

PRE-PREP MENU - WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Slow Cooked Beef & Onion	Sweet & Sour Pork	50/50 Penne Pasta with Sausage Meat Bolognese	Chicken Tikka Masala	Homemade Margherita Pizza
MEAT FREE	Quorn & Barley	Sweet Chilli Jackfruit	Tomato & Hidden Vegetable	Cauliflower, Spinach & Potato Curry	
ON THE SIDE	Skin-On Roast Potatoes, Sliced Carrots, Steamed Broccoli	Egg Noodles Crudités	Homemade Garlic Dough Balls, Grated Cheese, Chunky Salad	Steamed Rice Medley of Vegetables Naan Bread	Parmentier Potatoes Peas Sweetcorn
DESSERT	Fruity Flapjacks	Fresh Cut Fruit & Yoghurt	Sticky Peach Upside-Down Cake with Custard	Fresh Cut Fruit & Yoghurt	Sticky Toffee Pudding
EVERY DAY	Fresh Cut Fruit & Yoghurt		Fresh Cut Fruit & Yoghurt		Fresh Cut Fruit & Yoghurt

