

PRE PREP MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef & Vegetable Casserole	Shepherds Pie	Spaghetti Bolognaise	Roast Sugar Baked Gammon	Fish Fingers Fishless Fingers
MEAT FREE	Vegetarian Sausage Casserole	Vegan Cottage Pie	Gnocchi Baked in Tomato Sauce	Vegetable Lentil Loaf	
ON THE SIDE	Broccoli Mixed Potato & Carrot Mash	Steamed Greens & Roasted Vegetables	Garlic Bread Mixed Salad	Skin On Roast Potatoes Cauliflower Cheese Sweetcorn	Chips Garden peas Baked beans
DESSERT	Apple & Rhubarb Oaty Crumble & Custard	Fresh Fruit Salad	Banoffee Pie	Sticky Toffee Pudding	Fresh Fruit Salad
EVERY DAY	Fresh Cut Fruit & Yoghurt		Fresh Cut Fruit & Yoghurt		Fresh Cut Fruit & Yoghurt

