









**NORTHBOURNE  
PARK SCHOOL**

# Morning + Afternoon Break

Pre-Prep Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Break	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter
Afternoon Break	Cheese Pizza Baguette	Classic Shortbread	Pain au Chocolat	Healthy Honey Seeded Flapjack	Classic Pork Sausage Roll or Vegan Sausage Roll

# Morning + Afternoon Break



**NORTHBOURNE  
PARK SCHOOL**

Pre-Prep Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Break	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter
Afternoon Break	Cheddar Cheese and Tomato Puff Pastry Rolls	Cookies	Pain au Chocolate	Savoury Muffins	Classic Pork Sausage Roll or Vegan Sausage Roll

# Morning + Afternoon Break



**NORTHBOURNE  
PARK SCHOOL**

Pre-Prep Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Break	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter
Afternoon Break	Butter Croissant	Cheddar Cheese and Tomato Puff Pastry Rolls	Chocolate Chip Cookies	Healthy Honey Seeded Flapjack	Classic Pork Sausage Roll or Vegan Sausage Roll



# Morning + Afternoon Break

Prep Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Break	Cheese Pizza Baguette	Classic Shortbread	Pain au Chocolat	Healthy Honey Seeded Flapjack	Classic Pork Sausage Roll or Vegan Sausage Roll		
Afternoon Break	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit		
Every Day	Hydration Station						

# Morning + Afternoon Break



**NORTHBOURNE  
PARK SCHOOL**

Prep Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Break	Cheddar Cheese and Tomato Puff Pastry Rolls	Cookies	Pain au Chocolate	Savoury Muffins	Classic Pork Sausage Roll or Vegan Sausage Roll		
Afternoon Break	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit		
Every Day	Hydration Station Whole Fruit						

# Morning + Afternoon Break



**NORTHBOURNE  
PARK SCHOOL**

Prep Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Break	Butter Croissant	Cheddar Cheese and Tomato Puff Pastry Rolls	Chocolate Chip Cookies	Healthy Honey Seeded Flapjack	Classic Pork Sausage Roll or Vegan Sausage Roll		
Afternoon Break	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit		
Every Day	Hydration Station Whole Fruit						

# Lunch



**NORTHBOURNE  
PARK SCHOOL**

Pre-Prep Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Event</b>	Penne with a Basil and Tomato Sauce	Beef Burger	Chorizo and Cheese Pasta Bake	Roast Chicken	Breaded Fish
<b>Plant-Based</b>	Ratatouille	Spicy Vegetable Bean Burger	Gnocchi With a Tomato Sauce	Vegetable Crepes Topped with a Cheese sauce	Fishless Fish Fingers
<b>Side</b>	Crusty Roll Steamed Broccoli Cauliflower	Burger Cheese Chips Green Beans Sweetcorn	Garlic Bread Garden Peas Pan Fried Courgettes	Roast New Potatoes Sage and Onion Stuffing Cauliflower Sweetcorn Gravy	Chips Peas Carrots
<b>Dessert</b>	Rice Krispie Cake	Traditional Bread & Butter Pudding With Cream	Melon Pot	Apple Crumble with Custard	Ice Cream with Sprinkles
<b>Salad Bar</b>	A Selection of Simple and Composite Salads				
<b>Every Day</b>	A Selection of Jacket Potatoes and Various Toppings Yoghurt Pots Whole Fruit				

