

WEEK 1



LUNCH MENU

BUCKINGHAM PREPARATORY SCHOOL
AN INDEPENDENT SCHOOL FOR BOYS

MONDAY

Meat/Fish Option	Lamb Chilli with Rice
Vegetarian Option	5 Bean Chilli with Rice
Alternative Option	Jacket Potato with Filling
Vegetables and Sides	Peas Sweetcorn Tortilla Chips
Dessert	Yogurt or Fresh Fruit

TUESDAY

Chicken Chow Mein with Noodles
Quorn Stir Fry with Noodles
Jacket Potato with Filling
Broccoli Carrots
Lemon & Ginger Biscuit Fresh Fruit or Yogurt

WEDNESDAY

Turkey Escalope with Gravy
Cheese Pasty
Give it a go!
Cauliflower Green Beans Roast Potatoes
Apple & Pear Crumble & Custard Fresh Fruit or Yogurt

THURSDAY

Lamb Pasta Bake
Macaroni Cheese
Jacket Potato with Filling
Sweetcorn Broccoli Garlic Bread
Lemon Drizzle Cake Fresh Fruit or Yogurt

FRIDAY

Margarita Pizza
Margarita Pizza
Give it a go!
Baked Beans Peas Chips
Rice Krispie Cake Fresh Fruit or Yogurt

All meals are prepared and cooked fresh daily on the premises — menus are subject to change.

Week Beginning 11th September 2023

WEEK 2



LUNCH MENU

BUCKINGHAM PREPARATORY SCHOOL
AN INDEPENDENT SCHOOL FOR BOYS

MONDAY

Meat/Fish Option	Chicken Lasagne
Vegetarian Option	Vegetable Lasagne
Alternative Option	Jacket Potato with Filling
Vegetables and Sides	Peas Carrots Garlic Bread
Dessert	Yogurt or Fresh Fruit

TUESDAY

Tandoori Chicken with Rice
Mixed Bean Curry with Rice
Jacket Potato with Filling
Broccoli Carrots Naan Bread
Syrup Sponge & Custard Fresh Fruit or Yogurt

WEDNESDAY

Roast Chicken Thighs with Gravy
Veggie Sausage Roll
Give it a go!
Cauliflower Green Beans Roast Potatoes
Cheese & Crackers Fresh Fruit or Yogurt

THURSDAY

Lamb Burgers in a Soft Bap with Salad
Southern Fried Quorn Burger & Salad
Jacket Potato with Filling
Sweetcorn Broccoli Potato Wedges
Iced Sprinkle Cake Fresh Fruit or Yogurt

FRIDAY

Fish Friday Fish of the Day
Quorn Fried Bites
Give it a go!
Baked Beans Peas Chips
Cookies Fresh Fruit or Yogurt

All meals are prepared and cooked fresh daily on the premises — menus are subject to change.

Week Beginning 18th September 2023

WEEK 3



LUNCH MENU

BUCKINGHAM PREPARATORY SCHOOL
AN INDEPENDENT SCHOOL FOR BOYS

MONDAY

Meat/Fish Option

Lamb Meatballs in
Tomato Sauce

Vegetarian Option

Veggie Meatballs in
Tomato Sauce

Alternative Option

Jacket Potato
with Filling

Vegetables and Sides

Peas
Cauliflower
Spaghetti

Dessert

Yogurt or
Fresh Fruit

TUESDAY

Creamy Chicken &
Vegetable Pasta
Bake

Vegetarian
Pasta Bake

Jacket Potato
with Filling

Broccoli
Carrots
Garlic Bread

Chocolate Fudge
Brownie
Fresh Fruit or Yogurt

WEDNESDAY

Roast Turkey Breast
with Gravy

Spicy Bean Burger

Give it a go!

Savoy Cabbage
Green Beans
Roast Potatoes

Cheese & Crackers
Fresh Fruit or Yogurt

THURSDAY

Chicken Enchiladas

Veggie Enchiladas

Jacket Potato
with Filling

Sweetcorn
Carrots
Potato Wedges

Jam & Coconut
Sponge
Fresh Fruit or Yogurt

FRIDAY

Chicken Hot Dog

Quorn Hot Dog

Give it a go!

Baked Beans
Peas
Chips

Rocky Road
Fresh Fruit or Yogurt

All meals are prepared and cooked fresh daily on the premises — menus are subject to change.

