

# PREP LUNCH MENU WEEK 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
Homemade Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	...	...
Classic Main	Katsu Chicken Curry	Roast Beef with Yorkshire Puddings	Loaded Macaroni Cheese with Crispy Bacon	Crispy Chilli Beef	Gluten Free Battered Cod Steamed Trout with a Niscose Salad		...
Vegetarian	Egg Noodle Ramen	Wild Mushroom Risotto	Loaded Macaroni Cheese with Char grilled Butternut	Tempura Vegetables with a Hot & Sour Sauce	Tomato, Feta & Basil Quiche		...
Jacket Potato & Pasta Bar	Penne Pasta Red Pepper & Tomato Sauce Basil Pasta Sauce Baked Beans	Fusilli Pasta Arrabbiata Sauce Cheese Sauce Baked Beans	Penne Pasta Red Pepper & Tomato Sauce Basil Pasta Sauce Baked Beans	Fusilli Pasta Arrabbiata Sauce Cheese Sauce Baked Beans	Penne Pasta Red Pepper & Tomato Sauce Basil Pasta Sauce Baked Beans	...	...
Carbohydrates	Egg Fried Rice Plain Rice	Roasted Thyme Potatoes	Garlic bread	Egg Noodles Chow Mein Plain Noodles	Thick Cut Chips		...
Vegetable Choice	Broccoli Pak Choi	Roasted Carrots & Parsnips Green Beans	Roasted Med Veg Garden peas	Asian Vegetable Medley	Baked Beans Mushy Peas		...
Dessert	Apple & Mixed Berry Crumble with Cream	Fruit Salad with Natural Yoghurt	Treacle Sponge with Custard	Chocolate Mousse	Ice Creams		...

06/01/25, 27/01/25, 24/02/25

# PREP SUPPER MENU WEEK 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
Homemade Bread						---	---
Classic Main	Beef Burgers with Brioche Buns	Spaghetti Bolognese with Garlic Bread	Homemade Pork & Apple Sausage Rolls	Curry Night Chicken Tikka Masala Lamb Rogan Josh	Assorted Pannis		---
Vegetarian	Spicy Bean Burgers	Vegan Bolognese with Garlic Bread	Sage, Onion & Cranberry Sausage Rolls	Butternut & Chickpea Korma	Assorted Pannis		---
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Carbohydrates	Chunky Chips	Spaghetti Garlic Bread	Mashed Potatoes	Pilau Rice Onion Bhajis	Potato Wedges		---
Vegetable Choice	Corn on the Cob BBQ Coleslaw	Broccoli Sweetcorn	Baked Beans Petit Pois	Cauliflower & Spinach Dhal	Selection of Salads		---
Homemade Bread	Sliced Fruit Yoghurts	Sliced Fruit Yoghurts	Sliced Fruit Yoghurts	Sliced Fruit Yoghurts	Sliced Fruit Yoghurts		---
<b>06/01/25, 27/01/25, 24/02/25</b>							

# PREP LUNCH MENU WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
Homemade Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	---	---
Classic Main	Traditional Beef Lasagne	Lemon & Thyme Roasted Chicken	Butchers Sausages with Onion Gravy	Pepperoni or Ham Stonebaked Pizza	Gluten Free Battered Cod Chargrilled Chicken		---
Vegetarian	Spinach & Ricotta Ravioli in a Napolitana Sauce	Sage, Pumpkin, & Mozzarella Encroute	Glamorgan Sausages	Margarita Stonebaked Pizza	Five Bean Quesadilla Stack		---
Jacket Potato & Pasta Bar	Penne Pasta Red Pepper & Tomato Sauce Basil Pasta Sauce Baked Beans	Fusilli Pasta Arrabbiata Sauce Cheese Sauce Baked Beans	Fusilli Pasta Arrabbiata Sauce Cheese Sauce Baked Beans	Fusilli Pasta Arrabbiata Sauce Cheese Sauce Baked Beans	Penne Pasta Red Pepper & Tomato Sauce Basil Pasta Sauce Baked Beans		---
Carbohydrates	Homemade Focaccia	Roasted New Potatoes	Mashed Potatoes	Potato Wedges	French Fries		---
Vegetable Choice	Sweetcorn Fine Beans	Roasted Root Vegetables	Buttered Carrots Shredded Cabbage	Roasted Med Veg Broccoli	Petit Pois Baked Beans		---
Dessert	Rice Pudding with Fruit Compote	Sticky Toffee Pudding	Fresh Fruit Salad	Dunhurst Berry Fool	Chocolate Fudge Cake	---	---
13/01/25, 03/02/25, 03/03/25							