# Lunch



Pre-Prep Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Event</b>	Macaroni Cheese	Breaded Fish Cake with a Creamy White Sauce	Penne Pasta With Choice of Beef Bolognaise Or Cheesy White Sauce	Roast Chicken Steamed Carrots Green Beans Roast Potatoes Yorkshire Pudding Garvey	Breaded Fish & Tartar Sauce
<b>Plant-Based</b>	Vegetable Meatballs in a Tomato Sauce	Vegetable Nuggets			
<b>Side</b>	Focaccia Bread Peas and Sweetcorn	Sauté Potatoes Green Beans Carrots	Garlic Bread Cauliflower Broccoli	Cheese and Onion Stuffed Jacket Plato Baked Beans	Vegetarian Fishless Fingers & Tartar Sauce Fishless Fingers & Tartar Sauce
<b>Dessert</b>	Apple Crumble and Custard	Strawberry Cheesecake	Fresh Fruit Salad	Mini Sugar Doughnuts	Ice Cream With Sprinkles
<b>Salad Bar</b>	A Selection of Simple and Composite Salads				
<b>Every Day</b>	A Selection of Jacket Potatoes & Various Toppings Yoghurt Pots Whole Fruit				

# Lunch

Pre-Prep Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Event</b>	Spaghetti With a Creamy Pesto Sauce	Beef Chilli Con Carne	Cumberland Sausage and Mash	Beef Lasagne	Breaded Fish Tartar Sauce
<b>Plant-Based</b>	Spaghetti with Roasted Red Peppers and Tomato Sauce	Vegetable Chilli Con Carne	Vegetable Sausage and Mash	Vegetable Lasagne	Chicken Nuggets
<b>Side</b>	Cauliflower Broccoli Roasted New Potatoes	Steamed Rice Sweetcorn Green Beans	Gravy Roasted Carrots Steamed Peas	Garlic Bread Steamed Broccoli Sauté Courgettes	Skinny Fries Baked Beans Garden Peas
<b>Dessert</b>	Natural Yoghurt and Fruit Compote	Vanilla Sponge and Vanilla Cream	Melon Pots	Golden Syrup Sponge and Custard	Vanilla Ice-cream With Sprinkles
<b>Salad Bar</b>	A Selection of Simple and Composite Salads				
<b>Every Day</b>	A Selection of Jacket Potatoes and Various Toppings Yoghurt Pots Whole Fruit				

# Lunch

Prep Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Soup &amp; Bread</b>	Homemade Daily Soup Freshly Baked Bread	Homemade Daily Soup Freshly Baked Bread	Homemade Daily Soup Freshly Baked Bread	Homemade Daily Soup Freshly Baked Bread	Homemade Daily Soup Freshly Baked Bread	Homemade Daily Soup Freshly Baked Bread	Light Lunch
<b>Main Event</b>	Penne with a Basil and Tomato Sauce	Beef Burger	Chorizo and Cheese pasta Bake	Roast Chicken	Breaded Fish	Beef Lasagne	Home Made Soup
<b>Plant Based</b>							With
<b>Sides</b>	Ratatouille	Spicy Vegetable Bean Burger	Tomato Sauce with Gnocchi	Vegetable Crepes Topped with a cheese sauce	Fishless Fish Fingers	Vegetable Lasagne	Home made Bread and Butter
<b>Dessert</b>	Crusty Roll Steamed Broccoli Cauliflower	Burger Cheese Chips Green Beans Steamed Carrots	Garlic Bread Garden Peas Pan Fried Courgates	Roast New Potatoes Sage and Onion Stuffing Cauliflower Sweetcorn Gravy	Chips Peas Carrots	Garlic Bread Garlic Green Beans	Sliced Ham Sliced Cheese Pudding Chef's choice Salad Bar
<b>Every Day</b>	<p>A Selection of Simple and Composite Salads</p> <p>A selection of Jacket Potatoes, Sweet Potato and Various Toppings</p> <p>Whole Fruit</p>						

