

Pre-Prep Lunch Menu



Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Morning break	Morning break	Morning break	Morning break	Morning break
Mozzarella bites	Southern style chicken wrap	Popcorn special	Crudite pots	Cheese & ham quesadilla
Pre-Prep hot counter	Pre-Prep hot counter	Pre-Prep hot counter	Pre-Prep hot counter	Pre-Prep hot counter
Greek style tomato chicken	Mediterranean pork casserole	Breaded chicken	Beef bolognaise	Salmon fish fingers
Plant based	Plant based	Plant based	Plant based	Plant Based
Greek style tempeh	Pea protein casserole	Breaded Tofu	Lentil & mushroom bolognaise	Tofu fingers
Sides	Sides	Sides	Sides	Sides
Steamed rice Peas Shredded steamed cabbage	Steamed potato Roasted carrot Steamed broccoli	Steamed rice Katsu sauce Steamed broccoli Green beans	Spaghetti Garlic infused bread Steamed peas	Chips Baked beans Peas Tartare sauce
Cherry tomato & cucumber sticks	Cherry tomato & pepper sticks	Cherry tomato & cucumber sticks	Carrot & cucumber sticks	Carrot & cucumber sticks
Daily dessert	Daily dessert	Daily dessert	Daily dessert	Daily dessert
Victoria sponge cake	Assorted jellies	Fresh yoghurt pot topped with fruit	Chocolate brownie	Jam & coconut sponge with cream
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.