# PREP SUPPER MENU WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
Homemade Bread						---	---
Classic Main	Jumbo Fish Finger Wraps	Beef & Ale Pie with Puff Pastry	Tortelloni Formaggio	Buttermilk Chicken Burgers	Steak Night Peppercorn Sauce Sauce Dianne		---
Vegetarian	Bubble & Squeak Cakes	Vegan Mushroom Pie	Tortelloni Formaggio	Arancini Balls	Loadeed Potoato, Sour Cream & Chive Skins		---
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Carbohydrates	Steak Chips	New Potatoes	Homemade Garlic Doughballs	Spiced Potato Wedges	Sauteed Potatoes		---
Vegetable Choice	Garden Peas Baked Beans	Baton Carrots Broccoli	Corn on the Cob	Assorted Salads	Grilled Tomatoes		---
Homemade Bread	Sliced Fruit Yoghurts	Sliced Fruit Yoghurts	Sliced Fruit Yoghurts	Sliced Fruit Yoghurts	Sliced Fruit Yoghurts		---
<b>13/01/25,03/02/25,03/03/25</b>							

# PREP LUNCH MENU WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
Homemade Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	---	---
Classic Main	Chilli Con Carne	Buttermilk Chicken Tenders	Meatballs Al Forno	World Cuisine Day	Breaded Fish Fingers Steamed Cod with Tomato & Pesto Sauce		---
Vegetarian	Vegan Tacos Pulled Jack Fruit Salsa	Stuffed Mushrooms	Vegan Meatballs Al Forno	World Cuisine Day	Mac Cheese		---
Jacket Potato & Pasta Bar	Penne Pasta Red Pepper & Tomato Sauce Basil Pasta Sauce Baked Beans	Fusilli Pasta Arrabbiata Sauce Cheese Sauce Baked Beans	Fusilli Pasta Arrabbiata Sauce Cheese Sauce Baked Beans	Fusilli Pasta Arrabbiata Sauce Cheese Sauce Baked Beans	Penne Pasta Red Pepper & Tomato Sauce Basil Pasta Sauce Baked Beans		---
Carbohydrates	Braised Rice Nacho Chips	Potato Wedges	Spaghetti	World Cuisine Day	Chunky Chips		---
Vegetable Choice	Broccoli Sweetcorn	Roasted Cherry Tomatoes & Red Onion	Butternut Squash Savoy Cabbage	World Cuisine Day	Garden Peas Baked Beans		---
Dessert	Lime Cheesecake	Baked Alaska	Fruit Salad with Greek Yoghurt	World Cuisine Day	Chocolate Brownies	---	---
20/01/25, 10/02/25, 10/02/25							

# PREP SUPPER MENU WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
Homemade Bread						---	---
Classic Main	Chicken, Sweetcorn & Leek Pasta Bake	Chicken Parmigiano	Creamy Mushroom & Pancetta Gnocchi	Thai Green Chicken Curry	Assorted Pizza		---
Vegetarian	Tomato & Basil Pasta Bake	Aubergine Parmigiano	Pesto & Sundried Tomato Ravoili	Vegan Special Fried Noodles	Assorted Pizza		---
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Carbohydrates	Garlic Bread	Parmentier Potatoes	Garlic & Thyme New Potatoes	Prawn Crackers Spring Rolls	Potato Wedges		---
Vegetable Choice	Roasted Vegetables	Green Beans	Roasted Aubergine Petit Pois	Pak Choi Soy Tossed Broccoli	Assorted Salads		---
Homemade Bread	Sliced Fruit Yoghurts	Sliced Fruit Yoghurts	Sliced Fruit Yoghurts	Sliced Fruit Yoghurts	Sliced Fruit Yoghurts		---
<b>20/01/25, 10/02/25, 10/02/25</b>							