

Pre-Prep Lunch Menu



Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Morning break	Morning break	Morning break	Morning break	Morning break
Courgette & carrot slice	Cheese & tomato turnover	Popcorn special	Sausage roll	Parsnip & apple flapjack
Pre-Prep hot counter	Pre-Prep hot counter	Pre-Prep hot counter	Pre-Prep hot counter	Pre-Prep hot counter
Pork sausage	Chicken chow mein	Beef lasagne	Shepherd's pie	Fish fingers
Plant based	Plant based	Plant based	Plant based	Plant based
Vegan sausage	Pea protein chow mein	Lentil & mushroom lasagne	Vegan Shepherd's pie	Moving mountain fishless fillets
Sides	Sides	Sides	Sides	Sides
Mash potato Buttered leeks Peas Gravy	Noodles Steamed green beans Stir-fry nappa cabbage Bean sprouts Prawn cracker	Garlic infused bread Steamed cauliflower Glazed carrots	Roasted carrot Steamed broccoli gravy	Chips Baked beans 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 pot topped with fruit	Pineapple & coconut cake	Blackberry mousse	Assorted jelly	Retro school cake
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