



All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.

St Bernard's Prep School lunch Lent menu 2024

WEEK 1

01/01/2024, 22/01/24, 19/02/24
& 11/03/24

	Monday	Tuesday	Wednesday	Thursday	Friday
Gluten free	Gluten free pasta bake	Gluten free sausages	Lamb burger in gluten free bun	Stir fried chicken with rice and vegetables	Gluten free fish finger
Main course	"Meat free Monday" Vegetarian pasta bar Provencal sauce finished with fresh herbs, three cheese sauce, creamy mushroom sauce served with spaghetti	Herby chicken sausages	"Make it mine" Lamb burger or homemade cauliflower and chick pea burger served in brioche bun with mild cheddar and burger sauce	Chinese style stir fried chicken and pak choi mixed with soya soaked noodles	"Sustainable Friday" Giant fish fingers served with sautéed new potato
Main course 2		Cumberland style vegetarian sausages		Vegetarian sweet and sour sauce with pineapple and sticky rice	Vegan fish fingers & baked beans
On the Side	Garlic bread, parmesan & broccoli	Creamy mashed potato, gravy & garden peas	Cajun spiced homemade potato wedges	Broccoli & honey roasted carrot	Garden peas, lemon wedges & tartar sauce
Dessert	Rocky road	Fresh cut fruit, yoghurt, plain pasta, jacket potato with baked beans	Chocolate brownie	Fresh cut fruit, yoghurt, plain pasta, jacket potato with baked beans	Apple & cinnamon crumble served with custard
Everyday	Fresh cut fruit, yoghurt, plain pasta, jacket potato with baked beans		Fresh cut fruit, yoghurt, plain pasta, jacket potato with baked beans		Fresh cut fruit, yoghurt, plain pasta, jacket potato with baked beans



All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.

St Bernard's Prep School lunch

Lent menu 2024

WEEK 2

08/01/2024, 29/01/24,
26/02/24 & 18/03/24

	Monday	Tuesday	Wednesday	Thursday	Friday
Gluten free	Gluten free vegetarian chilli	Lamb bolognaise with gluten free spaghetti	Gluten free pizza	Gluten free chicken nuggets	Gluten free fish fingers
Main course	"Meat free Monday"	Lamb bolognaise finished with fresh basil and oregano	"Make it mine Wednesday"	Chicken nuggets	"Sustainable Friday"
Main course 2	Vegetarian quorn chilli with Tortilla chips		Pizza wedge then add YOUR toppings!		Giant fish fingers served with homemade jacket wedges
	Lentil dhal with naan bread and coriander rice	Roasted spring vegetable bolognaise	Pepperoni BBQ chicken Roast pepper & olives	Vegan nuggets	Vegan fish finger & baked beans
On the Side	Spring greens	50/50 spaghetti, parmesan cheese & steamed broccoli	Sweetcorn & garlic bread sticks	Baked new potatoes & honey roasted carrot	Baked beans & tartar sauce
Dessert	Chocolate cake with dark chocolate sauce	Fresh cut fruit, yoghurt, plain pasta, jacket potato with baked beans	Lemon drizzle cake served with berry compot	Fresh cut fruit, yoghurt, plain pasta, jacket potato with baked beans	Banoffee tray bake
Everyday	Fresh cut fruit, yoghurt, plain pasta, jacket potato with baked beans		Fresh cut fruit, yoghurt, plain pasta, jacket potato with baked beans		Fresh cut fruit, yoghurt, plain pasta, jacket potato with baked beans



All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.

St Bernard's Prep School lunch

Lent menu 2024

WEEK 3

15/01/2024, 05/02/24,
04/03/24 & 25/03/24

	Monday	Tuesday	Wednesday	Thursday	Friday
Gluten free	Courgette and coconut curry with rice	Sticky BBQ chicken	Gluten free pasta bake	Roast chicken	Gluten free fish fingers
Main course	"Meat free Monday" Roast root vegetables and red lentil lasagne	Sticky BBQ chicken	"Make it mine Wednesday" Meat feast macaroni cheese	Roast chicken	"Sustainable Friday" Fishcake served with homemade jacket wedges
Main course 2	Vegetarian samosas with curry sauce & rice	Singapore style noodles	Three cheese macaroni bake	Button mushroom & spring onion Wellington	Vegan fish fingers & baked beans
On The Side	Garlic bread & green beans	Long grain rice & sweetcorn	Panache vegetables & fresh chopped herbs	Roasted new potatoes, mini Yorkshire pudding, honey roasted carrot & rich gravy	50/50 peas & sweetcorn
Dessert	White chocolate flapjack	Fresh cut fruit, yoghurt, plain pasta, jacket potato with baked beans	Chocolate & coconut roll	Fresh cut fruit, yoghurt, plain pasta, jacket potato with baked beans	Carrot cake served with lime mascarpone
Everyday	Fresh cut fruit, yoghurt, plain pasta, jacket potato with baked beans		Fresh cut fruit, yoghurt, plain pasta, jacket potato with baked beans		Fresh cut fruit, yoghurt, plain pasta, jacket potato with baked beans