



Caterham School - Autumn 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 Muesli Weetabix Cornflakes Rice Krispies Shredded Wheat Served with Chilled Semi Skimmed Milk						
Hot Breakfast	Streaky Bacon Pork Sausage Scrambled Egg Baked Beans	Petit Pain Continental Cheese & Meat Selection Sweet Belgian Waffles Maple Syrup	Streaky Bacon Pork Sausage Scrambled Egg Baked Beans	Petit Pain Continental Cheese & Meat Selection Sweet Belgian Waffles Maple Syrup	Streaky Bacon Pork Sausage Scrambled Egg Baked Beans	Streaky Bacon Pork Sausage Scrambled Egg Baked Beans	Traditional Full English Breakfast
Yoghurts & Toppings	Greek Yoghurt A Selection of Toppings Honey - Fruits of the Forest – Granola - Chopped Dried Fruit						
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 - Autumn Term Week 1 – Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Cream of Root Vegetable Soup Granary Bread	Broccoli & Cauliflower Soup Olive Bread	Carrot & Coriander Soup Marmite Bread	Lentil and Roast Cumin Soup Chilli Bread	Tomato & Lentil Soup Cheese & Onion Bread	French Onion Soup Cheesy Croutons
Main	Cumberland Sausages with Onion Gravy	Lime & Coriander Turkey Escalope with Dhal	Classic Beef Lasagne with Garlic Bread	Pork Meatballs in a Sweet Chilli Sauce Pilau Rice	Tempura Battered Hake served with Tartare Sauce	Thai Green Turkey Curry with Basmati Rice
Hot Salad Item	Teriyaki New Zealand Hoki	Cajun Beef Wrap with Sour Cream & Salsa	Honey, Lemon & Coriander Chicken Thighs	Kashmir Lamb Skewer	Quiche Lorraine	
Vegetarian	Chunky Chick Pea & Vegetable Chilli With Pilau Rice	Baked Lentil & Vegetable Bake with Creamy Mash	Bubble & Squeak with Roasted Red Tomatoes	Peking Style Vegetable Wrap	Sweet Potato & Sage Risotto	Vegetable Lasagne Garlic Bread
Pasta, Noodle & Salad Bar	Pasta Penne Aubergine and Tomato sauce Spicy Chicken Sauce Baked Jacket Potato	Chicken Caesar Salad with Caesar Dressing Baked Jacket Potato	Traditional English Baked Jacket Potato With Baked Beans Or Grated Cheese	Greek Salad with Olive Oil Baked Jacket Potato	Pasta Penne Beef Bolognaise Goats Cheese & Watercress Baked Jacket Potato	Fusilli Marinated Herbs & Tomatoes Baked Jacket Potato
Seasonal Vegetables and Potatoes	Mustard Mash Sliced Courgettes Honey & Lemon Carrots	Braised Rice Fried Greens Roasted Vegetables	Garlic Bread Broccoli Florets Sweet corn and Peppers	Bombay Potatoes Asian Stir Fried Vegetables	Chunky Chips Jacket Potatoes Garden Peas	Stir Fried Vegetables
Seasonal Salads	Seasonal Salad Selection					
Sweet Selection	Oaty Blackberry & Apple Crumble with Custard Sauce	Chocolate and Orange Sponge with Chocolate Sauce	Apple Struesal Cake with Custard Sauce	Lemon Curd Sponge with Lemon Sauce	Sunshine Rice Pudding	Jam & Coconut Shortbread with Vanilla Sauce
Fruits & Yoghurts	Greek Yogurt with Assorted Toppings A Selection of Fresh Cut Fruit					



