

PRE PREP MENU - WEEK COMMENCING 22.01.2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef bolognaise	Chicken sweet 'n' sour	Sausages	Turkey Pie	Fish Fingers Fishless Fingers
MEAT FREE	Tomato and basil sauce	Tofu sweet 'n' sour	Quorn sausages	Vegan mince Pie	
ON THE SIDE	Pasta Garlic bread Tomato, cucumber & carrot sticks	Noodles Stir fried vegetables	Baked mash potato Peas sweetcorn	Steamed potatoes Cabbage Carrots	Chips Garden peas Baked beans
DESSERT	Fruity Oaty Crumble & Custard	Fresh Cut Fruit & Yoghurt	Golden syrup sponge & custard	Fresh Cut Fruit & Yoghurt	Fruit Jelly with cream
EVERY DAY	Fresh Cut Fruit & Yoghurt		Fresh Cut Fruit & Yoghurt		Fresh Cut Fruit & Yoghurt

