

WEEKLY MENU

Week Commencing: Monday 28 April 2025



Kensington Prep School
GDST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack...	Fresh Cut Seasonal Fruit with Handmade Cheese Scone with Cream Cheese	Fresh Cut Seasonal Fruit including Tropical Fruit	Fresh Cut Seasonal Fruit with Farmhouse Cheddar or Wiltshire Ham and Crackers	Fresh Cut Seasonal Fruit with Toast Bagel with Country Butter or Fruit Jam	Fresh Cut Seasonal Fruit with Lightly Drizzled Dark Chocolate Rice Cake
Dish of the day...	Oriental Roasted Vegetables and Sweet Potato with Bamboo Shoots, Coriander and Sweet and Sour Sauce	Lemon and Thyme Chicken with a Vibrant Spring Pea Pesto	'Build your Own' Jacket Potato Bar Beef Chilli Con Carne BBQ Shredded Chicken Tuna Mayonnaise	Moroccan Chicken with Pepper and Chickpea Sauce	Fisherman's 'Catch of the Day' with Lemon and Tartare Sauce
Vegetarian...	Chinese Style Garlic Mushroom and Tofu with Spring Onion	Grilled Butternut Squash and Chickpeas with Lightly Pickled Vegetables	'Build your Own' Jacket Potato Bar Mexican Five Bean Chilli Cheddar Cheese Boston Baked Beans	Slow Baked Sweet Potato, Feta and Coriander Frittata	Mild Spiced Vegetable and Kidney Bean Quesadilla
On the side...	Oriental Miso Noodle Salad Soy and Ginger Glazed Aubergine Garden Peas	Wholemeal and Plain Pasta Roasted Mediterranean Vegetables Sautéed Greens	Sweetcorn and Roasted Peppers Steamed Cauliflower Garden Salad	Fluffy Fragrant Couscous Broccoli Steamed Carrots	Hand Cut Chips Steamed Sweetcorn Carrots
Help Yourself To...	A Selection Of Crudites, Fresh Bread, Natural Yoghurt Pots And Seasonal Fruit	A Selection of Crudites, Fresh Bread, Natural Yoghurt Pots and Seasonal Fruit	A Selection of Crudites, Fresh Bread, Natural Yoghurt Pots and Seasonal Fruit	A Selection of Crudites, Fresh Bread, Natural Yoghurt Pots and Seasonal Fruit	A Selection of Crudites, Fresh Bread, Natural Yoghurt Pots and Seasonal Fruit
Dessert...	Citrusy Lemon and Lime Biscuit	Vanilla and Passion Fruit Cheesecake	Natural Yoghurt with Mango and Lime Coulis and Pumpkin Seed Granola	Fruit Salad	Apple and Berry Crumble Slice

A selection of simpler options, including jacket potatoes and pasta, are available daily upon request
For all allergen advice please email School Office.