

Prep Menu

Monday 6th May – Sunday 12th May



REPTON
PREP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast		Yoghurt D served with a homemade granola topping G , summer fruit compote & dried mixed fruit	Butcher's sausage, grilled tomatoes, field mushrooms, hash browns, baked beans & scrambled free range egg E,D	Toasted English breakfast muffin G , crushed avocado, poached free range eggs E , crispy bacon	French toast G,E,D Cinnamon sugar, fruit compote, crispy bacon	Continental breakfast Selection of meats, cheeses D & freshly baked pastries G,E,D	Traditional full English breakfast G,E,Su
		Jane's porridge G,D & fruit compote, selection of cereals G , toast G,S , juices, fruit & preserves	Jane's porridge G,D & fruit compote, selection of cereals G , toast G,S , juices, fruit & preserves	Jane's porridge G,D & fruit compote, selection of cereals G , toast G,S , juices, fruit & preserves	Jane's porridge G,D & fruit compote, selection of cereals G , toast G,S , juices, fruit & preserves	Selection of cereals G , toast G,S , juices, fruit & preserves	Selection of cereals G , toast G,S , juices, fruit & preserves
Morning Snack		Vanilla shortcake G (ve)	Potato waffles (ve)	Toasted tea cake G (ve)	Homemade cookies G (ve)	Oat Squares G (ve)	
Soup		Chefs Homemade Soup of the Day (v), crusty bread G		Chefs Homemade Soup of the Day (v), crusty bread G			
Lunch <i>Served alongside a full Jacket Potato Bar, Salad Bar & Deli Bar, all including a range of Vegan, Gluten Free & Halal Options.</i>		Oven Roasted Butchers Sausage G,Su OR Quorn Vegan Sausage (ve) G Served with mashed potato (ve), sautéed spring cabbage (ve), peas and sweetcorn (ve), caramelised red onion gravy	WEDNESDAY PASTA BAR Beef Bolognese OR Basil Pesto Cream Sauce D OR Tomato & basil sauce (ve) Served with a selection of pasta G (ve), parmesan D , homemade garlic bread G (ve), roasted vegetables (ve), 'crispy' rocket (ve)	Spanish Style Chicken & Chorizo OR Tortilla di Patatas E (v) OR Vegetable Paella (ve) Served with patatas bravas (ve), pickled tomato chutney (ve) & roasted Mediterranean vegetables (ve)	CHIP SHOP FRIDAY Battered Haddock Fillet G,F OR Quorn Vegan Fingers G (ve) Served with homemade tartar sauce E,Mu,Su (v), lemon wedge (ve), chunky chips (ve), chip shop curry sauce G,S (ve), baked beans (ve) or garden peas (ve)	Chicken, Vegetable & Pesto Pasta Bake G OR Spinach and Mascarpone Cannelloni G,D (v) Served with Garlic dough balls G (ve), grated parmesan D , mixed salad (ve)	SUNDAY ROAST Roast Topside of Beef OR Seasonal Vegetable Wellington G (ve) Served with herb roast potatoes (ve), homemade Yorkshire pudding G,E,D (v), cauliflower cheese G,D (v), steamed broccoli (ve), roast carrots (ve) and gravy
Dessert		Orchard Apple and Raspberry Crumble G (ve) Custard D , pouring cream D	Treacle Tart: G (ve), Pouring cream D	Victoria Jam Sponge G,E <i>Vegan Victoria Jam Cupcake (ve)</i>	Millionaire's shortbread G,D <i>Vegan Millionaire's Shortbread (ve)</i>	Dessert of the day	Dessert of the day
Pitstop		Homemade sausage roll G <i>Vegan pasty G (ve)</i>		Cheese, Crackers, Grapes D,G <i>Vegan Cheese, Crackers, Grapes G (ve)</i>	Margherita Pizza Slice G,D <i>Vegan Pizza G (ve)</i>		
Boarders Tea		A Taste of Japan Chefs Selection of Homemade Sushi F,S Pickled Ginger, Wasabi, Soy Sauce S **** Golden Panko Katsu Chicken G,E OR Golden Panko Katsu Cauliflower G (ve) Served with homemade katsu curry sauce (ve), sticky fragrant jasmine rice (ve), stir fried vegetables (ve), yakisoba noodles G,E (v)	Handmade Lamb and Mint Patties OR Vegan Patties G (ve) Served with roasted red pepper and tomato sauce (ve), herby roast potatoes G (ve), rocket, feta, tomato and red onion salad D (v)	BBQ Pulled Beef Brisket OR BBQ Pulled Jackfruit (ve) Steamed Hirata bun G Served with sweet potato fries (ve), sautéed broccoli (ve), homemade red slaw E,Mu & mixed salad (ve)	Chicken Korma D OR Mixed Vegetable Balti (ve) Served with steamed cumin rice (ve), onion bhaji G (ve), poppadums (ve), coriander yoghurt D (v), mango chutney (ve)	SATURDAY NIGHT FAKEAWAY 'Mexican' Cajun Chicken Fajitas G OR Oven Roasted Pepper & Black Bean Fajitas G (ve) Sweet potato wedges (ve), Mexican style corn cobs (ve), Baja style smoky slaw (ve)	Wholetail Scampi G,Cr OR Vegan Scampi Bites G (ve) Served with chips (ve), garden peas (ve), homemade tartar sauce E,Mu,Su (v) and lemon
Dessert		Apple Gyoza G (ve) Vanilla Ice Cream D	Fresh fruit salad (ve), pouring cream D	Apple Strudel G (ve) Vanilla ice cream D	Chocolate Tiffin G,D	Teatime treat	Teatime treat

