

# PRE PREP MENU - WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b>	Rich Tomato & Basil Braised Chicken	Braised Sausages in Apple & Red Onion Gravy	Spaghetti Bolognese	Turkey Pie	Fish Fingers
<b>MEAT FREE</b>	BBQ Quorn Sausage	Gnocchi Baked In Tomato Sauce	Vegetable Bolognese	Macaroni Cheese	Fishless Fingers
<b>ON THE SIDE</b>	Steamed 50/50 Rice Sweetcorn & Carrots	Minted New Potatoes Green Beans & Red Peppers	Grated Cheese Mixed salad	Roast Potatoes Cauliflower & Broccoli	Chips Garden peas Baked beans
<b>DESSERT</b> <b>Whole Fruits Available Every Day</b>	Oaty Apple Crumble With Custard	Jelly	Fresh Fruit Salad	Cherry Shortbread	Fresh Fruit Salad & Natural 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

