



Caterham School - Spring Term - Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chilled Juices	Orange Juice Apple Juice	Orange Juice Pineapple Juice	Orange Juice Apple Juice	Orange Juice Pineapple Juice	Orange Juice Apple Juice	Orange Juice Pineapple Juice	Orange Juice Pineapple Juice
Cereals	Caterham Handmade Muesli Weetabix Cornflakes Rice Crispies Un-Sweetened Hot Porridge Served with Chilled Semi Skimmed Milk						
Hot Breakfast	Streaky Bacon Pork Sausage Poached Egg Baked Beans	Continental Cheese & Meat Selection Boiled Eggs Pain au chocolate, Croissants	Streaky Bacon Pork Sausage Scrambled Egg Baked Beans	Continental Cheese & Meat Selection Boiled Eggs Pain au chocolate, Croissants Belgian Waffles	Streaky Bacon Pork Sausage Poached Egg Baked Beans	Streaky Bacon Pork Sausage Omelette Mushrooms	Traditional Full English Breakfast Fried Eggs
Yoghurts & Toppings	Greek Yoghurt A Selection of Toppings						
Fresh Cut Fruit	Daily selection of cut fruit	Daily selection of cut fruit	Daily selection of cut fruit	Daily selection of cut fruit	Daily selection of cut fruit	Daily selection of cut fruit	Daily selection of cut fruit
Toast & Preserves	Toast – Sliced White and Granary Bread Selection of Spreads and Preserves						
Beverages	Tea – Coffee – Hot Chocolate						



Caterham School - Spring Term Week 1 – Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup & Bread	Sweetcorn Chowder Soup Spring Onion Bread	Pea & Mint Soup Granary Bread	Butternut squash Soup Chilli Bread	Curried Parsnip Soup Herb Bread	Minestrone Soup Cheese Bread	Soup Of the Day	
Main	Beef Chilli Con Carne	Sticky Chicken Thighs	Trio Of Cumberland Sausages with Onion Gravy	Devilled Singapore Pork Curry	Battered Fish with Tartar Sauce	Chicken Chow-Mein	
Hot Salad Item	Pesto Hoki Fillets	Cajun Beef Wraps	Lamb Pitta with Mint Yoghurt	Salt & Lemon Chicken Drumsticks	Hand made Beef Burger		
Vegetarian	Chunky Vegetable Chilli	Stuffed Peppers	Macaroni Cheese	Cauliflower Dhansak	Roasted Red Onion and Brie Quiche	Vegetable Chow Mein	
Pasta Bar Or Jacket Bar	Baked Jacket Potato Served with Baked Beans	Fusili (Spiral) Pasta with Carbonnara or Spicy Italian Garlic Bread	Baked jacket Potato Curried Mince or Cheese	Farfalla (Bow- tie)Pasta with Pepperoni Or Three Cheese Garlic Bread	Conchigle (Shells)Pasta with Red Pepper Pesto Or Rocket Pesto		
	Fresh Hot Jacket Potato Available At The Pasta Bar						
Seasonal Vegetables & Potato	Long Grain Rice Broccoli and Cherry Tomatoes	Spiced Jacket Wedges Stir Fried Vegetables	Sweet Mashed Potato Braised Savoy Cabbage	Tumeric Rice Roasted Carrots and Courgettes	Chunky Chips Beans	Prawn Crackers	
Seasonal Salads	Seasonal Salad Selection						
Sweet Selection	Tapioca	Chocolate Sponge with Chocolate Sauce	Fruit Crumble with Custard	Greek Honey Cake with Cinnamon Yoghurt	Shortbread	Banana Cake with Toffee sauce	
Fruits & Yoghurts	A selection of Fresh Cut Fruits and Freshly Made Yoghurt with Assorted Toppings are Available						



Caterham School - Spring Term Week 1 – Supper Menu



	Monday	Tuesday.	Wednesday	Thursday	Friday	Saturday	Sunday	
Soup	Soup of the Day	Theme Night	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	
Main	Pepperoni Pizza Slab Bbq Chicken Wings	See Notice Board	Minced Beef Bolognaise	Chicken & Sweetcorn Pie	Lamb Jalfrezi (medium Hot)	Chicken Breast Burger	Roast Pork shoulder With Apple sauce and Gravy	
Vegetarian	Margareta Pizza Slab	See Notice Board	Vegetable Bolognaise	Vegetable Stroganoff With Rice	Sweet Potato and Vegetable Korma	Freshly made Bean Burger	Red Onion & Brie Tart	
Seasonal Vegetables & Potatoes	Potato wedges Sweetcorn	See Notice Board	Spaghetti Pasta Garlic Bread Roasted courgettes	Crushed New Potato Roasted Beetroot	Rice Poppadoms Condiments	Freshly Made Wedges Boston Beans	Roast Potato Broccoli Carrot & Swede Mash	
Pasta Bar	Pasta With Sauces	See Notice Board	Pasta With Sauces	Pasta With Sauces	Pasta With Sauces	Pasta With Sauces		
Seasonal Salads	Seasonal Salad Selection							
Daily Hot Cake/Biscuit	Chocolate Brownie	See Notice Board	Cherry Tray Bake	Toffee Cheesecake	Jam Roly Poly With Custard	Carrot & Orange Cake	Syrup Sponge With Custard	
Fresh Fruits	A selection of Fresh Cut Fruits							



