper Butter Sauce

Stuffed Peppers with Couscous (V)

Jacket potato:
Baked beans
Tuna mayonnaise
Grated cheese

Oven Chips
Garden Peas
Sweetcorn

Flapjack

Fresh bread, salad, fresh fruit and yoghurt