Caterham School - Autumn 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	BBQ Night	Soup of the Day	Broccoli & Stilton Soup Spicy Coriander Bread
Main	Chunky Chilli Beef with Tortillas & Salsa	See Notice Board	Baguettes with Steak & Onion or Turkey with Cranberry	Traditional Cottage Pie	Hand Made Beef Burgers Cumberland Sausages	Pizza Bar Ham & Pineapple Pizza Pepperoni Pizza	Roast Topside of Beef & Yorkshire Pudding
Vegetarian	Mexican Vegetable Taco shell	See Notice Board	Baguette Filled with Grilled Halloumi and Roasted Peppers	Crunchy Vegetables on Crusty Ciabatta	Spiced Bean Burgers Roasted Vegetable Kebabs	Spicy Chicken Tikka Pizza Spinach & Red Onion Pizza	Winter Vegetable Pie
Seasonal Vegetables and Potatoes	Jacket Wedges Coriander Rice	See Notice Board	Onion Rings Coleslaw	Jacket Potato Herby Roasted Root Vegetables Baked Beans	Tomato & Cucumber Salad Fresh Mixed Salad Coleslaw	Coleslaw Tomato Salad	Roast Potatoes Roasted Carrots Savoy Cabbage
Pasta Bar	Freshly Cooked Pasta with Carbonara Sauce	See Notice Board	Freshly Cooked Pasta with Tomato & Pepperoni	Freshly Cooked Pasta with Bolognese Sauce		Freshly Cooked Pasta with Creamy Mustard Chicken	Freshly Cooked Pasta with a Tomato & Basil Sauce
Seasonal Salads	Seasonal Salad Selection						
Daily Cake/Biscuit	Cherry Tray Bake	See Notice Board	Carrot & Orange Cake	Crunchy Oaty Flapjacks	Ice Cream	Jam Filled Doughnuts	Syrup Sponge with Custard sauce
	Greek Yogurt with Assorted Toppings A Selection of Fresh Cut Fruit						



Caterham School - Autumn Term Week 2 – Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Roasted Pepper & Tomato Soup Crusty Bread	Cream of Broccoli Soup Cheesy Bread	Celery & Parsley Broth Granary Bread	Potato & Sweetcorn Chowder Olive & Rosemary Bread	Vegetable Scotch Broth Crusty Granary Bread	Spiced Parsnip Soup Cheddar & Chive Bread
Main	Lamb & Apricot Casserole	Minced Beef & Onion Pie	Singapore Devilled Pork curry	Honey & Rosemary Glazed Chicken	Tempura Battered Hake with Tartar Sauce	Chicken Chow Mein
Hot Salad Item	Pork Meatballs in Tomato Sauce	Spiced Hoki fillets	Peri Peri Chicken Thigh	Soy Glazed Salmon	Cumberland Sausage Rings with an Onion Gravy	
Vegetarian	Roasted Vegetable Lasagne	Cauliflower & Lentil Dhansak	Butterbean & Vegetable Hotpot	Braised Quorn Sausages in Tomato & Herb Sauce	Stuffed Peppers (Mushroom & Cheese)	Vegetable Korma
Pasta, Noodle Salad Bar	Pasta Penne Creamy Mustard Chicken Or Tomato & Basil Sauce Jacket Potato	Chicken Caesar Salad with Caesar Dressing Jacket Potato	Traditional English Baked Jacket Potato Baked Beans Or Grated Cheese	Greek Salad with Olive Oil Jacket Potato	Pasta Penne Carbonara Sauce Or Spicy Italian Sauce Jacket Potato	Fusilli Chicken & Basil Sauce Neopolitan Sauce Jacket Potato
Seasonal Vegetables and Potatoes	Cous Cous Diced Swede Honey & Lemon Carrots	Minted New Potatoes Braised red Cabbage Savoy Cabbage	Cardamon Rice Herbed Courgettes	Mashed Potato Cauliflower Carrots	Chunky Chips Garden Peas Sweet corn	Pilau Rice Stir Fried Vegetables
Seasonal Salads	Seasonal Salad Selection					
Sweet Selection	Plum Crumble with Custard Sauce	Marbled Sponge with Chocolate Sauce	Apricot & Chocolate Crunch	Chocolate Brownie with Lemon Sauce	Creamy Rice Pudding & Jam Sauce	Baked Sultana Sponge with Vanilla Sauce
	Greek Yogurt with Assorted Toppings A Selection of Fresh Cut Fruit					



