

# PRE PREP MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b>	Baked Ham & Cheese Macaroni  Macaroni Cheese	BBQ Chicken	Pasta & Sauce  Cheddar ,Bacon & Thyme	Classic RoastHoney Roast Gammon  Sage & onion stuffing  Gravy	Fish Fingers
<b>MEAT FREE</b>	Beef bolognaise	BBQ Quorn Sausages	Roasted Tomato, Garlic & Tarragon.	Cauliflower Cheese	Fishless fingers
<b>ON THE SIDE</b>	Roasted Vegetables	Braised 50/50 Rice  Sweetcorn & Mixed Peppers	Pasta  Grated Cheese  Seasonal Salad	Skin on Roast potatoes  Peas  Broccoli	Chips  Baked Beans
<b>DESSERT</b>	Warm Apple Sponge and Cream	Yoghurt & Granola Or Honey	Fresh Cut Fruit & Yoghurt	Frosted Carrot Cake	Fresh Cut Fruit & Yoghurt
<b>EVERY DAY</b>	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans

