

PRE PREP MENU - WEEK COMMENCING 13.11.2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef bolognaise	Sweet and sour chicken	Shepherds pie	Roast turkey	Breaded pollack
MEAT FREE	Vegan bolognaise	Sticky sweet and sour tofu	Vegan cottage pie	Vegetable lentil loaf	Fishless fingers
ON THE SIDE	Garlic bread Broccoli Pasta shells	Noodles Stir fried vegetables	Roast carrots Garden peas	Skin on roast potatoes Carrot and swede mash Steamed Greens	Chips Garden peas
DESSERT	Fruit crumble and custard	Fresh Cut Fruit salad yoghurt	Sticky toffee pudding and custard	Fresh Cut Fruit & Yoghurt	Chocolate brownie
EVERY DAY	Fresh Cut Fruit & Yoghurt		Fresh Cut Fruit & Yoghurt		Fresh Cut Fruit & Yoghurt

