



Warwick Preparatory School  
Menu w/c 26.09.22

| Course                | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|-----------------------|---|---|--|---|---|
| <b>Option 1</b>       |  Chicken, Leek & Sweetcorn Pie | Mexican Spiced Beef & Bean Ragout served in a Taco Boat<br>Sour Cream & Chive Dressing              | Shepherd's Pie with a Crispy Potato Topping                        | Slow Roasted Belly Pork<br>Apple Sauce<br>Gravy | Warwickshire Pork Sausages, Grilled Streaky Bacon (V) |
| <b>Allergens</b>      | G, M, E, GFA  | G, GFA, M, DFA  | Free   | Free  | G, SD, S, FGA   |
| <b>Option 2</b>       | Autumn Vegetable & Vegan Mince Wellington   | Mexican Spiced Vegan Bean Ragout served in a Taco Boat<br>Sour Cream & Chive Dressing               | Stuffed Jacket Potato with Broccoli, Asparagus & Spring Onion      | Indian Styled Vegetable & Lentil Pilau          | Roasted Plum Tomatoes and Sautéed Mushrooms           |
| <b>Allergens</b>      | S, G  |  G, M, S, DFA, GFA | G  | Free  | Free  |
| <b>Option 3</b>       | 4 Cheese Tortellini, Roasted Tomato & Basil Sauce   | Jacket Potato with Baked Beans, Cheese or Tuna  | Roasted Mediterranean Vegetables & Olive Pasta<br>Red Pepper Pesto | Jacket Potato with Baked Beans, Cheese or Tuna  | Pasta Spirals in a Tomato & Herb Sauce                |
| <b>Allergens</b>      |  M, G, MT                     | G, M, GFA, DFA  | G, GFA   | G, M, GFA, DFA                                  | G, GFA  |
| <b>Accompaniments</b> | Mashed Potatoes<br>Broccoli & Courgette   | Brown Rice<br>Green Beans<br>Guacamole  | Sliced Carrots<br>Peas   | Roast Potatoes<br>Roasted Root Vegetables       | Baked Beans<br>Mini Hash Browns<br>Scrambled Eggs     |
| <b>Allergens</b>      | M   | M   | Free   | Free  | E, M  |
| <b>Dessert</b>        | Triple Chocolate Chip Cookies   | Toffee Apple Upside-Down Cake   | Mixed Soft Berry Pavlova   | Chocolate & Dried Fruit Cracknel                | Ringed Doughnuts                                      |
| <b>Allergens</b>      |  G, M, E, S                  | E, G  | M, E   | M, S  | G, S  |

Allergens: C= Celery, G= Cereals, CR= Crustaceans, E= Eggs, F= Fish, L= Lupin, M= Milk, Mo= Molluscs, MT= Mustard, N= All Nuts, CO= Coconut, S= Soya, SD= Sulphur dioxide (e.g. preservatives), GF= Gluten Free, GFA= Gluten Free Available, DFA= Dairy Free Available

Despite all reasonable care, we cannot guarantee that ingredients and pre-prepared foods have been produced in a completely nut / allergen free environment