Caterham School - Autumn Term Week 2 – Supper Menu

	Monday	Tuesday.	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Roasted Pepper & Tomato Soup Crusty Bread	Theme Night	Celery & Parsley Broth Granary Bread	Potato & Sweetcorn Chowder Olive & Rosemary Bread	BBQ Night	Spiced Parsnip Soup Cheddar & Chive Bread	Roasted Pepper & Tomato Soup Crusty Bread
Main	Coriander and Lemon Chicken Thigh	See Notice Board	Grilled Pork Sausage with a Red Wine Sauce	Hand Made Fish Cakes with Tartar Sauce	Hand Made minted Lamb Burgers Marinated Chicken	Pizza Bar Ham & Pineapple Pizza	Roast Chicken with Sage & Onion Stuffing
Vegetarian	Spicy Falafel with Yoghurt and Pita Bread	See Notice Board	Quorn Sausage Caserole	Stuffed Aubergine served with a Tomato Sauce	Spiced Bean Burgers Halloumi Roasted Vegetable Kebabs	Pepperoni Pizza Spicy Chicken Tikka Pizza	Vegetable Moussaka
Seasonal Vegetables and Potatoes	Cous Cous Roasted Vegetables	See Notice Board	Colcannon Mash Garden Peas	Italian Pasta Salad Tomato & Red Onion Salad	Tomato & Cucumber Salad Fresh Mixed Salad Coleslaw	Spinach & Onion Pizza Spicy Potato Wedges	Roast Potatoes Courgette & Carrot Batons Savoy Cabbage
Seasonal Salads	Seasonal Salad Selection						
Daily Cake/Biscuit	Apple & Cinnamon Cake	See Notice Board	Fruit Rock Cake	Lemon Drizzle Cake	Ice Cream	Chocolate covered Doughnuts	Baked Jam Roly Poly with Custard sauce
	Greek Yogurt with Assorted Toppings A Selection of Fresh Cut Fruit						



Caterham School - Autumn Term Week 3 – Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Corn Chowder Crusty Bread	Cream of Cauliflower Soup Cheesy Bread	Pumpkin & Apple Soup Olive & Rosemary Bread	Cream of Vegetable Soup Stilton Cheese & Celery Bread	Cream of Mushroom Soup Crusty Marmite Bread	Potato & Sweetcorn Chowder Basil Focaccia
Main	Beef Bourguignon	Shepherds Pie	Roast Chicken with Sage & Onion Stuffing	Thai Green Turkey Curry	Tempura Battered Hake with Tartar Sauce	Sweet & Sour Chicken Prawn crackers
Hot Salad Item	Oven Baked Salmon	Pork Meatballs in Tomato Sauce	Ye olde Cornish Pasty	Pork and Branston Pickle Platt	Lamb Kofta served with a mint sauce	
Vegetarian	Potato & Lentil Tikka Masala	Vegetable & Bean Fajita	Quesadilla Torte	Brie Leek & Broccoli Strudel	Chilli Bean Cakes with Pineapple Chutney	Mexican Bean & Vegetable Burritos
Pasta, Salad & Noodle Bar	Pasta Fusili Carbonara Sauce Spicy Italian Sauce Jacket Potato	Chicken Caesar Salad with Caesar Dressing Jacket Potato	Traditional English Baked Jacket Potato Baked Beans Or Grated Cheese	Greek Salad served with Olive Oil Jacket Potato	Pasta Fusili Creamy Mustard Chicken Sauce Aubergine & Tomato Sauce Jacket Potato	Pasta Fusili Neapolitan Sauce Jacket Potato
Seasonal Vegetables and Potatoes	New Minted Potatoes Glazed Carrots Cauliflower Florets	Hungarian Style Potatoes Broccoli florets	Roast Potatoes Glazed Carrots Savoy Cabbage	Basmati Rice Stir Fried Greens	Chunky Chips Minted Peas Sweet corn	Noodles Lemon Courgettes
Seasonal Salads	Seasonal Salad Selection					
Sweet Selection	Marmalade Sponge with Custard Sauce	Chocolate Raisin Crunch Chocolate Sauce	Oaty Blackberry & Apple Crumble with Lemon Sauce	Steamed Jam Sponge with Custard Sauce	Banana Date & Raisin Bake with Toffee Sauce	Chocolate & Orange Sponge with Chocolate Sauce
	Greek Yogurt with Assorted Toppings A Selection of Fresh Cut Fruit					



