





pre prep lunch menu.

week 2.

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	Homemade panko breaded chicken escalope, penne pasta with a herb tomato sauce (H)	beef lasagne with garlic bread (H) 	honey roast gammon (NGCI DF), roast potato, cauliflower, carrot, honey and thyme gravy (NGCI DF) 	Lamb kofta kebab (DF NGCI H), kobetz bread, hummus, tzatziki 	oven baked salmon fillet (NGCI DF) 
vegetarian	Breaded quorn fillet, penne pasta with a herb tomato sauce (NGCI)	Mediterranean vegetable lasagne, garlic bread	Mushroom, spinach, cheese parcel, tomato sauce	Holoumi, char-grilled vegetable (NGCI), kobetz bread, hummus, tzatziki	Mixed bean, pepper quesadilla
Pasta	Homemade tomato sauce			Tomato and basil sauce Cheese 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	Green beans Baby corn on cob	Sugar snap peas Cauliflower	Hand cut baton carrots sweetcorn	Broccoli Roasted flat mushrooms	Oven chips Garden peas Green beans

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hot dessert	Homemade lemon sponge, custard	Homemade apple crumble with an oaty crumb topping, custard	Homemade bread and butter pudding, custard		Homemade marble sponge, custard
cold dessert	Yogurt pots	Yogurt pots	Yogurt pots	Yogurt pots Orange and lemon drizzle cake	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