Caterham School - Spring Term Week 2 – Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Soup	Mushroom & Thyme Soup Granary Bread	Sweet Potato Soup Rosemary Bread	Cauliflower Soup White Bread	Carrot & Coriander Soup Onion Bread	Chunky Vegetable & Barley Soup Olive Bread	Soup of the Day	<u>SNACK</u> at 2pm	
Main	Cottage Pie Served with Gravy	Lamb Tagine	Roast Chicken Leg Served with Gravy	Minced Beef Lasagne	Battered Fish with Tartar Sauce	Minced Beef Pasta Bake		
Hot Salad Item	Pork Meatball Sub	Portuguese Hoki Fillet	Pepperoni French bread Pizza	Sausage Platt	Tandoori Chicken Drumsticks			
Vegetarian	Butternut squash Risotto	Vegetable Lasagne	Vegetable En-Crouté	Vegetable Chow-Mein	Potato, Cream Cheese & Spinach Filo parcels	Vegetable & bean Pasta Bake		
Pasta Bar Or Jacket Bar	Baked Jacket Potato Served with Baked Beans	Penne (Tubes) Pasta with Spanish Sausage Or Mushroom Garlic Bread	Baked Jacket Potato Served with Chilli Minced Beef	Farfalla (Bow- tie)Pasta with Mustard Chicken Or Tuscan Bean Garlic Bread	Spaghetti Pasta with Italian Anchovy dressing Or Italian dressing			
	Fresh Hot Jacket Potato Available at the Pasta Bar							
Seasonal Vegetables & Potato	New Potatoes Honey Roasted Carrots & Parsnips	Mediterranean Cous Cous Roasted Courgettes with Rosemary	Roasted New Potato Broccoli and Red Onion	Garlic Bread Cauliflower & Sweet corn	Chunky Chips Garden Peas	Garlic Bread Coleslaw & Salad Selection		
Seasonal Salads	Seasonal Salad Selection							
Sweet Selection	Semolina with Stewed Apple Compote	Marble Sponge With Chocolate Orange Sauce	Fruit Crumble With Custard	Ginger Cake With Vanilla Yoghurt	Fruit Flapjack	Baked Apples With Custard		
Fresh Fruits & Yoghurts	A Selection of Fresh Cut Fruits and Freshly Made Yogurt with Assorted Toppings Are Available							



Caterham School - Spring Term Week 2 – Supper Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Soup of the Day	Theme Night	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main	Jerk Chicken Legs	See Notice Board	Oriental Beef Stir Fry	Pork & Apple Pie	Chicken Dhansak (Mildly spiced with Lentils)	Minted Lamb Burger	Roast Turkey With Cranberry sauce
Vegetarian	Vegetable Pattie	See Notice Board	Sweet & Sour Vegetables	Vegetable Toad in the Hole	Thai Green Vegetable Curry	Freshly made Vegetable Burger	Vegetable Quiche
Seasonal Vegetables & Potatoes	Rice & Pea Roasted Peppers & Courgettes	See Notice Board	Egg Noodles Prawn Crackers	New Potato Roasted Parsnips & carrots	Rice Poppadoms Condiments Broccoli Bhaji	Spiced Potato Wedges Boston Beans	Roast Potato Cauliflower Roasted Parsnips
Pasta Bar	Pasta With Sauces	See Notice Board	Pasta With Sauces	Pasta With Sauces	Pasta With Sauces	Pasta With Sauces	Pasta With Sauces
Seasonal Salads	Seasonal Salad Selection						
Daily Hot Cake/Biscuit	Fruit Crumble with Custard	See Notice Board	Steamed jam Sponge With Custard	Sticky Toffee Pudding with Custard	Fruit Jelly	Apple & Blackberry Pie With Custard	Spotted Dick with Custard
Fresh Fruits	A selection of Fresh Cut Fruits						



