



Prep Menu
Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Sweet & Sour Pork with Rice *** Veggie Hot Dog	Slow Cooked Beef Bourguignon *** Macaroni Cheese	Thick Sliced Baked Ham with Mustard Gravy *** Pesto & Mozzarella Turnover	Cottage Pie *** Dhal with Naan	Breaded Fish fingers *** Red Onion Tart
Soup	Chef's Choice ***	Chef's Choice ***	Chef's Choice ***	Chef's Choice ***	Chef's Choice ***
Hot Sarnie	Chicken Goujon Wrap *** Assorted Sandwiches *** Jacket Potato	Sausage Muffin *** Assorted Sandwiches *** Jacket Potato	Tuna Melt Baguette *** Assorted Sandwiches *** Jacket Potato	Salami & Cheese Baguette *** Assorted Sandwiches *** Jacket Potato	Buffalo Chicken Wrap *** Assorted Sandwiches *** Jacket Potato
On the Side	Oven Baked Sautéed Potatoes Peas Cauliflower Cheese	Creamed Potatoes Broccoli Sweetcorn	Roast Potatoes Cabbage Mixed Vegetables	Paprika Wedges Creamy Leeks Sweetcorn	Chunky Chips Mushy Peas/Peas Carrots
Dessert	Fruit Crumble with Custard	Flapjack	Apple Sponge	Manchester Tart	Creamy Rice Pudding
Salad Bar	Lettuce, Tomato, Cucumber, Crispy Onions, Grated Cheese, Curried Chicken Pasta, Beetroot, Olives, Moroccan Cous Cous, Croutons				
Daily Staples	Fresh Fruit, Yoghurts, Jelly, Condiments, Bread				
	<i>Menu is subject to change</i>				