

Pre-Prep Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Morning break	Morning break	Morning break	Morning break	Morning break
Cream cheese rice cake	Chicken & rice burrito	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	Pre-Prep hot counter
Greek chicken souvlaki	Teriyaki black bean & pork	Beef lasagne	Chicken breast	Fish fingers
Plant based	Plant based	Plant based	Plant based	Plant based
Chickpea & pulled aubergine souvlaki	Teriyaki black bean & sweet potato	Lentil lasagne	Grilled tempeh	Tofu fingers
Sides	Sides	Sides	Sides	Sides
Tzatziki Flatbread Garlic & lemon potato Steamed peas Cauliflower florets	Noodles Green beans Glazed carrots	Rosemary infused bread Steamed peas Steamed broccoli	Steamed green beans Katsu sauce Wholegrain rice Steamed greens	Chips Beans Peas Mushy peas Tartare sauce
Carrot & cucumber sticks	Cherry tomato & cucumber sticks	Carrot & cucumber sticks	Cherry tomato & cucumber sticks	Carrot & cucumber sticks
Daily dessert	Daily dessert	Daily dessert	Daily dessert	Daily dessert
Fresh yoghurt topped with mango	Assorted jelly	Fresh yoghurt pot topped with mixed berries	Ice cream pot topped with raspberries	Fresh yoghurt pot topped with strawberries
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



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

Snack ideas

- Falafel
- Cheese scone
- Egg muffin
- Crispy chickpeas
- Bread sticks
- Sandwiches
- Veg sticks and hummus or bean dip
- Cheese, fruit and crackers
- Cream cheese and cucumber pin wheel wrap
- Rice cake & fruit
- Quartered hard boiled eggs and cucumber
- Vegetable Fritters
- Plain yogurt and fruit
- Left over potato cakes
- Carrot and cheese biscuit

No digestive biscuits, shortbread, jam or flapjacks!

No processed meat

No dried fruit



Build a snack

CARBS	PROTEIN/FIBRE	FRUIT/VEG
Wholegrain bread	Salsa	Pepper strips
Wholegrain wrap	Guacamole	Cucumber sliced
Whole pitta	Yoghurt	Carrot grated
Rice cake	Herb yoghurt dip	Tomatoes sliced
Breadstick	Cottage cheese	Satsuma
Oat cake	Cheddar cheese slice	Apple slices
Cream cracker	Egg	Banana
	Tuna	
	Cream cheese	
	Humous	
	Butterbean dip	
	Wow butter	

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