




pre prep lunch menu.

week 3.

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	Beef and vegetable pie, mash potato(NGCI DF) 	Best of British; Sausage bar Pork and leek (DF) Chicken (H DF NGCI)	roast chicken breast, roast potato, broccoli, gravy (NGCI DF H) 	Pasta day; Gluten free pasta available Beef meatballs in tomato sauce (NGCI DF H)	Homemade breaded salmon fishcake 
vegetarian	Seasonal vegetable pie, new potatoes (NGCI DF)	Linda McCartney vegetarian sausages (DF)	Roast vegetable baked tortilla, sour cream, guacamole, grated cheese	Swedish style quorn meatball (NGCI DF) Tomato sauce (DF NGCI) Cheese sauce (NGCI)	Broccoli and cheese quiche
Pasta	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	Sweetcorn Cauliflower	Mash potato Savoy cabbage Roasted flat mushrooms	Carrots broccoli	Cauliflower Courgette Provençale	Oven chips Garden peas Baby corn on cob
hot dessert	Homemade peach and mango crumble, custard	Baked rice pudding with berry compote (GF)		apple pie, custard	Homemade Sticky toffee pudding

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cold dessert	Yogurt pots	Yogurt pots	Yogurt pots Cheese, biscuits	Yogurt pots	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

