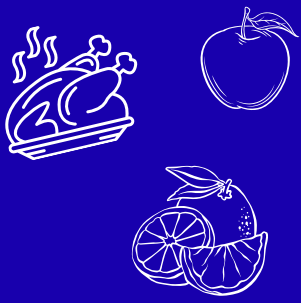


PRE-PREP MENU



1
WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Break				
Chopped fruit	Chopped fruit	Chopped fruit	Chopped fruit	Chopped fruit
Lunch				
Mac n cheese with peas and crusty bread	Hunters chicken with new potatoes, green beans and gravy	Lasagne with sweetcorn and garlic bread	Roast pork with roast potatoes, seasonal vegetables and gravy	Chicken nuggets with chips and beans
Fruit crumble and custard	Mixed melon	Chafyn Grove sponge with cream	Fresh fruit salad	Mixed cookies
PM Break				
Warm bagels	Pancakes	Cheese thins	Biscuits	Bread sticks
After school club				
Fruit	Fruit	Fruit	Fruit	Fruit

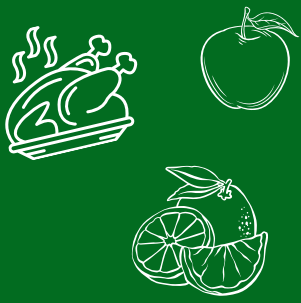


PRE-PREP MENU

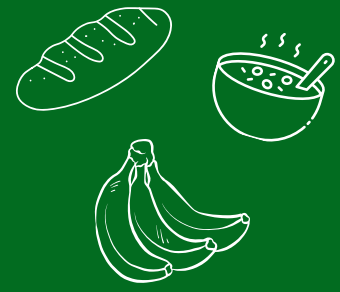


WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Break				
Chopped fruit	Chopped fruit	Chopped fruit	Chopped fruit	Chopped fruit
Lunch				
Chicken curry with rice, peas and poppadoms	Puff pastry topped steak pie with mash potato, green beans and gravy	Spaghetti bolognaise with sweetcorn and garlic bread	Roast turkey with stuffing, roast potatoes, seasonal vegetables and gravy	Fish fingers with chips and beans
Angel delight	Peaches and cream	Somerset apple cake with custard	Fresh fruit salad	Pancakes with syrup
PM Break				
Warm bagels	Pancakes	Cheese thins	Biscuits	Bread sticks
After school club				
Fruit	Fruit	Fruit	Fruit	Fruit



PRE-PREP MENU



3
WEEKS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Break				
Chopped fruit	Chopped fruit	Chopped fruit	Chopped fruit	Chopped fruit
Lunch				
Mild chilli with rice, homemade nachos and peas	Honey gammon with new potatoes and green beans	Pasta with tomato and basil sauce with sweetcorn and garlic bread	Roast beef with roast potatoes, seasonal vegetables, Yorkshire puddings and gravy	Sausages with chips and beans
Rice pudding with jam	Mixed melon	Syrup sponge and custard	Fresh fruit salad	Fruit jelly
PM Break				
Warm bagels	Pancakes	Cheese thins	Biscuits	Bread sticks
After school club				
Fruit	Fruit	Fruit	Fruit	Fruit