

PRE-PREP MENU - WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Traditional Pork Sausages served with Sticky Red Onions and Gravy	Classic Roast: Slow Roasted Shoulder of Pork with Apple Sauce and Gravy	50/50 Penne Pasta with Beef Bolognese	Lamb, Red Lentil & Carrot Shepherd Pie with Creamy Mash top	Cod Fish Fingers with Lemon Mayonnaise or Tomato Ketchup
MEAT FREE	Vegetable Sausages	Cheddar & Asparagus Turnover	Vegetable Bolognese sauce	Stuffed Jackets with Tomato, Red Pepper, BBQ sauce and cheddar	Tempura Quorn Chunks with a Sweet N Sour Sauce
ON THE SIDE	Mash Potato, a Medley of Seasonal Steamed Vegetables	'Skin On' Roast Potatoes 'Skin On' Roast Vegetables Steamed Broccoli Trees	Salad with Cucumber and Cherry Tomatoes	Baked Squash & Winter Greens	Chips, Peas and Sweetcorn
DESSERT	Classic Chocolate Brownie with Warm Chocolate Sauce	Fresh Cut Fruit & Yoghurt	Apple & Pear Oaty Crumble with Custard	Fresh Cut Fruit & Yoghurt	Mixed Berry Forres Mess
EVERY DAY	Fresh Cut Fruit & Yoghurt		Fresh Cut Fruit & Yoghurt		Fresh Cut Fruit & Yoghurt

