

# Pre-Prep Lunch Menu

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--|---|--|---|---|
| <b>Morning break</b>   | <b>Morning break</b>                                      | <b>Morning break</b>   | <b>Morning break</b>  | <b>Morning break</b>                          |
| Hummus pot with carrot & cucumber                                    | Cream cracker & cheese                                    | Chicken & cucumber sushi                                     | Cheese toastie  | Sausage Roll                                  |
| <b>Pre-Prep hot counter</b>  | <b>Pre-Prep hot counter</b>                               | <b>Pre-Prep hot counter</b>                                  | <b>Pre-Prep hot counter</b>   | <b>Pre-Prep hot counter</b>                   |
| Pork sausage   | Jacket potato bar<br>BBQ cannelloni bean & pulled chicken | Beef bolognaise  | Keralan chicken & chickpea curry  | Salmon fish fingers                           |
| <b>Plant based</b>   | <b>Plant based</b>  | <b>Plant based</b>   | <b>Plant based</b>  | <b>Plant Based</b>                            |
| Veggie sausage   | Jacket potato<br>Sweet potato & cannelloni bean           | Lentil & mushroom bolognaise                                 | Chickpea & butternut dhansak  | Tofu fingers                                  |
| <b>Sides</b>   | <b>Sides</b>  | <b>Sides</b>   | <b>Sides</b>  | <b>Sides</b>                                  |
| Creamy herb mash<br>Steamed peas<br>Roasted root vegetables<br>Gravy | Baked beans<br>Cheddar cheese<br>Glazed carrots           | Wholegrain penne<br>Garlic infused bread<br><br>Steamed peas | Wholegrain rice<br>Stir-fried green beans<br>Turmeric roasted cauliflower | Chips<br>Baked beans<br>Peas<br>Tartare sauce |
| <b>Cherry tomato &amp; pepper sticks</b>                             | <b>Cherry tomato &amp; cucumber sticks</b>                | <b>Carrot &amp; cucumber sticks</b>                          | <b>Cherry tomato &amp; cucumber sticks</b>                                | <b>Carrot &amp; cucumber sticks</b>           |
| <b>Daily dessert</b>   | <b>Daily dessert</b>                                      | <b>Daily dessert</b>   | <b>Daily dessert</b>  | <b>Daily dessert</b>                          |
| Rhubarb & apple fool   | Assorted jelly  | Fresh yoghurt pot topped with fruit                          | Raspberry cheesecake  | Assorted jelly                                |
| Selection of whole & cut fruit                                       | Selection of whole & cut fruit                            | Selection of whole & cut fruit                               | Selection of whole & cut fruit  | Selection of whole & cut fruit                |