Caterham School - Spring Term Week 3 – Lunch Menu



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Soup	Leek & Potato Soup White Bread	Celeriac Soup Granary Bread	Courgette & Rosemary Soup Herb Bread	White Onion Soup Cheese Bread	Tomato Soup Basil Bread	Soup of the Day	Hot Snack	
Main	Sweet & Sour Pork	Beef Stew & Dumplings	Minced Lamb & Potato Pie	Chicken Curry	Battered Fish with Tartar Sauce	Mixed Meat Jambalaya		
Hot Salad Item	Thai Chicken Skewers	Hand Made Fishcakes with Tartar Sauce	Chicken Tacos	Beef Enchiladas'	Hot Dog with Onions			
Vegetarian	Cantonese Vegetables	Frittata	Lentil Moussaka	Vegetable Stroganoff	Quesadilla Torte	Vegetable Jambalaya		
Pasta Bar Or Jacket Bar	Baked Jacket Potato Served with Boston Beans	Spaghetti Pasta With Bolognaise Or Rocket Pesto Garlic Bread	Baked Jacket Potato Served with Cheese & Bacon Or Broccoli Cheese	Penne (tubes) Pasta With Meat-feast Or Florentine(spinach) Garlic Bread	Fusilli (spiral) Pasta With Hot Italian theme Bar			
	Fresh Hot Jacket Potato Available at the Pasta Bar							
Seasonal Vegetables & Potatoes	Egg Noodles Oriental Stir Fried Vegetables	Parsley Potato Carrot & Swede Mash	Minted New Potato Peas & Carrots	Lemon Rice Cauliflower with Yogurt and cumin	Chunky Chips Garden Peas	Sweetcorn Succotash		
Seasonal Salads	Seasonal Salad Selection							
Hot Sweet Selection	Rice Pudding with jam Sauce	Lemon Drizzle Cake With Flavoured Yoghurt	Fruit Crumble With Custard	Eves Pudding with Toffee Sauce	Chocolate Chip Flapjack	Apple Pie With Custard		
Fresh Fruits & Yoghurts	Freshly Made Yogurt with Assorted Toppings A selection of Fresh Cut Fruits							



Caterham School – Spring Term Week 3 – Supper Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Soup of the Day	Theme Night	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main	Shepherd's Pie With Gravy	See Notice Board	Chunky Beef Chilli	Turkey Lasagne	Beef Rendang (Malaysian Mild Spiced curry)	Beef Burger	Roast chicken Leg With Bread sauce & Gravy
Vegetarian	Vegetable Lasagne	See Notice Board	Vegetable fajita	Vegetable Risotto	Vegetable Madras	Freshly made Mushroom Burgers	Stuffed Aubergine
Seasonal Vegetables & Potatoes	Cheesy Half Jacket Sautéed cabbage	See Notice Board	Braised Rice Broccoli	Garlic Bread Grilled Tomatoes	Cardamon Rice Poppadoms Condiments	Potato Wedges Boston Beans	Roast Potato Cabbage Roasted Parsnips
Pasta Bar	Pasta With Sauces	See Notice Board	Pasta With Sauces	Pasta With Sauces	Pasta With Sauces	Pasta With Sauces	Pasta With Sauces
Seasonal Salads	Seasonal Salad Selection						
Daily Hot Cake/ Biscuit	Apple & Cinnamon Crumble With Toffee Sauce	See Notice Board	Adams Pudding With Vanilla Sauce	Baked Cheesecake	Iced Calypos	Chocolate Rice Crispy Cake	Pineapple Upside-down Cake With Custard
Fresh Fruits & Yoghurts	Freshly Made Yogurt with Assorted Toppings A selection of Fresh Cut Fruits						



Caterham Prep School - Spring Term Week 1 – Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil & Tomato Soup Granary Bread Mixed Pepper Crudites with Salsa Dip	Broccoli Soup Poppy Seed Bread Salad Crudites with Mint Yogurt Dip	Vegetable Soup Crusty Bread Mixed Pepper Crudites with Humous	Mushroom Soup Herby Bread Salad Crudites with Salsa Dip	Leek & Potato Soup Cheesy Bread Mixed Pepper with Mint Yogurt Dip
Main	Oriental Chicken	Beef Burger in a Bun	Minced Lamb and Potato Pie	Classic Beef Lasagne	Tempura Battered Hake and Breaded Fish Fingers
Carb Choice	Pasta Penne with Bolognaise Sauce	Jacket Potato with Chicken Sauce	Fusili Pasta with Tomato & Basil Sauce	Jacket Potato with Barbecue Beans	Pasta Penne with Spicy Italian Sauce
Vegetarian	Mushroom & Potato Stroganoff	Cheese & Onion Calzone	Brie & Roasted Vegetable Squares	Vegetable Lasagne	Cherry Tomato & Basil Quiche
Seasonal Vegetables and Potatoes	Braised Rice Carrots & Green Beans	Roasted New Potato Wedges Sweetcorn and Peppers	Baby Boiled Potatoes Broccoli and Cauliflower Florets	Garlic Bread Roasted Mediterranean Vegetables	Chunky Chips Garden Peas
Seasonal Salads	Seasonal Salad Selection				
Sweet Selection	Chocolate Mousse Fresh Cut Fruit Yogurt Bar	Fruit Crumble with Custard Fresh Cut Fruit Yogurt Bar	Chocolate Ripple Sponge with Chocolate Sauce Fresh Cut Fruit Yogurt Bar	Semolina with Jam Fresh Cut Fruit Yogurt Bar	Apple Pie with Custard Fresh Cut Fruit Yogurt Bar