Week Beginning 25th September 2023

WEEK 4



LUNCH MENU

BUCKINGHAM PREPARATORY SCHOOL
AN INDEPENDENT SCHOOL FOR BOYS

MONDAY

Meat/Fish Option	Brunch Special Chicken Sausage
Vegetarian Option	Vegetable Sausage
Alternative Option	Give it a go!
Vegetables and Sides	Baked Beans Scrambled Egg Hash Browns
Dessert	Yogurt or Fresh Fruit

TUESDAY

Tuna Pasta Bake
Macaroni Cheese
Jacket Potato with Filling
Broccoli Carrots Garlic Bread
Jam Coconut Slice Fresh Fruit or Yogurt

WEDNESDAY

Roast Chicken Breast
Vegetable Samosa
Give it a go!
Peas Savoy Cabbage Roast Potatoes
Cheese & Crackers Fresh Fruit or Yogurt

THURSDAY

Lamb Burger with Soft Bap and Salad
Cheese Turnovers
Jacket Potato with Filling
Sweetcorn Carrots Potato Wedges
Apple Pie & Custard Fresh Fruit or Yogurt

FRIDAY

Margarita Pizza
Margarita Pizza
Give it a go!
Baked Beans Peas Chips
Choc-Chip Cookies Fresh Fruit or Yogurt

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Week Beginning 2nd October 2023

WEEK 5



LUNCH MENU

BUCKINGHAM PREPARATORY SCHOOL
AN INDEPENDENT SCHOOL FOR BOYS

MONDAY

Meat/Fish Option

Chicken and Noodles with Sweet Chilli & Ginger

Vegetarian Option

Vegetable Noodles

Alternative Option

Jacket Potato with Filling

Vegetables and Sides

Cauliflower
Green Beans
Rice

Dessert

Yogurt or Fresh Fruit

TUESDAY

Chicken Fajita with Soured Cream & Salsa

Vegetable Fajita with Soured Cream & Salsa

Jacket Potato with Filling

Broccoli
Carrots
Rainbow Rice

Apple Sponge & Custard
Fresh Fruit or Yogurt

WEDNESDAY

Turkey Escalope with Gravy

Quorn Escalope

Give it a go!

Carrots
Savoy Cabbage
Roast Potatoes

Cheese & Crackers
Fresh Fruit or Yogurt

THURSDAY

Lamb Koftas with Salad & Houmous

Falafel with Houmous & Salad

Jacket Potato with Filling

Sweetcorn
Green Beans
Pitta Bread

Lemon Drizzle Cake
Fresh Fruit or Yogurt

FRIDAY

Fish Friday
Fish of the Day

Quorn Nuggets

Give it a go!

Baked Beans
Peas
Chips

Chocolate Cheese Cake
Fresh Fruit or Yogurt

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Week Beginning 9th October 2023

WEEK 6



LUNCH MENU

BUCKINGHAM PREPARATORY SCHOOL
AN INDEPENDENT SCHOOL FOR BOYS

MONDAY

Meat/Fish Option

Creamy Chicken Pasta

Vegetarian Option

Vegetable Pasta

Alternative Option

Jacket Potato with Filling

Vegetables and Sides

Cauliflower
Green Beans
Garlic Bread

Dessert

Yogurt or
Fresh Fruit

TUESDAY

Southern Fried
Chicken Burger

Quorn Sausages with
Gravy

Jacket Potato
with Filling

Broccoli
Carrots
New Potatoes

Treacle Sponge
Fresh Fruit or Yogurt

WEDNESDAY

Roasted Chicken
Thighs with Gravy

Cheese Pasty

Give it a go!

Carrots
Savoy Cabbage
Roast Potatoes

Cheese & Crackers
Fresh Fruit or Yogurt

THURSDAY

Lamb Meatballs with
Tomato & Herb
Sauce

Veggie Meatballs
with Tomato & Herb
Sauce

Jacket Potato
with Filling

Sweetcorn
Green Beans
Potato Wedges

Cherry Sponge with
Custard
Fresh Fruit or Yogurt

FRIDAY

Chicken Hot Dogs

Vegetarian Hot
Dogs

Give it a go!

Baked Beans
Peas
Chips

Fruity Flapjack
Fresh Fruit or Yogurt

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Week Beginning 31st October 2023