

Pre-Prep Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Morning break

Chicken & cucumber sushi

Pre-Prep hot counter

Beef bolognaise

Plant based

Lentil & mushroom bolognaise

Sides

Wholegrain penne
Garlic infused bread
Roasted peppers,
Steamed peas

Carrot & cucumber sticks

Daily dessert

Fresh yoghurt pot topped with fruit

Selection of whole & cut fruit

Morning break

Cheese toastie

Pre-Prep hot counter

Keralan chicken & chickpea

Plant based

Chickpea & butternut dhansak

Sides

Wholegrain rice
Stir-fried green beans
Turmeric roasted cauliflower

Cherry tomato & cucumber sticks

Daily dessert

Raspberry cheesecake

Selection of whole & cut fruit

Morning break

Falafel

Pre-Prep hot counter

Salmon fish fingers

Plant Based

Tofu fingers

Sides

Chips
Baked beans
Peas
Tartare sauce

Carrot & cucumber sticks

Daily dessert

Assorted jelly

Selection of whole & cut fruit



For allergen & nutritional information, please speak to a member of the team.



Crustaceans



Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur Dioxide



Molluscs