

Pre-Prep Lunch Menu



Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Morning break	Morning break	Morning break	Morning break	
Spinach & cheese pinwheel	Cheese rice cracker	Sausage & onion Yorkshire	Jam filled spooky bats	
Pre-Prep hot counter	Pre-Prep hot counter	Pre-Prep hot counter	Pre-Prep hot counter	
Creamy chicken alfredo pasta	Turkey & onion hotpot	Chilli con carne	Witch's beef stew	
Plant based	Plant based	Plant based	Plant based	
Mushroom & lentil alfredo pasta	Pea protein & onion hotpot	Lentil con carne	Jack a lantern risotto	
Sides	Sides	Sides	Sides	
Penne Steamed broccoli Green beans	Roasted carrots Steamed cauliflower	Rice Tortilla chips Glazed corn Steamed green beans	Broccoli ghouls Spooky smashed potato Roasted Halloween vegetables	
Carrot & cucumber sticks	Cherry tomato & cucumber sticks	Carrot & cucumber sticks	Cherry tomato & cucumber sticks	
Daily dessert	Daily dessert	Daily dessert	Daily dessert	
Assorted jellies	Apple upside cake	Fresh yoghurt pot topped with mixed berries	Spooky spider Oreo muffin	
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