

Prep-Prep Lunch Sample Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Ham & vegetable pie	Classic lasagne	Roast pork with gravy & apple sauce	Sweet & sour turkey with prawn crackers	Battered fish with lemon & tartare sauce
VEGETARIAN	Root vegetable & Quorn hot pot	Autumn vegetable lasagne	Roasted vegetable frittata	Sweet & sour vegetables	Veggie bean burger
ON THE SIDE	New Potatoes Carrots Garden peas	Garlic bread Green beans Sweetcorn	Roast potatoes Cauliflower cheese Savoy cabbage	Noodles Stir fried vegetables	Chips Peas Baked beans
HOT DESSERT	Jam sponge with custard	Sticky toffee pudding with toffee sauce	Rice pudding with berry compote	Cherry & apple pie with cream	Chocolate sponge with chocolate sauce
COLD DESSERT	Raspberry jelly	Chocolate mousse	Banoffee Pie	Queens mess	Lemon cheese cake
FRUIT & YOGHURT BAR	Fruit salad pots & a selection of seasonal fresh fruit Daily selection of homemade yoghurt, fruit jelly & cold dessert pots				