

Summer Prep Menu Week 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Rich Tomato	Roasted Vegetable	Leek and Potato	Cream of Mushroom	Carrot and Coriander
Main Meal	Homemade Beef Lasagne	Roasted Gammon	Sausages and onions	Roast Chicken Breast	Hand Battered Fisherman's Catch
Vegetarian	Vegetable Lasagne	Roasted Mushrooms with herb crumb	Vegetarian Sausages	Roasted Courgette with spicy cous cous	Shredded Vegetable Bhajis
On The Side	Toasted Garlic Bread Green Beans Sweetcorn	Roast Potatoes Cauliflower Peas Gravy	Creamy Mash Carrots Green Beans	Fluffy Rice Steamed Broccoli Peas	Chips Peas Baked Beans
Jacket & Pasta	Jacket potatoes with cheddar cheese	Basil Pesto Pasta	Jackets with tuna mayonnaise	Pasta with tomato and herb sauce	Jackets with baked beans
Dessert	Sticky toffee Pudding, Toffee Sauce	Warm Lemon Drizzle	Rice Pudding with Jam	Apple and crumble with Custard	Marbled Sponge Cake
Everyday	Yogurt & Fruit	Jelly & Fruit	Yogurt & Fruit	Jelly & Fruit	Yogurt & Fruit