Menu Options | Please note, all dishes listed are subject to ingredients availability and may change on the day. The finalised menu will be displayed on counter with relevant allergen information.

Food Allergies and Intolerances | Before for you select your food, please speak to a member of staff if you want to know about our ingredients. **A selection of dietary/allergen friendly alternative options will be available upon request.**

Allergen Key | **C** Celery, **G** Gluten, **Cr** Crustacean, **E** Egg, **F** Fish, **L** Lupin, **D** Dairy, **M** Mollusc, **Mu** Mustard, **N** Nuts, **PN** Peanuts, **SS** Sesame, **S** Soya, **Su** Sulphur

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Lunch <i>Served alongside a full Jacket Potato Bar, Salad Bar & Deli Bar, all including a range of Vegan, Gluten Free & Halal Options.</i>		Oven Roasted Butchers Sausage G,Su OR Quorn Vegan Sausage (ve) G Served with mashed potato (ve), sautéed spring cabbage (ve), peas and sweetcorn (ve), caramelised red onion gravy	WEDNESDAY PASTA BAR Beef Bolognaise OR Basil Pesto Cream Sauce D OR Tomato & basil sauce (ve) Served with a selection of pasta G (ve), parmesan D , homemade garlic bread G (ve), roasted vegetables (ve), 'crispy' rocket (ve)	Spanish Style Chicken & Chorizo OR Tortilla di Patatas E (v) OR Vegetable Paella (ve) Served with patatas bravas (ve), pickled tomato chutney (ve) & roasted Mediterranean vegetables (ve)	CHIP SHOP FRIDAY Battered Haddock Fillet G,F OR Quorn Vegan Fingers G (ve) Served with homemade tartar sauce E,Mu,Su (v), lemon wedge (ve), chunky chips (ve), chip shop curry sauce G,S (ve), baked beans (ve) or garden peas (ve)
Dessert		Orchard Apple and Raspberry Crumble G (ve) Custard D , pouring cream D	Treacle Tart G (ve), Pouring cream D	Victoria Jam Sponge G,E Vegan Victoria Jam Cupcake (ve)	Millionaire's shortbread G,D Vegan Millionaire's Shortbread (ve)
Supper		Golden Panko Crumb Katsu Chicken G,E OR Golden Panko Crumb Katsu Cauliflower G (ve) Served with homemade katsu curry sauce (ve), sticky fragrant jasmine rice (ve), stir fried vegetables (ve)	Handmade Lamb and Mint Patties OR Vegan Patties G (ve) Served with roasted red pepper and tomato sauce (ve), herby roast potatoes G (ve), rocket, feta, tomato and red onion salad D (v)	BBQ Pulled Beef Brisket OR BBQ Pulled Jackfruit (ve) Steamed Hirata bun G Served with sweet potato fries (ve), sauteed broccoli (ve), homemade red slaw E,Mu & mixed salad (ve)	Chicken Korma D OR Mixed Vegetable Balti (ve) Served with steamed cumin rice (ve), onion bhaji G (ve), poppadums (ve), coriander yoghurt D (v), mango chutney (ve)
Dessert		Ice Cream D	Fresh fruit salad (ve), pouring cream D	Apple Strudel G (ve) Vanilla ice cream D	Chocolate Tiffin G,D

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