

PRE-PREP MENU - WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Simple Beef & Quorn Lasagne	Braised Lamb & Crushed Bean Chilli Salsa sauce, Guacamole, Soured Cream, Nacho Chips	Whole Pitta Breads with Baked Seasoned Chicken	Homemade Pork & Beef Meatballs with Tomato & Hidden Vegetable sauce	Battered White Fish with Tartar Sauce and Lemon Wedges
MEAT FREE	Vegetable & Quorn Lasagne	Blackened Squash & Rainbow Vegetable Fajitas	Vegetable Kebabs	Vegetable & Bean Pasta Bake	Bubble & Squeak Cakes served with Poached Egg
ON THE SIDE	Sweet Potato Wedges, Garden Peas, Green Beans	50/50 Braised Rice Sweetcorn & Okra	Lettuce, Tomato, Cucumber & Herby Wedges	50/50 Penne Pasta, Steamed Broccoli & Baked Pumpkin	Chips, Sweetcorn, Baked Beans
DESSERT	Triple Chocolate Cookies	Fresh Cut Fruit & Yoghurt	Steamed Jam Sponge with Custard	Fresh Cut Fruit & Yoghurt	Lemon & Blueberry Drizzle Cake
EVERY DAY	Fresh Cut Fruit & Yoghurt		Fresh Cut Fruit & Yoghurt		Fresh Cut Fruit & Yoghurt

