



Regent House Prep School Spring/Summer Menu Key Guide

Nut Free *

(All meals are nut free and we practice a nut free school, these dishes do not have a may contain traces label)

Gluten Free alternative available upon request /

Pescatarian option available ~

Dairy Free option available X

If there are any further dietary requirements, please speak to your child's teacher and we will organise a meeting with the Canteen Supervisor to allow all requirements to be met.



EAT SMART WITH THE LUNCH BUNCH

ea catering

WEEK ONE

Served weeks commencing:

19th Feb, 19th March,

15th April, 13th May, 3rd June

2nd September

MONDAY

MAIN COURSES

Breaded Fish & Lemon Mayo *X~

Or

Homemade Margherita Pizza *~

SIDES

Garden Peas / Baked Beans

And

Chipped Potato

DESSERT

Raspberry Jelly & Two Fruits

TUESDAY

MAIN COURSES

Beef Bolognese *X

Or

Chicken Goujon Wrap X*

SIDES

Sweetcorn / Broccoli

And

Pasta Spirals / Mashed Potato

DESSERT

Chocolate & Orange Cookie

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread *X/

Or

Chinese-style Beef & Vegetables

SIDES

Peas & Sweetcorn

And

Noodles / Rice

DESSERT

Sponge & Custard
Fruit Cocktail

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing & Gravy *X/~

Or

Baked Vegetable Pasta *X~

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Pineapple Delight

FRIDAY

MAIN COURSES

Hot Dog / Veggie Dog with Tomato Ketchup *X/

Or

Chicken & Veg Pie *

SIDES

Spaghetti Hoops / Corn / Beans

And

Chipped / Mashed Potatoes

DESSERT

Ice-Cream & Seasonal Fruit x*/~

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

IF YOU NEED ANY INFORMATION ON ALLERGENS OR HAVE SPECIAL DIETARY REQUIREMENTS,
PLEASE NOTIFY YOUR SCHOOL ACCORDINGLY

MENU SUBJECT TO PRODUCT
AVAILABILITY



EAT SMART WITH THE LUNCH BUNCH

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WEEK TWO

Served weeks commencing:

26th February, 25th March,

22nd April, 20th May, 17th

June, 9th September

MONDAY

MAIN COURSES

Golden Crumbed Fish Fingers

*X~

Or

Freshly Baked Ham & Cheese
Panini *

SIDES

Baked Beans & Garden Peas

And

Chipped Potato

DESSERT

Homemade Biscuit *X~

TUESDAY

MAIN COURSES

Beef Ragu Italia

*X

Or

Homemade Margherita
Pizza

SIDES

Sweetcorn / Carrots

And

Oven Roasted Potato
Wedges / Rice

DESSERT

Sponge & Custard X

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

*X/

Or

Baked Pork Sausages & Gravy
X/*

SIDES

Garden Peas & Baton Carrots

And

Boiled Rice / Mashed Potato

DESSERT

Arctic Roll and Fruit

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &

Gravy *~X/

Or

Quorn Dippers X~*

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Homemade Brownie & Fruit

FRIDAY

MAIN COURSES

Chicken Goujons & Sweet

Chilli Dip/*X

Or

Creamy Vegetable Pasta
Bake ~*

SIDES

Spaghetti Hoops / Corn

And

Chipped Potato

DESSERT

Muffin and Fruit

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

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WEEK THREE

Served weeks commencing:

4TH March, 1ST April,

29TH April 27TH May, 24TH June

16TH September

MONDAY

MAIN COURSES

Golden Crumbed Fish Fingers

X*~

Or

Creamy Chicken & Broccoli
Pasta with Garlic Bread *

SIDES

Sweetcorn & Peas

And

Chipped Potato

DESSERT

Ice-Cream with Pears &
Chocolate Sauce

X

TUESDAY

MAIN COURSES

Mince Carrot & Onion Pie

X*

Or

Homemade Margherita Pizza

X

SIDES

Spring Greens / Carrots &
Peas

And

Oven Baked Potato Wedges

DESSERT

Summer Fruit Cheesecake or
Fruit Cocktail

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

* X /

Or

Beef Meatballs with Tomato &
Basil Sauce

SIDES

Peas & Corn / Baton Carrots

And

Steamed Rice / Pasta Spirals

DESSERT

Sticky Date Pudding & Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Gravy

/ * ~ X

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Golden Krispie Square

FRIDAY

MAIN COURSES

School "Chippy Day" Fish/
Sausages

Or

Baked Potato with Tuna &
Sweetcorn

SIDES

Baked Beans / Mushy Peas

And

Chipped Potato

DESSERT

Frozen Fruit Yoghurt
Fruit Cocktail / X*~

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

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WEEK FOUR

Served weeks commencing:

11 March, 8 April,

6 May, 3 June

26 August, 23 September

MONDAY

MAIN COURSES

Baked Pork Sausages

/X*

Or

Spicy Chicken and Rice with Flatbread

X*/

SIDES

Baked Beans / Garden Peas

And

Chipped Potato

DESSERT

Ice-Cream & Two Fruits

Fruit Cocktail */X~

TUESDAY

MAIN COURSES

Chicken Curry & Naan Bread

X*/

Or

BBQ Pulled Pork Pizza Wrap

SIDES

Sweetcorn / Baton Carrots

And

Boiled Rice / Mash

DESSERT

Jaffa Cake Pots

WEDNESDAY

MAIN COURSES

Breaded Fish & Lemon Mayo

X

Or

Pasta Bolognese / Garlic Bread

SIDES

Garden Peas / Diced Carrots

And

Oven Roasted Wedges / Baby Potato

DESSERT

Fruit Sponge & Custard

Jelly and Fruit *X~/

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &

Gravy */~X

Or

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Fresh Fruit Salad & Yoghurt

*/~X

FRIDAY

MAIN COURSES

Beef Burger / Bean Burger

in Bap /X~*

Or

Salt & Chilli Chicken

SIDES

Corn / Pasta Salad

And

Chipped Potato / Beans

DESSERT

Shortbread & Fruit Wedge

X~*

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

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