

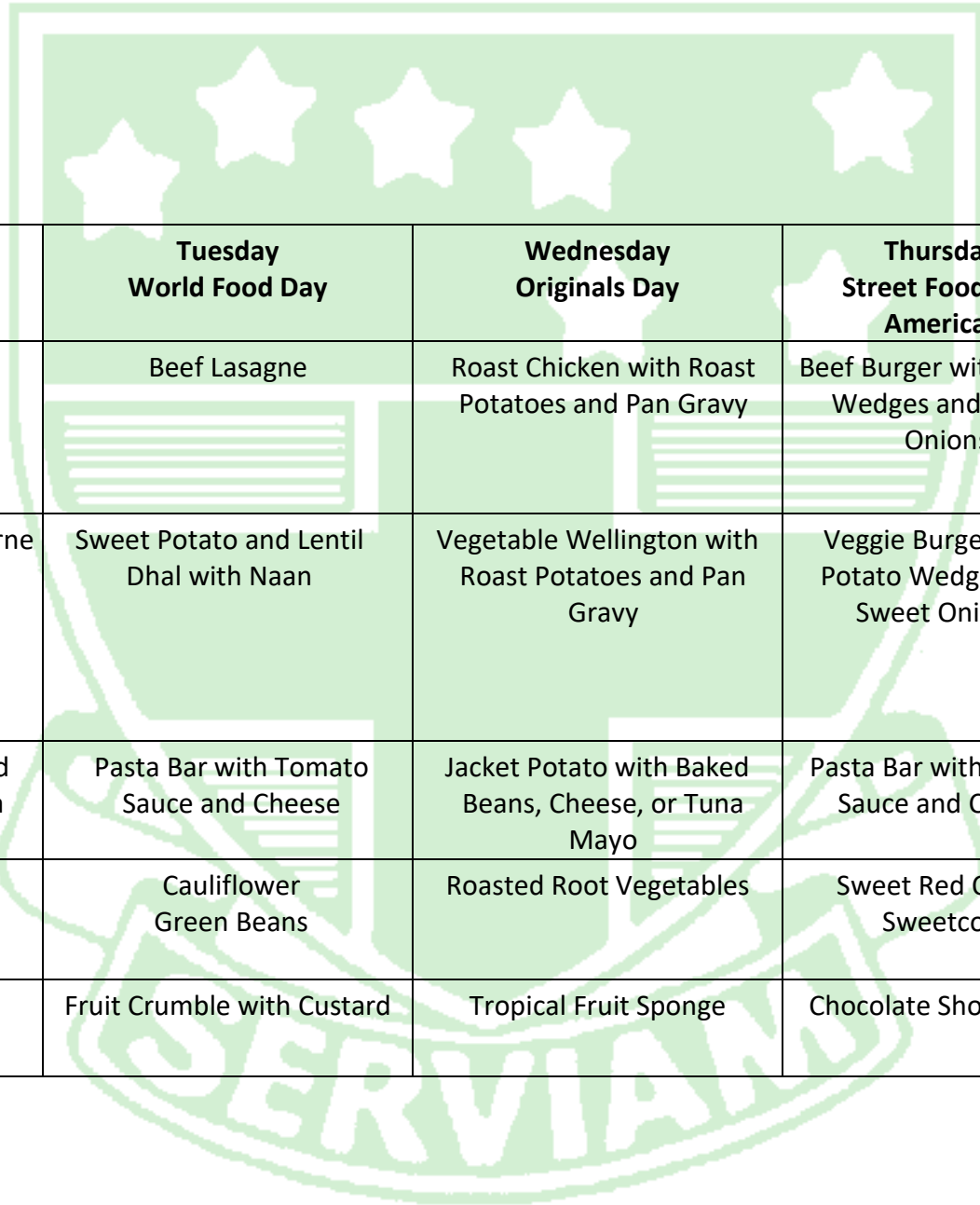
Meals at the Ursuline Preparatory School Ilford



All meals are freshly prepared daily in the Academy dining hall by the above.
The meals are rotated on a three weekly basis as below.

<u>Week 1</u>	Monday Planet Earth Day	Tuesday World Food Day Italian	Wednesday Originals	Thursday Street Food Day	Friday Friday Favourites
Main	Pizza Bar-A Selection of Homemade Veggie Pizza on a Wholemeal Base	Italian Beef Meatballs in Homemade Tomato Sauce served with Pasta	Roast Chicken Roast Potatoes and Pan Gravy	Chicken Pitta with Steamed Rice	Oven Baked MSC Fish and Chips
Veggie	Vegetable Curry with Rice	Roast Vegetable Pasta Bake	Vegan Sausage with Mashed Potato and Pan Gravy	Vegetable and Bean Moroccan Tagine with Steamed Rice	Veggie Fajitas with Chips
3 rd Opt	Pasta Bar with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo	Pasta Bar with Beef Bolognaise	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo	Pasta Bar with Tomato Sauce and Cheese
Veg	Sweetcorn Green Beans	Roasted Seasonal Vegetables	Carrots Parsnips	Broccoli Roasted Peppers	Peas Baked Beans
Dessert	Fruit Layer Slice	St. Clements Sponge	Raspberry and Coconut Flapjack	Chocolate and Pear Cake with Custard	Fruit Crumble with Custard

<u>Week 2</u>	Monday Planet Earth Day	Tuesday World Food Day Great British	Wednesday Originals Day	Thursday Street Food Day Asian	Friday Favourites
Main	Veggie Bolognese with Pasta	Beef Sausage with Mashed Potato	Roast Chicken with Roast Potatoes and Pan Gravy	Chicken Tikka Curry with Rice	Oven Baked Fish and Chips
Veggie	French Bread Cheese and Tomato Pizza	Veggie Sausage with Mashed Potato	Lentil and Vegetable Shepherdess Pie	Vegetable Chow Mein	Cheese and Onion Pasty with Oven Baked Chips
3 rd Opt	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo	Pasta Bar with Beef Bolognese	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo	Pasta Bar with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo
Veg	Roasted Peppers Peas	Sweetcorn Seasonal Vegetables	Cabbage Carrots	Parsnips Broccoli	Peas Baked Beans
Dessert	Oaty Carrot Cake	Cinnamon Apple Crumble with Custard	Chocolate Crispy Cake	Peach Melba Crumble Slice	Berry Swirl Cake



<u>Week 3</u>	Monday Planet Earth Day	Tuesday World Food Day	Wednesday Originals Day	Thursday Street Food Day American	Friday Friday Favourites
Main	Macaroni Cheese	Beef Lasagne	Roast Chicken with Roast Potatoes and Pan Gravy	Beef Burger with Potato Wedges and Sweet Onions	Oven Baked Fish and Chips
Veggie	5 Bean Mild Chilli non Carne with Rice	Sweet Potato and Lentil Dhal with Naan	Vegetable Wellington with Roast Potatoes and Pan Gravy	Veggie Burger with Potato Wedges and Sweet Onions	Cheese and Tomato Pinwheel with Oven Baked Chips
3 rd Opt	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo	Pasta Bar with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese, or Tuna Mayo	Pasta Bar with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese, or Salmon Mayo
Veg	Broccoli Carrots	Cauliflower Green Beans	Roasted Root Vegetables	Sweet Red Onions Sweetcorn	Peas Baked Beans
Dessert	Fruit Flapjack	Fruit Crumble with Custard	Tropical Fruit Sponge	Chocolate Shortbread	Ice Cream and Fresh Fruit Platter