

PREP MENU - WEEK COMMENCING 11.09.2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef & Quorn lasagne	Mild lamb chilli	Lemon & Herb Chicken	Pork Meatballs	Battered Fish
MEAT FREE	Quorn & vegetable lasagne	Vegetable fajitas	Vegetable kebabs	Vegetable pasta bake	Bubble & squeak cakes
ON THE SIDE	Sweet potato Wedges Garden peas Green beans	Braised Rice Sweetcorn Nacho chips	Herby wedges Side salad	Penne Pasta Steamed broccoli	Chipped Potatoes Sweetcorn Baked Beans
DESSERT	Triple Chocolate cookies	Fresh Cut Fruit & Yoghurt	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

