

# PRE PREP MENU - WEEK COMMENCING 27.11.2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef and vegetable casserole	Sticky sweet 'n' sour Chicken	Turkey and chickpea curry	Butchers' sausage Red onion gravy	MSC breaded Pollock
MEAT FREE	Vegetable sausage casserole	Sticky sweet 'n' sour Tofu	Butternut squash, spinach & chickpea curry	Quorn Sausage Red onion gravy	Fishless Fingers
ON THE SIDE	Broccoli Sweet potato, carrot and potato mash	Noodles Stir fried vegetables	Steamed Rice Poppadom's Mango chutney	Mashed potato Savoy Cabbage Roast carrot & parsnips	Chips Garden peas Baked beans Tartare sauce
DESSERT	Apple Crumble & Cream	Fresh fruit salad	Cherry cheesecake	Fresh fruit salad	Old school cake
EVERY DAY	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt

