




pre prep lunch menu.

week 1.

meal	monday	tuesday	wednesday	thursday	friday
	homemade bread of the day gluten free bread available	homemade bread of the day gluten free bread available	homemade bread of the day gluten free bread available	homemade bread of the day gluten free bread available	homemade bread of the day gluten free bread available
main	Pepperoni pizza	Chicken korma (H NGCI DF), basmati rice, poppadom, mango chutney 	Roast topside of beef(NGCI DF), Yorkshire pudding, roast potato, roast parsnips, savoy cabbage, fresh herb gravy (NGCI DF) 	Pasta bar; Penne pasta (gluten free pasta available) Homemade beef bolognaise (NGCI DF H)	cod fish fingers (DF) oven chips 
vegetarian	Margherita Pizza	Butternut squash, chickpea, quorn korma (DF NGCI), basmati rice, poppadom, mango chutney	Stuffed pepper, quorn and vegetable with feta cheese (NGCI)	Pasta bar; Homemade tomato sauce (NGCI DF) No nut pesto sauce (NGCI DF)	Roasted Mediterranean vegetable omelette (NGCI)
Pasta		Homemade tomato sauce			
Jackets	Tuna Baked beans Grated cheese	Tuna Baked beans Grated cheese	Tuna Baked beans Grated cheese	Tuna Baked beans Grated cheese	Tuna Baked beans Grated cheese
salad	Selection of seasonal salads	Selection of seasonal salads	Selection of seasonal salads	Selection of seasonal salads	Selection of seasonal salads
vegetables	Homemade jacket wedges Green beans Baby corn on cob	Ratatouille Carrots	Broccoli Red cabbage	Spinach Cauliflower	Oven chips Garden peas sweetcorn
hot dessert	Homemade Syrup sponge, custard	Homemade Apple pie, custard	Homemade Madeira sponge		Homemade Pear and ginger sponge, custard

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cold dessert	Yogurt pots	Yogurt pots	Yogurt pots	Yogurt pots Oatmeal cookie	Jelly Pots Yogurt pots
Fruit bar	Fresh fruit salad pots	Fresh fruit salad pots	Fresh fruit salad pots	Fresh fruit salad pots	Fresh fruit salad pots

DF- Dairy Free

NGCI- No Gluten Containing Ingredients

H- Halal