# Lunch

Prep Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Soup &amp; Bread</b>	Homemade Daily Soup Freshly Baked Bread	Homemade Daily Soup Freshly Baked Bread	Homemade Daily Soup Freshly Baked Bread	Homemade Daily Soup Freshly Baked Bread	Homemade Daily Soup Freshly Baked Bread		
<b>Main Event</b>	Macaroni Cheese	Breaded Fish Cake with a Creamy White Sauce	Penne Pasta With Choice of	Roast Chicken	Breaded Fish & Tartar Sauce	Thai Green Chicken Curry	Light lunch  Home Made Soup
<b>Plant Based</b>	Vegetable Meatballs in a Tomato Sauce	Vegetable Nuggets	Beef Bolognaise Or Cheesy White Sauce	Cheese and Onion  Stuffed  Jacket Potato	Fishless Fish Fingers & Tartar Sauce	Special Vegetable Fried Rice with Egg	With Home made Bread and Butter  Toasted Sandwich
<b>Sides</b>	Focaccia Bread Peas and Sweetcorn	Sauté Potatoes Green Beans  Carrots	Garlic Bread Cauliflower Broccoli	Baked Beans Steamed Carrots Green Beans Roast Potatoes Yorkshire Pudding Garvey	Sauté Potatoes Green Beans Garden Peas	Prawn Crackers Coconut Rice	Salad Bar Pudding Chef's choice
<b>Dessert</b>	Apple Crumble and Custard	Strawberry Cheesecake	Fresh Fruit Salad	Mini Sugar Doughnuts	Ice Cream  With Sprinkles	Dark Chocolate Brownie	
<b>Every Day</b>	<p>A selection of simple and composite salad A selection of Jacket Potatoes and various toppings Whole Fruit</p>						

# Lunch

Prep Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Soup &amp; Bread</b>	Homemade Daily Soup Freshly Baked Bread	Homemade Daily Soup Freshly Baked Bread	Homemade Daily Soup Freshly Baked Bread	Homemade Daily Soup Freshly Baked Bread	Homemade Daily Soup Freshly Baked Bread	Homemade Daily Soup Freshly Baked Bread	Light Lunch Home Made Soup Selection of Sandwiches Lemon Sponge And Custard Salad Bar Pudding Chef's choice	
<b>Main Event</b>	Spaghetti With a Creamy Pesto Sauce	Beef Chilli Con Carne	Cumberland Sausage and Mash	Beef Lasagne	Breaded Fish Tartar Sauce	Jumbo Sausage Hotdog		
<b>Plant Based</b>	Spaghetti with Roasted Red Peppers and Tomato Sauce	Vegetable Chilli Con Carne	Vegetable Sausage and Mash	Vegetable Lasagne	Chicken Nuggets	Jumbo Vegetable Sausage Hotdog		
<b>Sides</b>	Cauliflower Broccoli Roasted New Potatoes	Steamed Rice Sweetcorn Green Beans	Gravy Roasted Carrots Steamed Peas	Garlic Bread Steamed Broccoli Sauté Courgettes	Skinny Fries Baked Beans Garden Peas	Fried Onions Baby Roasted Potato Sweetcorn and Peas Baked Beans		
<b>Dessert</b>	Natural Yoghurt and Fruit Compote	Vanilla Sponge and Vanilla Cream	Melon Pots	Golden Syrup Sponge and Custard	Vanilla Ice-cream With Sprinkles	Rice Krispy Cake		
<b>Every Day</b>	A selection of simple and composite salad A selection of Jacket Potatoes and various toppings Whole Fruit							

# Pre-Prep Tea



**NORTHBOURNE  
PARK SCHOOL**

Pre-Prep Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Tuna and Sweetcorn Wrap	Selection of Sandwiches, Popcorn and Crudité	Stuffed Jacket Baked Potato	Cheese, Ham and Cucumber Wrap	Baked Beans or Spaghetti on Toast
Week 2	Cheese and Tomato Pizza Slice	Nut Free Pesto Pasta with Roasted Vegetables	Selection of Sandwiches, Rice Crackers and Crudité	Tuna and Sweetcorn Pasta Salad	Baked Beans or Spaghetti on Toast
Week 3	Wholemeal Tomato Pasta with Chicken	Selection of Sandwiches, Crisps and Crudité	Pitta Bread With Chicken Stips	Cream Cheese Bagel with Cucumber Sticks	Baked Beans or Spaghetti on Toast
Every Day	A Selection of Salads, Whole Fruits and Sweet Treat				

