

PREP MENU

Monday 12 October – Sunday 18 October



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Belgian waffles G,E,S Fresh fruit & Greek yoghurt D	Repton egg, ham & cheese muffin G, D - Repton veggie muffin (ve)	Back bacon, grilled tomatoes, field mushrooms, hash browns. baked beans & scrambled free range egg E,D	Smoked salmon & cream cheese bagel G,E,D,F	Brioche French toast G,D topped with cinnamon mascarpone cream D & fruit G		
	Jane's porridge G,D & fruit compote, selection of cereals G , toast G,S , juices, fruit & preserves						
MORNING SNACK	Cheese & sundried tomato straws G,D	Banana bread G,E - <i>Vegan banana bread</i> (ve)	Buttered toast G,S (ve)	Raspberry & oat slice G (ve)	Granola square (ve)		
SOUP	Chefs homemade soup of the day (v) Artisan bread rolls G & toppers		Chefs homemade soup of the day (v) Artisan bread rolls G & toppers				
LUNCH <i>All including a range of vegan, gluten free & halal options.</i>	Lincolnshire sausage G,Su OR Quorn vegan Sausage (ve) G - Served with Leek & Potato Bake D , Winter vegetables (ve) & gravy (ve)	Meat & vegetable shortcrust pastry pie G OR Feta, spinach & butternut squash pie (ve) - Served with roasted herb new potatoes (ve), maple glazed carrots & peas (ve), braised savoy cabbage (ve) & gravy (ve)	Wednesday Pasta Bar - Carbonara D OR Classic bolognese OR Tomato & basil ragu (ve) - Served with a selection of wholemeal pasta G (ve), parmesan D , homemade wholemeal garlic bread G (ve), fine green beans, (ve) & rocket (ve)	Halloween Lunch Slow cooked potion stew Slow braised lamb & pumpkin stew C OR Eyeballs in worms (ve) Vegan meatballs G & wriggly worm spaghetti G in a rich blood tomato sauce	HALF TERM		
	Jacket Potato Bar A selection of freshly baked potatoes (ve), grated cheese D (v), baked beans (v) & salad (ve)						
	Deli Bar A selection of breads, proteins, salads & condiments						
DESSERT	Lemon drizzle G,E - <i>Vegan lemon cupcake</i> (ve)	Apple & blackberry tart G,D,E - <i>Vegan apple & blackberry tart</i> (ve)	Sticky toffee pudding with toffee sauce G,E,D - <i>Vegan sticky toffee cupcake</i> S (ve)	<i>Selection of spooky Halloween desserts</i> G,D,E <i>Gluten free & vegan options available</i>			
PITSTOP	Fish finger butties G,F - <i>Quorn finger butties</i> G	Mini baked vegetable spring rolls with Teriyaki dip G,S		<i>Potato waffles</i> (ve)			
BOARDERS' TEA <i>With a choice of jacket potato and a selection of salads</i> <i>All including a range of vegan, gluten free & halal options.</i>	Pork stroganoff D,Mu OR Mushroom & courgette stroganoff Mu (ve) - Served with wild rice (ve), green beans (ve) & garlic flatbread G (ve)	Halloween Spooktacular! Roasted chicken in a creepy green pesto sauce D OR Possessed peppers (v) Roasted peppers stuffed with couscous & diced pumpkin in a lightly spiced tomato sauce G,D - Served with ghost mash potatoes, steamed greens & mixed salad	Tempura cod G,F OR Tempura vegetables (ve) G - Sticky coconut rice (ve), Pak Choi (ve), mangetout (ve) & green Thai Dressing (ve)	Mexican shredded chicken burritos G OR Mexican shredded curious burritos G - Served with guacamole (ve), spiced wedges (ve) & sour cream D			
DESSERT	Rocky road bar G,S (ve)	Trick or Treat chocolate mousse D - <i>Vegan option available</i>	Fresh fruit salad (ve) with pouring cream D	Churros G with chocolate sauce D			

Menu Options | Please note, all dishes listed are subject to ingredients availability and may change on the day. The finalised menu will be displayed on counter with relevant allergen information.
Food Allergies and Intolerances | Before for you select your food, please speak to a member of staff if you want to know about our ingredients. A selection of dietary/allergen friendly alternative options will be available upon request.
Allergen Key | **C** Celery, **G** Gluten, **Cr** Crustacean, **E** Egg, **F** Fish, **L** Lupin, **D** Dairy, **M** Mollusc, **Mu** Mustard, **N** Nuts, **PN** Peanuts, **SS** Sesame, **S** Soya, **Su** Sulphur

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MORNING SNACK	Cheese & sundried tomato straws G,D	Banana bread G,E - Vegan banana bread (ve)	Buttered toast G,S (ve)	Raspberry & oat slice G (ve)	Granola square (ve)
LUNCH All including a range of vegan, gluten free & halal options.	Lincolnshire sausage G,Su OR Quorn vegan sausage (ve) G - Served with Leek & Potato Bake D , winter vegetables (ve) & gravy (ve)	Meat & vegetable shortcrust pastry pie G OR Feta, spinach & butternut squash pie (ve) - Served with roasted herb new potatoes (ve), maple glazed carrots & peas (ve) & braised savoy cabbage (ve)	Wednesday Pasta Bar - Carbonara D OR Classic bolognese OR Tomato & basil ragu (ve) - Served with a selection of wholemeal pasta G (ve), parmesan D homemade wholemeal garlic bread G (ve), fine green beans, (ve) & rocket (ve)	Halloween Lunch - Slow cooked potion stew Slow braised lamb & pumpkin stew C OR Eyeballs in worms (ve) Vegan meatballs G & wriggly worm spaghetti G in a rich blood tomato sauce	HALF TERM
	Jacket Potato Bar A selection of freshly baked potatoes (ve), grated cheese D (v), baked beans (v) & salad (ve) Deli Bar A selection of breads, proteins, salads & condiments				
DESSERT	Lemon drizzle G,E - Vegan lemon cupcake (ve)	Yogurt D & fresh fruit (ve)	Sticky toffee pudding with toffee sauce G,E,D - Vegan sticky toffee cupcake S (ve)	Selection Of Spooky Halloween Desserts G,D,E Gluten Free & Vegan Options Available	
SUPPER With a choice of jacket potato and a selection of salads All including a range of vegan, gluten free & halal options.	Pork steak lightly spiced OR Mushroom & courgette stroganoff (ve) - Served with wild rice (ve), green beans (ve) & garlic flatbread G (ve)	Hallowe'en Spooktacular! - Roasted chicken in a creepy green pesto sauce D OR Possessed peppers (v) Roasted peppers stuffed with couscous & diced pumpkin in a lightly spiced tomato sauce G,D - Served with ghost mash potatoes, steamed greens & mixed salad	Tempura cod G,F OR Tempura vegetables (ve) - Sticky coconut rice (ve), Pak Choi (ve), mangetout (ve) & green Thai dressing (ve)	Mexican shredded chicken burritos G OR Mexican shredded curious burritos G - Served with guacamole (ve) spiced wedges (ve) & sour cream D	
DESSERT	Rocky road bar G,S (ve)	Trick or Treat chocolate mousse D - Vegan option available	Fresh fruit salad (ve) with pouring cream D	Yogurt D & fresh fruit (ve)	

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