



Prep Menu

Week 1



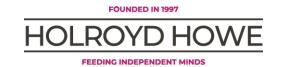
BREAKFAST



Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hydration	Orange & Apple Juice	Orange & Apple Juice	Orange & Apple Juice	Orange & Apple Juice	Orange & Apple Juice	Orange & Apple Juice	Orange & Apple Juice
Hot Items	Grilled Chicken Sausages Baked Beans Panfried or Boiled Free Range Eggs, Grilled Button Mushroom	Grilled English Back Bacon, Roasted Tomato Hash Browns Poached or Boiled Free Range Eggs	Grilled West Country Sausage, Free Range Scrambled or Boiled Eggs, Grilled Button Mushrooms, Baked Beans	Grilled English Back Bacon BBQ Baked Beans Free Range Pan fried or Boiled Eggs	Grilled Chicken Sausages Plum Tomato Free Range Poached or Boiled Eggs	Grilled English Back Bacon Baked Beans Hash Brown Free Range Pan fried or Boiled Eggs	Grilled Sausage Baked Beans Grilled Whole Mushroom Free Range Pan fried or Boiled Eggs
Daily Special	Freshly Baked Croissant, Sliced Cheddar Cheese, Sliced Wiltshire Ham	American style Pancakes, Forest Berry Compote, Honey & Yogurt	Pepperoni, Tomato, Cheese Pizza Toast	Freshly Baked Chocolate Twist	Frittata	Freshly Selection of Danish	Grilled Cheddar Cheese, Toast Bloomer Bread
Daily Breakfast Items	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt	Selection of Cereals Porridge Toast Mixed Jams & Preserves Natural Yoghurt
Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit	Selection of Cut & Whole Fruit



BREAK TIME



Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Cottage Pre-Prep	Fresh fruit Savoury Snack a Jacks	Fresh fruit Cheese, Carrot and Cucumber stick	Fresh Fruit Shortbread	Fresh Fruit Fruit Yoghurt pots	Fresh Fruit Brookie
LS/MS/UP	Fresh fruit Flap Jack	Fresh Fruit Shortbread	Fresh Fruit Blondie	Fresh Fruit Chefs' delights	Fresh Fruit Cookies



LUNCH

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Main Meals	Beef & Onion pie Herb topped	Paprika pork Curry Masala Chicken	Chicken Carbonara Tri coloured Pasta	Honey Roast Gammon	Hand battered Pollock	Chorizo Pasta	Bagel Bar
	Fisherman's Pie	Thighs			Beef Burgers		
Meat Free	Sweet Potato, Butternut Squash & Spinach Pie	Roasted Chickpea Curry	Quorn Sausage with a herby Tomato sauce	Butternut Squash & Lentil cake	Breaded Halloumi on Grilled Vegetables	Creamy Cauliflower Pasta	Grilled Vegetable Bagel
On The Side	Mash potato Carrots Kale	Steamed Rice Garden Peas Grilled Vegetable medley	Tri coloured Pasta Garlic bread Broccoli Trees Garden Peas	Cauliflower Cheese Roasted Potatoes Carrots Red Cabbage	Skin on Chips Baked Beans Mushy peas	Pasta Grilled Ciabatta Roasted Peppers Sweetcorn	Curly fries Beans Chefs Salad
Desserts	Warm Chocolate Beetroot Brownie	Vanilla sponge with chocolate sauce	Traditional rice pudding	Apple pie with Cream	Flapjack with Butterscotch sauce	Chefs' delights	Chocolate Crunch
Every Day	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and Jelly	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and Jelly	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt





SUPPER



Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course One	Macaroni cheese topped with Crispy Onions	Homemade Italian style pizza Peperoni Passion Ham & Pineapple	Loaded Potato Skins Bacon & Spring Onion Ham & Cheese	Crispy Beef Fajitas	Chicken wrapped in Bacon Garlic Sauce		Roast Beef Homemade Yorkshire Puddings
Main Course Two	Penne Pasta Marinara Sauce	Homemade Italian style Pizza Three Cheese	Loaded Potato Skins Cheese, Leeks & Onion	BBQ Jack fruit & Avocado Wraps	Stuffed Couscous Sweet Potato	Boarders Take	Roast Beef Homemade Yorkshire Puddings
On The Side	Homemade Bread Sweetcorn Green Beans	Homemade seasoned Wedges Corn on the cob	Chefs Salad Baked Beans Coleslaw	Tortilla Wrap Grilled Peppers and Onions Baby gem Lettuce	Stuffed Couscous Sweet Potato	Over Night	Beef Dripping Gravy Roasted Potatoes Buttered Cabbage Roast Parsnips
Dessert One	Viennese fingers	Raspberry Pannacotta	Chefs Delights	Lemon Posset	Gypsy Tart		Beef Dripping Gravy Roasted Potatoes Buttered Cabbage Roast Parsnips
Dessert Two	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt	Fresh Fruit and a Selection of Yoghurt
SELECTION OF FRESHLY CUT & WHOLE FRUITS							

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