Caterham School - Autumn Term Week 3 – Supper Menu



	Monday	Tuesday.	Wednesday	Thursday	Friday	Saturday	
Soup	Corn Chowder Crusty Bread	Theme Night	Pumpkin & Apple Soup Olive & Rosemary Bread	Cream of Vegetable Soup Stilton Cheese & Celery Bread	BBQ Night	Potato & Sweetcorn Chowder Basil Focaccia	Corn Chowder Crusty Bread
Main	Beef Bolognaise	See Notice Board	Classic Beef Bolognaise	Grilled Gammon Steak with Pineapple	Hand Made Chilli Beef Burgers Cumberland Sausages	Pizza Bar Ham & Pineapple Pizza	Roast Turkey & Cranberry Sauce
Vegetarian	Vegetable Bolognaise	See Notice Board	Ratatouille Pasta Bake	Roast Vegetable Chimichanga	Spiced Bean Burgers Halloumi Roasted Vegetable Kebabs	Pepperoni Pizza Spicy Chicken Tikka Pizza	Goats Cheese & Red Onion Tart
Seasonal Vegetables and Potatoes	Spaghetti Succotash	See Notice Board	Spaghetti Garlic Bread	Stir Fried Vegetables	Tomato & Cucumber Salad Fresh Mixed Salad Coleslaw	Spinach & Onion Pizza Spicy Potato Wedges Sweet corn	Roast Potatoes Mange Tout & Carrots Broccoli Florets
Seasonal Salads	Seasonal Salad Selection						
Daily Cake/Biscuit	Crunchy Oaty Flapjacks	Caramel Shortbread	Lemon & Sultana Cookies	Shortbread	Ice Cream	Jam Filled Doughnuts	Sultana Sponge with Custard sauce
	Greek Yogurt with Assorted Toppings A Selection of Fresh Cut Fruit						



Caterham Prep School - Autumn Term Week 1 – Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup/Crudites	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	Chicken & Leek Fricasse	Minted Lamb & Potato Pie	Chicken Fillet Burger	Classic Beef Lasagne	Tempura Battered Hake and Breaded Fish Fingers
Carb Choice	Pasta Penne with Bolognese Sauce	Jacket Potato with Barbecue Beans	Fusili Pasta with Tomato & Basil Sauce	Jacket Potato with Cheese & Sweet corn	Pasta Penne with Spicy Italian Sauce
Vegetarian	Cheese & Onion Calzones	Mushroom & Potato Stroganoff	Mozzarella & Roasted Vegetable Squares	Vegetable Chow Mein	Cherry Tomato & Basil Quiche
Seasonal Vegetables and Potatoes	Braised Rice Herb Roasted Vegetables	Baby Boiled Potatoes with Parsley Honey Roasted Carrots	Oven Baked Wedges Sweet corn & Peppers	Garlic Bread Roasted Mediterranean Vegetables	Chunky Chips Minted Peas
Seasonal Salads	Seasonal Salad Selection				
Sweet Selection	Oaty Apple Crumble with Custard Fresh Cut Fruit Yogurt Bar	Blackcurrent Jelly Fresh Cut Fruit Yogurt Bar	Chocolate Ripple Sponge with Chocolate Sauce Fresh Cut Fruit Yogurt Bar	Strawberry Mousse Fresh Cut Fruit Yogurt Bar	Water Ice Fresh Cut Fruit Yogurt Bar



