

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

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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| Margherita Pizza |
| Margherita 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.

Autumn 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

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|--|
| 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

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

THURSDAY

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| 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 |

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WEEK 3



BUCKINGHAM PREPARATORY SCHOOL
AN INDEPENDENT SCHOOL FOR BOYS

LUNCH MENU

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

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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

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

WEDNESDAY

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|--|
| 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

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

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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 Salad & Houmous

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 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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