

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	Crudite pots	Popcorn special	Cheese & ham quesadilla
Pre-Prep hot counter	Pre-Prep hot counter	Pre-Prep hot counter	Pre-Prep hot counter	Pre-Prep hot counter
Mediterranean pork casserole	Greek style tomato chicken	Beef bolognaise	Breaded chicken	Salmon fish fingers
Plant based	Plant based	Plant based	Plant based	Plant Based
Pea protein casserole	Greek style tempeh	Lentil & mushroom bolognaise	Breaded Tofu	Tofu fingers
Sides	Sides	Sides	Sides	Sides
Steamed potato Roasted carrot Steamed broccoli	Steamed rice Peas Shredded steamed cabbage	Spaghetti Garlic infused bread Steamed peas	Steamed rice Katsu sauce Steamed broccoli Green beans	Chips Baked beans Peas Tartare sauce
Cherry tomato & pepper 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
Assorted jellies	Victoria sponge cake	Chocolate brownie	Fresh yoghurt pot topped with fruit	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