

**Exeter Pre Prep School - Spring Menu 2026**

Week 1	Choice 1	Choice 2	Daily Veg	Choice 3	Dessert
Monday	Spaghetti Bolognese with Garlic Bread	Vegetable Pasty with New Potatoes	Broccoli	Jacket Potato with Cheese and Beans. Crudites Plant Based Protein Salad	Banana, Date and Oat Bar
Tuesday	Chicken Fajitas, Tortilla Wrap, Guacamole	Vegetable Sausage and Mash	Green Beans	Jacket Potato with Cheese and Beans Crudites	Reduced Sugar Fruit Jelly
Wednesday	Roast of the Day with Roast Potatoes and Gravy	Meat Free 'Chicken' Dippers with Roast Potatoes and Gravy	Swede and Carrots	Jacket Potato Tuna Mayo Crudites	Cheese and Crackers
Thursday	Macaroni Cheese	Tomato and Basil Penne	Cauliflower and Sweetcorn	Jacket Potato with Cheese and Beans Crudites Plant Based Protein Salad	Melon Slices
Friday	Battered Fish Fillet with Skin on Wedges	Vegetable Burger and Chips	Peas	-----	Biscuit of the Day

Week 2	Choice 1	Choice 2	Daily Veg	Choice 3	Dessert
Monday	Chicken Jambalaya	Vegetarian Meatballs, Penne Pasta	Peas and Cauliflower	Jacket Potato with Cheese and Beans Crudites Plant Based Protein Salad	Banana, Date and Oat Bar
Tuesday	Hot Dog, Buttered New Potatoes and Beans	Mixed Vegetable Chow Mein with egg Noodles	Green Beans	Jacket Potato with Cheese and Beans Crudites	Reduced Sugar Fruit Jelly
Wednesday	Roast of the Day with Roast Potatoes and Gravy	Quorn Fillet with Roast Potatoes and Gravy	Cabbage and Carrots	Jacket Potato Tuna Mayo Crudites	Cheese and Crackers
Thursday	Basil Pesto Pasta	Vegetable Curry with Steamed Rice and Poppadum	Broccoli and Sweetcorn	Jacket Potato with Cheese and Beans Crudites Plant Based Protein Salad	Melon Slices
Friday	Fish Finger with Skin on Wedges	Vegetarian Sausage Roll, Skin on Wedges	Baked Beans	-----	Biscuit of the Day

Week 3	Choice 1	Choice 2	Daily Veg	Choice 3	Dessert
Monday	Penne Pasta with Crispy Bacon, Peas and Pesto, Garlic Bread	Tomato Pasta with Garlic Bread	Broccoli	Jacket Potato with Cheese and Beans, Crudites Plant Based Protein Salad	Banana, Date and Oat Bar
Tuesday	Baked Ham, Mashed Potato	Cauliflower and Broccoli Cheese Bake	Red Cabbage	Jacket Potato with Cheese and Beans Crudites	Reduced Sugar Fruit Jelly
Wednesday	Slow Roast Pork, Egg Noodles, Sweet and Sour Sauce	Roast Quorn, Egg Noodles, Sweet and Sour Sauce	Cauliflower and Green Beans	Jacket Potato Tuna Mayo Crudites	Cheese and Crackers
Thursday	Roast Vegetable Pasta Bake	Homity Pie with Coleslaw	Peas and Sweetcorn	Jacket Potato with Cheese and Coleslaw, Crudites Plant Based Protein Salad	Melon slices
Friday	Fish Finger with Skin on Wedges	Cheese and Tomato Pitta Pizza with Skin on Wedges, (Selection of Build Your Own Toppings)	Baked Beans	-----	Biscuit of the Day

Yoghurt and Whole Fruit