



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

Summer menu 2024

WEEK 1

22/04/2024, 13/05/24, 10/06/24
& 01/07/24

	Monday	Tuesday	Wednesday	Thursday	Friday
Gluten free	Sweet and sour sauce served with sticky rice	Gluten free chicken goujons	Turkey bolognaise with gluten free pasta	Swedish meatballs	Gluten free fish finger
Main course	"Meat free Monday" Roast mixed pepper & pineapple sweet & sour sauce	Chicken katsu curry	Taste of Italy Turkey & red lentil bolognaise finished with fresh oregano and basil	Swedish lamb meatballs	"Sustainable Friday" Giant fish fingers, served with sautéed new potato
Main course 2	Roast courgettes and green lentil curry	Vegan Nuggets with katsu sauce	Quorn bolognaise finished with fresh herbs	Swedish style vegetarian balls	Vegan fish fingers with baked beans
On the Side	egg noodles, braised basmati rice & naan sticks	Long grain rice & Spring green vegetables	Broccoli & garlic bread	Creamy mashed potatoes & roasted vegetables	Garden peas & sweetcorn, lemon wedges & tartar sauce
Dessert	Dark chocolate flapjack	Fresh cut fruit, yoghurt, plain pasta, jacket potato & baked beans	Pineapple upside down cake served with vanilla custard	Fresh cut fruit, yoghurt, plain pasta, jacket potato & baked beans	Jam Doughnut
Everyday	Fresh cut fruit, yoghurt, plain pasta, jacket potato & baked beans		Fresh cut fruit, yoghurt, plain pasta, jacket potato & baked beans		Fresh cut fruit, yoghurt, plain pasta, jacket potato & baked beans



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WEEK 2

29/04/2024, 20/05/24, 17/06/24
& 08/07/24

	Monday	Tuesday	Wednesday	Thursday	Friday
Gluten free	Gluten free Provencal pasta bake	Chicken paella served with broccoli	Gluten free pizza	Lamb chilli with Tortilla chips	Pan fried haddock
Main course	"Meat free Monday" Provencal style pasta bake, topped with sweet cherry tomato & fresh herbs	Chicken and roast summer vegetables paella, finished with fresh herbs	"Make it mine Wednesday" Pizza wedge then add YOUR toppings! Pepperoni, BBQ chicken	Mexican style lamb & sweetcorn chilli, served with grated cheddar	"Sustainable Friday" Giant fish fingers, served with homemade jacket wedges
Main course 2	Jackfruit & butternut squash biriyani	Stuffed jacket potato served with baked beans	Roast pepper & olives	Mexican style roasted vegetable chilli	Vegan fish fingers with baked beans
On the Side	Spring green vegetables, naan bread & mango chutney	Panache vegetables	Sweetcorn & garlic bread sticks	Tortilla chips & sauteed green beans	Baked beans & tartar sauce
Dessert	Dark chocolate chip cake, served with vanilla custard	Fresh cut fruit, yoghurt, plain pasta, jacket potato & baked beans	Victoria sponge	Fresh cut fruit, yoghurt, plain pasta, jacket potato & baked beans	Chocolate & orange custard pot
Everyday	Fresh cut fruit, yoghurt, plain pasta, jacket potato & baked beans		Fresh cut fruit, yoghurt, plain pasta, jacket potato & baked beans		Fresh cut fruit, yoghurt, plain pasta, jacket potato & baked beans



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WEEK 3

06/05/2024, 03/06/24, 19/02/24
& 24/06/24

	Monday	Tuesday	Wednesday	Thursday	Friday
Gluten free	Gluten free spaghetti bolognaise	Gluten free Hot Dog	Gluten free pasta bake	Slow roast leg of lamb	Gluten free fish
Main course	"Meat free Monday" Vegetarian Jacket potato bar Italian style tomato sauce Three cheese sauce Creamy mushroom sauce	Chicken Hot Dog, served with Jacket wedges, sweetcorn & crispy fried onions	"Make it mine Wednesday" Meat feast macaroni cheese Three cheese macaroni bake	Lemon and thyme Roast chicken	"Sustainable Friday" Fish fingers, served with Cajun spiced jacket wedges & tartar sauce
Main course 2				Vegetarian sausage roll	Vegan fish fingers with baked beans
On The Side	Green vegetables, Grated mozzarella & fresh herbs	Vegetarian cumberland Hot Dog served with Jacket wedges, sweetcorn & crispy fried onions	Panache vegetables, & freshly chopped herbs	Boiled new potatoes, finished with fresh parsley, Yorkshire pudding & Honey roasted carrot	50/50 peas & sweetcorn
Dessert	Blueberry cake, served with lime cream	Fresh cut fruit, yoghurt, plain pasta, jacket potato & baked beans	Sticky toffee pudding	Fresh cut fruit, yoghurt, plain pasta, jacket potato & baked beans	Vanilla ice cream pot
Everyday	Fresh cut fruit, yoghurt, plain pasta, jacket potato & baked beans		Fresh cut fruit, yoghurt, plain pasta, jacket potato & baked beans		Fresh cut fruit, yoghurt, plain pasta, jacket potato & baked beans