



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 2026

## WEEK I

20/04/26, 11/05/26, 08/06/26  
& 29/06/26

	Monday	Tuesday	Wednesday	Thursday	Friday
Gluten free	Sweet & sour sauce served with sticky rice	Chicken Korma	Turkey bolognaise with gluten free pasta	Swedish meatballs	Gluten free fish fingers
Main course	“Meat free Monday” Roast mixed pepper & pineapple sweet & sour sauce with mini vegetable spring roll	Creamy Chicken Korma finished with fresh coriander	Taste of Italy Turkey & red lentil bolognaise finished with fresh oregano & basil	Swedish lamb meatballs	“Sustainable Friday” Giant fish fingers served with sautéed new potato
Main course 2	Sweet potato & sugar snaps risotto served with cheese bread	Green lentil & summer vegetable curry	Quorn & roast pepper bolognaise finished with fresh herbs	Swedish style red kidney bean balls	Vegan fish fingers with baked beans
On the Side	Egg noodles & braised basmati rice	Long grain rice, spring green vegetables & naan bread	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 with baked beans	Pineapple upside down cake served with vanilla custard	Fresh cut fruit, yoghurt, plain pasta, jacket potato with baked beans	Chocolate Brownies
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



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**WEEK 2**  
27/04/26, 18/05/26, 15/06/26  
& 06/07/26

	Monday	Tuesday	Wednesday	Thursday	Friday
Gluten free	Gluten free Provencal pasta bake	Gluten free sausages	Gluten free pizza	Lamb chilli with tortilla chips	Pan fried haddock
Main course	<p>"Meat free Monday"</p> <p>Provencal style pasta bake topped with sweet cherry tomato &amp; fresh herbs</p>	Cumberland pork sausages served with crushed new potato & gravy	<p>"Make it mine Wednesday"</p> <p>Pizza wedge then add YOUR toppings!</p>	Mexican style lamb & sweetcorn chilli served with grated cheddar	<p>"Sustainable Friday"</p> <p>Giant fish fingers served with homemade jacket wedges</p>
Main course 2	Jackfruit & butternut squash biriyani	Vegetarian Cumberland sausages served with crushed new potato & gravy	Pepperoni, BBQ chicken Roast pepper & olives	Mexican style roast vegetable chilli	Halloumi fries with baked beans
On the Side	Spring green vegetables, naan bread & mango chutney	Fried Onion & broccoli	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 with baked beans	Victoria sponge	Fresh cut fruit, yoghurt, plain pasta, jacket potato with baked beans	Chocolate & orange custard pot
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	Fresh cut fruit, yoghurt, plain pasta, jacket potato with baked beans	Fresh cut fruit, yoghurt, plain pasta, jacket potato with baked beans



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# St Bernard's Prep School lunch Summer menu 2026

**WEEK 3**  
04/05/26, 01/06/26 & 22/06/26

	Monday	Tuesday	Wednesday	Thursday	Friday
Gluten free	Gluten free spaghetti bolognese	Chicken Paella	Gluten free pasta bake	Slow roast chicken	Gluten free fish
Main course	"Meat free Monday" Vegetarian Jacket potato bar, Italian style tomato sauce, Three cheese sauce & Creamy mushroom sauce	Chicken & roasted pepper Paella finished with fresh herbs	"Make it mine Wednesday"  Meat feast macaroni cheese	Lemon and thyme roast chicken  Roast summer vegetable sausage roll	"Sustainable Friday"  Fish fingers served with Cajun spiced jacket wedges & tartar sauce
Main course 2			Three cheese macaroni bake		Vegan fish fingers with baked beans
On The Side	Green vegetables, Grated mozzarella & Fresh herbs	Stuffed Jacket Potato served with baked beans	Panache vegetables & fresh 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 with baked beans	Sticky toffee pudding	Fresh cut fruit, yoghurt, plain pasta, jacket potato with baked beans	Vanilla ice cream pot
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