Caterham Prep School - Autumn Term Week 2 – Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup/Crudites	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	Butternut Squash & Pepper Soup Olive Bread Salad Crudites with Salsa Dip	Minestrone Soup Cheesy Bread Mixed Pepper with Mint Yogurt Dip
Main	Cottage Pie	Chicken Fillet with Lemon & Thyme	Sausage Casserole	Turkey a la King	Tempura Battered Hake & Breaded Fish Fingers
Carb Choice	Pasta Penne with Spicy Italian Sauce	Jacket Potato with Cheesy Broccoli & Leeks	Fusili Pasta with Creamy Chicken Sauce	Jacket Potato with Baked Beans	Pasta Penne with Aubergine & Tomato Sauce
Vegetarian	Vegetable Korma	Aubergine Courgette & Cottage Cheese Bake	Courgette, Pepper & Spinach Cheesy Crust	Vegetable Casserole	Vegetable & Bean Fajita
Seasonal Vegetables and Potatoes	Braised Rice Peas & Carrots	Spicy Oven Baked Potatoes Broccoli Florets	Mashed Potatoes Herb Roasted Vegetables	Pilau Rice Honey Glazed Carrots	Chunky Chips Garden Peas
Seasonal Salads	Seasonal Salad Selection				
Sweet Selection	Apple & Cinnamon Crumble with Custard Fresh Cut Fruit Yogurt Bar	Harlequin Jelly Fresh Cut Fruit Yogurt Bar	Baked Syrup Sponge with Custard Sauce Fresh Cut Fruit Yogurt Bar	Chocolate Mousse Fresh Cut Fruit Yogurt Bar	Water Ice Fresh Cut Fruit Yogurt Bar



Caterham Prep School - Autumn Term Week 3 – Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup/Crudites	Cream of Leek Soup Granary Bread Mixed Pepper Crudites with Salsa Dip	Cream of Vegetable Soup Cheesy Bread Salad Crudites with Mint Yogurt Dip	Red Lentil Soup Cheese & Celery Bread Mixed Pepper Crudites with Humous	Carrot & Coriander Soup Marmite Bread Salad Crudites with Salsa Dip	Minestrone Soup Cheesy Bread Mixed Pepper with Mint Yogurt Dip
Main	Beef Casserole	Minced Lamb & Onion Pie	Ham & Pineapple Pizza	Roast Chicken & Sage & Onion Stuffing	Tempura Battered Hake & Breaded Fish Fingers
Carb Choice	Jacket Potato with Baked Beans	Fusili Pasta with Tomato & Basil Sauce	Oven Baked Wedges	Fusili Pasta Carbonara Sauce	Jacket Potato with Coleslaw
Vegetarian	Mushroom & Potato Stroganoff	Flagelot & Borlotti Bean Cottage Pie	Spinach & Red Onion Pizza	Vegetable & Bean Fajita	Mushroom & Bean Burger with Relish
Seasonal Vegetables and Potatoes	Minted New Potatoes Glazed Carrots	Creamy Mashed Potato Savoy Cabbage	Creamy Coleslaw Mixed Green Salad	Roast Potatoes Broccoli Florets Oven	Chunky Chips Sweetcorn
Seasonal Salads	Seasonal Salad Selection				
Sweet Selection	Sunshine Rice Pudding Fresh Cut Fruit Yogurt Bar	Mandarin Trifle Fresh Cut Fruit Yogurt Bar	Chocolate Raisin Crunch With Chocolate Sauce Fresh Cut Fruit Yogurt Bar	Banana Custard Fresh Cut Fruit Yogurt Bar	Water Ice Fresh Cut Fruit Yogurt Bar