Caterham Prep School - Spring Term Week 2 – Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Broccoli & Potato Soup Granary Bread Mixed Pepper Crudites with Salsa Dip	Spanish Bean Soup Cheesy Bread Salad Crudites with Mint Yogurt Dip	Red Lentil Soup Malted Bread Mixed Pepper Crudites with Humous	Sweet Potato & Pepper Soup Olive Bread Salad Crudites with Salsa Dip	Winter Vegetable Soup Cheesy Bread Mixed Pepper with Mint Yogurt Dip
Main	Chicken & Sweetcorn pie	Sausage Casserole	Roasted Chicken Fillet with Gravy	Shepherds Pie	Tempura Battered Hake & Breaded Fish Fingers
Carb Choice	Pasta Penne with Spicy Italian Sauce	Jacket Potato with Cheesy Leeks	Fusili Pasta with Creamy Chicken Sauce	Jacket Potato with Baked Beans & Cheese	Pasta Penne with Aubergine & Tomato Sauce
Vegetarian	Fritata	Ratatouille Bake	Red Onion and Mozzarella Tart Tatin	Thai Vegetable Curry with Rice	Handmade Mushroom and Bean Burger
Seasonal Vegetables and Potatoes	New Potatoes Peas & Carrots	Fluffy Mashed Potatoes Broccoli and Cauliflower Florets	Roast Potatoes Herb Roasted Vegetables	Green Beans and Cherry Tomatoes	Chunky Chips Sweetcorn and Peas
Seasonal Salads	<i>Seasonal Salad Selection</i>				
Sweet Selection	Rice Pudding with Jam Sauce Fresh Cut Fruit Yogurt Bar	Chocolate Brownie Fresh Cut Fruit Yogurt Bar	Toffee Apple Sponge with Custard Fresh Cut Fruit Yogurt Bar	Chocolate apricot Crunch Fresh Cut Fruit Yogurt Bar	Flap Jacks Fresh Cut Fruit Yogurt Bar



Caterham Prep School - Spring Term Week 3 – Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Mushroom Soup Granary Bread Mixed Pepper Crudités with Salsa Dip	Cream of Tomato Soup Cheesy Bread Salad Crudités with Mint Yogurt Dip	Parsnip Soup Cheese & Celery Bread Mixed Pepper Crudités with Humous	Carrot & Coriander Soup Marmite Bread Salad Crudités with Salsa Dip	Vegetable Soup Cheesy Bread Mixed Pepper with Mint Yogurt Dip
Main	Meatballs in Tomato Sauce	Giant Sausage Roll	Pepperoni Pizza	Mild Chilli con Carne with Tacos	Tempura Battered Hake & Breaded Fish Fingers
Carb Choice	Jacket Potato with Baked Beans	Pasta twists Bolognese Sauce	Jacket with Vegetable Chilli	Fusili Pasta Carbonnara Sauce	Jacket Potato with Tomato and Pepperoni
Vegetarian	Cheesy Baked Stuffed Peppers	Brie and Leek Strudel	Cheese and Tomato Pizza	Vegetable Hot Pot	Macaroni Cheese
Seasonal Vegetables & Potatoes	Penne Pasta Glazed Carrots and Green Beans	New Boiled Potatoes Green Vegetable Medley	Roasted New Potatoes Sweetcorn and Courgettes	Rice Broccoli and Cauliflower	Chunky Chips Garden Peas
Seasonal Salads	<i>Seasonal Salad Selection</i>				
Sweet Selection	Apple Pie with Custard Fresh Cut Fruit Yogurt Bar	Golden Syrup Sponge and Custard Fresh Cut Fruit Yogurt Bar	Chocolate Raisin Crunch With Chocolate Sauce Fresh Cut Fruit Yogurt Bar	Jam and Coconut Shortbread Fresh Cut Fruit Yogurt Bar	Chocolate Drop Bread and Butter Pudding Fresh Cut Fruit Yogurt Bar