



OXFORD HIGH  
PREP & PRE-PREP SCHOOL

GDST  
GIRLS' DAY SCHOOL TRUST

## Week 1 – w/b 11<sup>th</sup> November and 2<sup>nd</sup> December

### Monday

#### Meat Free Monday

Quorn Bolognaise

Broccoli Pasta with  
Crunchy Topping

#### Vegetables

Jacket potato  
Sweet Potato  
Spaghetti  
Baked Beans  
Green Beans

#### Dessert

Apple Crumble and  
Custard

Fresh fruit

### Tuesday

#### Dish of the Day

BBQ Chicken with Flat  
Bread Strips

#### Vegetarian Option

Vegetable and  
Bean Chilli

#### Vegetables

Jacket potato  
Sweet Potato  
Steamed Rice  
Sweet Corn

#### Dessert

Berry Muffin  
Fresh fruit  
Jelly  
Yoghurt

### Wednesday

#### Dish of the Day

Beef Lasagne

#### Vegetarian Option

Mushroom Risotto

#### Vegetables

Jacket potato  
Sweet Potato  
Mixed Salad

#### Dessert

Panacotta with  
Raspberries  
Fruit Pots  
Jelly

### Thursday

#### Dish of the Day

Moroccan Lamb

#### Vegetarian Option

Roasted Pepper and  
Halloumi Wrap

#### Vegetables

Jacket potato  
Sweet Potato  
Cous Cous  
Carrot and Pea

#### Dessert

Chocolate Cake with  
Chocolate Sauce  
Jelly  
Yoghurt  
Fresh fruit

### Friday

#### Dish of the Day

Fish Finger  
G.F Option

#### Vegetarian Option

Mac 'N' Cheese

#### Vegetables

Jacket Potato  
Sweet Potato  
Shoestring chips  
Garden peas  
Baked beans

#### Dessert

#### Ice Cream

Fresh fruit pots  
Jelly pots



OXFORD HIGH  
PREP & PRE-PREP SCHOOL

G D S T  
GIRLS' DAY SCHOOL TRUST

## Week 2 – w/b 18<sup>th</sup> November and 9<sup>th</sup> December

### Monday

**Meat Free Monday**  
Vegetable and Cheese  
Turnovers

Quorn Korma with  
Rice

#### Vegetables

Jacket Potato with  
Beans  
Sweet Potato  
Saute Potato and  
Cabbage

#### Dessert

Yoghurt Bar with a  
selection of toppings  
Jelly  
Fresh Fruit

### Tuesday

**Dish of the Day**  
Pasta Carbonara

**Vegetarian Option**  
Vegetable Lasagne

#### Vegetables

Jacket Potato  
Sweet Potato  
Medley of vegetables

#### Dessert

Jam Sponge with  
Cream  
Fresh fruit  
Jelly  
Yoghurt

### Wednesday

**Dish of the Day**  
Roast Pork Steak with  
Apple

**Vegetarian Option**  
Spinach and ricotta  
cannelloni

#### Vegetables

Jacket Potato  
Sweet Potato  
Baby roast potatoes  
Braised red cabbage  
Carrots

#### Dessert

Fruit Trifle  
Fruit Pots  
Jelly

### Thursday

**Dish of the Day**  
Sweet and Sour  
Chicken

**Vegetarian Option**  
Roasted Veg Pannini

#### Vegetables

Jacket potato  
Sweet Potato  
Steamed Rice  
Green Beans

#### Dessert

Chocolate Cheese  
Cake  
Yoghurt  
Jelly  
Fresh fruit

### Friday

**Dish of the Day**  
Battered Cod  
Steamed Fish

**Vegetarian Option**  
Corn and Cheese  
Frittata

#### Vegetables

Chunky chips  
Garden peas  
Baked beans  
Jacket potato

#### Dessert

Fruity Flapjack  
Fresh fruit pots  
Jelly pots



OXFORD HIGH  
PREP & PRE-PREP SCHOOL

GDST  
GIRLS' DAY SCHOOL TRUST

## Week 3 – w/b 4<sup>th</sup> November and 25<sup>th</sup> November

### Monday

**Meat Free Monday**  
Sweet and Sour  
Quorn with Noodles

Home Made Cheese  
and Tomato Pizza

**Vegetables**  
Jacket potato WITH  
Baked Beans  
Sweet Potato  
Sweet Corn

**Dessert**  
Pears in a Chocolate  
Sauce

### Tuesday

**Dish of the Day**  
Beef Meatballs in  
Tomato Sauce

**Vegetarian Option**  
Vegetable Sausages  
In a Tomato Sauce

**Vegetables**  
Jacket potato  
Sweet Potato  
Spaghetti  
Peas and Courgettes

**Dessert**  
Rice Pudding with Jam  
Fresh fruit  
Jelly  
Yoghurt

### Wednesday

**Dish of the Day**  
Roast honey glazed  
gammon

**Vegetarian Option**  
Ratatouille and Cous  
Cous

**Vegetables**  
Jacket potato  
Sweet Potato  
Baby roast potatoes  
Braised red cabbage  
Carrots

**Dessert**  
Ice Cream  
Mini Milk for W/R  
Fruit Pots  
Jelly  
Fresh Fruit

### Thursday

**Dish of the Day**  
Garlic Chicken

**Vegetarian Option**  
Mac'n'Cheese

**Vegetables**  
Oven baked potato  
Wedges  
Mixed Leaf Salad  
Jacket potato

**Dessert**  
Syrup Sponge and  
Cream  
Fresh fruit  
Jelly

### Friday

**Dish of the Day**  
Hot Dog

**Vegetarian Option**  
Quorn Dog

**Vegetables**  
Curly Fries  
Garden peas  
Baked beans  
Jacket potato

**Dessert**  
Fruity Flapjack  
Fresh fruit pots  
Jelly pots