



FORRES SANDLE MANOR

INDEPENDENT PREPARATORY SCHOOL



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Meal	Beef Lasagne	<i>"Noodles Your Way"</i> Noodles Topped With: Hoisin Pork Belly Stir Fry Or Sweet Chilli Chicken	Chicken Tikka Masala Or Marinated Chargrilled Chicken Thighs	Slow Cooked Shin Of Beef With Homemade Yorkshire Puddings And Horseradish Sauce	Breaded White Fish Fingers With Tartare & Lemon Wedges Or Chicken Goujons With BBQ Dip	Lamb Koftas Served In A Warm Pitta Bread With Mint Yogurt Dressing	Grab & Go Selection
Meat Free	Veggie Lasagne	Stir Fry Vegetables	Cauliflower & Sweet Potato Curry	Vegetable Filled Yorkshire Pudding	Tempura Vegetables	Vegetable Kebabs	
On The Side	Garlic & Herb Potatoes, Garden Peas, Chunky Tomato & Red Onion Salad	Veggie Sticks, Prawn Crackers	Steamed Rice, Mixed Vegetables, Garlic & Coriander Nann Bread	Roast Potatoes, Baton Carrots, Savoy Cabbage, Honey Roasted Parsnips	Chips, Peas, BBQ Beans	Lightly Spiced Cous Cous, Chunky Tomatoes, Cucumber, Shredded Iceberg	
Dessert	Black Forest Dessert Pot	Forres Mess	Peach & Raspberry Oaty Crumble With Custard	Rice Pudding With Jam Sauce	Sticky Toffee Pudding	Kirsty's Amazing Zesty Carrot Cake	