# Supper

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Main Event</b>	Pork Herb Scented Sausage Roll	Spaghetti Beef Bolognaise	Roasted Chicken Thigh with Spiced Rub	Soy and Ginger Pork Stir-fry	Macaroni Cheese with Chicken and Bacon	Spicy Beef Burrito topped with Cheese Sauce	Marinated Chicken Kebabs
<b>Vegetarian</b>	Vegetable Sausage Roll	Spaghetti Vegetable Bolognaise	Vegetable Moussaka	Quorn and Vegetable Stir-fry	Macaroni Cheese	Vegetable Burrito topped with Cheese Sauce	Vegetable kebabs
<b>Sides</b>	Baked Beans Carrots Onion Rings Seasoned Potato Wedges	Garlic Bread Steamed Carrots	Chips Steamed Broccoli Corn on the Cob	Rice Green Beans Sweetcorn Egg Noddle's Light Soya sauce	Green Beans Carrots Garlic Bread	Roasted New Potatoes Garlic Roasted Courgettes Steamed Broccoli	Herby Rice Green Beans BBQ Sauce
<b>Dessert</b>	Apple Crumble served with Vanilla Cream	Rocky Road	Fresh Fruit Salad	Fruit Cake With Vanilla Custard	Banoffee Pie	Chocolate Sponge and Custard	Ice Cream with Coconut and Mango Sauce
<b>Every Day</b>	SELECTION OF WHOLE FRUIT						

# Supper

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Event	Southern fried Chicken Goujons	Beef Chow Mein	Sweet and Sour Chicken	Pulled Pork	Beef Chilli Con Carne	Shepherds Pie Topped with Mashed Potato	Pepperoni Pizzas
Vegetarian	Southern Fried Quorn Fillet	Vegetable Chow Mein	Sweet and sour Vegetables	Chicken Sausage	Vegetable Chill Con Caren	Vegetable Nuggets	Vegetable Pizza
Sides	Spiced Potato Wedges Peas Baked Beans	Egg Fried Rice Sweetcorn Curry Sauce	Fried Rice Steamed Cauliflower Prawn crackers	Bou Bun Skinny Fries Steamed Broccoli Sweetcorn	Steamed Rice Tortilla Chips Sour Cream Guacamole	Steamed Courgettes Steamed Carrots And Gravy	Corn On the Cob Battered Onion Rings
Dessert	Fruit Pavlova	Melon Pots	Carrot Cake	Lemon Sponge and Custard	Chocolate Swiss roll	Greek Yogurt With Fruit Compote	Marble Cake
Every Day	SELECTION OF WHOLE FRUITS						

# Supper

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Main Event</b>	Sausage With Mashed Potato	Breaded Chicken Burger	Gnocchi Carbonara	Classic Hunters Chicken Escalope with BBQ Sauce	Cottage pie	Lamb Kofta	Roasted Chicken i
<b>Vegetarian</b>	Vegetable Sausage With Mash Potato	Spicy Bean Burger	Gnocchi With a Basil and Tomato Sauve	Vegetable Nuggets	Cheese and Onion Stuffed Jacket Potato	Vegetarian Meet Balls cooked in a tomato Sauce Peas	Roasted Quorn Fillet
<b>Sides</b>	Garden Peas And Gravy	Potato Wedges Onion Rings Baked Beans Peas	Garlic Bread Green Beans Cauliflower	Garlic Roasted Potatoes Broccoli Buttered Carrots	Gravy Green Beans Cauliflower	Roasted Butternut Quash Rice Pitta Bread Soy Sauce	Pitta Bread Roasted Onion and Peppers Sauté Potatoes Guacamole
<b>Dessert</b>	Homemade Cookies	Apple Crumble With Custard	Chocolate Chip Krispie Cake	Eton Mess	Chocolate Cake with Chocolate Custard	Tiramisu	Vanilla Cheesecake
<b>Every Day</b>	SELECTION OF WHOLE FRUITS						