

Pre-Prep Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Morning break	Morning break	Morning break	Morning break
	Onigiri	Sausage & onion Yorkshire	Margarita pizza wholegrain sub	Cheese double souffle
	Pre-Prep hot counter	Pre-Prep hot counter	Pre-Prep hot counter	Pre-Prep hot counter
	Shogayoki Ginger pork	Beef & lentil lasagne	Breaded chicken breast	Fish fingers
	Plant based	Plant based	Plant based	Plant based
	Mapo tofu in a mushroom & aubergine sauce	Lentil lasagne	Grilled tempeh	Tofu fingers
	Sides	Sides	Sides	Sides
	Saute Napp cabbage Japanese colesaw Yakimashi – fried rice Bean sprouts	Rosemary infused bread Steamed peas Steamed broccoli	Steamed green beans Katsu sauce Wholegrain rice Steamed greens	Chips Beans Peas Mushy peas Tartare sauce
	Cherry tomato & cucumber sticks	Carrot & cucumber sticks	Cherry tomato & cucumber sticks	Carrot & cucumber sticks
	Daily dessert	Daily dessert	Daily dessert	Daily dessert
	Matcha swiss roll	Fresh yoghurt pot topped with mixed berries	Comflake crispy bar	Pineapple & coconut Upside cake
	Selection of whole & cut fruit	Selection of whole & cut fruit	Selection of whole & cut fruit	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