

Prep Week One

Monday	Tuesday	Wednesday	Thursday	Friday
CHICKEN CASSEROLE Pieces of chicken cooked in gravy with pieces of carrots and turnip. Served with mash potatoes	BEEF CURRY WITH RICE. Pieces of beef and peppers cooked in a Madras sauce. Served with nann bread.	ROAST BEEF DINNER Served with roast potato, turnip and gravy.	BATTERED WHITING GOUJONS Served with chipped potatoes and peas.	BAKED SAUSAGES Served with baked beans, sweet corn and potato wedges.
TOMATO AND BASIL QUICHE Served with pasta, potato salad and slices of French bread.	BACON BAP Grilled bacon served in a bap with choice of salad or baked beans.	CURRIED CHICKEN PIZZA Served with selection of salads.	VEGETABLE BAKE Broccoli, cauliflower and potatoes in a cheese sauce. Served with slices of bread and salad.	VEGETABLE CHOW MEIN Selection of vegetables cooked in vegetable stock with soya. Served with noodles.
FRESH FRUIT SALAD	SHORTBREAD BISCUIT	POACHED RHURBARB WITH CUSTARD	SLICES OF MELON	FROZEN YOGHURT

Prep Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
CHICKEN IN A SPICY TOMATO SAUCE Strips of chicken in a spicy tomato sauce. Served with rice and peas.	CHICKEN AND LEEK PIE Pieces of chicken and leeks cooked in a white sauce with puff pastry. Served with mash potato and green beans.	ROAST GAMMON DINNER Roast gammon served with champ and cabbage.	CHICKEN GOUJONS Served with chipped potatoes, coleslaw and garlic mayonnaise	CHIILI BEEF WITH VEGETABLES Pieces of cubed beef cooked in a chilli gravy with carrots. Served with baby potatoes.
PLAIN OMELETTE	VEGETABLE RICE.	COD WITH CHEESY	VEGGIE PASTA	CHICKEN AND CHEESE PANNINI

Served with coleslaw, apple and celery salad and wheaten bread.	Vegetables and rice served with curry sauce	POTATO Piece of cod served with cheesy potato and sweet corn.	Selection of vegetables cooked in a tomato sauce with pasta shells sprinkled with cheese. Served with slices of bread.	Served with a selection of salads or baby potatoes.
CRACKER AND CHEESE	FRSH FRUIT SALAD	APPLE STRUDEL WITH FROMAGE FRAIS	FRESH FRUIT SALAD	CHOCOLATE CAKE

Prep Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
HOT DOG Oven baked sausage in a bap. Served with salads baked beans, peas or baby potatoes.	BATTERED WHITING Served with chipped potatoes and sweet corn.	SPAGHETTI BOLOGNAISE Mince cooked in a tomato sauce with grated carrot and peppers. Served with a slices of French bread..	ROAST PORK DINNER Roast pork served with gravy, roast potato and carrot and parsnips.	CHICKEN FRIED RICE Pieces of chicken, vegetables and rice. Served with a curried sauce.
CHICKEN AND SWEET POTATO CASSEROLE Pieces of chicken cooked with tomatoes, sweet potato and carrots. Served with baby potatoes.	CHICKEN KORMA WITH RICE. Served with naan bread.	CHICKEN TIKKA WRAP Served with a selection of salads.	SODA PIZZA Served with a selection of salads or roast potato.	HOMEMADE TOMATO SAUCE Served with pasta, cheese and wheaten bread.
SLICES OF MELON	WHEATMEAL BISCUIT	POACHED PEARS WITH FROMAGE FRAIS	FRUIT SALAD	PIECE OF SPONGE WITH ICING

Prep Week Four

Monday	Tuesday	Wednesday	Thursday	Friday
<p>STEAK PIE</p> <p>Pieces of steak and carrots cooked in gravy with a pastry top. Served with mash potato and green beans.</p>	<p>ROAST CHICKEN DINNER</p> <p>Served with champ and roasted vegetables.</p>	<p>CHEESY VEGETABLE PASTA</p> <p>Selection of vegetables and pasta in a cheese sauce.</p>	<p>CHICKEN AND BROCCOLI BAKE</p> <p>Pieces of chicken and broccoli in a white sauce. Sprinkled with cheese. Served with chipped potatoes.</p>	<p>MACARONI BEEF</p> <p>Mince beef cooked in a tomato sauce with macaroni topped with cheese sauce. Served with a selection of salad.</p>
<p>SPICY CHILLI BEAN CASSEROLE</p> <p>Spicy tomato chilli sauce with a selection of beans and peppers. Served with bread or a wrap.</p>	<p>FISH GOUJONS</p> <p>Served with champ and roasted vegetables.</p>	<p>SWEET AND SOUR CHICKEN</p> <p>Pieces of chicken cooked in sweet and sour sauce served with noodles.</p>	<p>VEGETARIAN NOODLES</p> <p>Selection of noodles and vegetables served in a chilli sauce.</p>	<p>VEGETABLE CURRY</p> <p>Vegetable curry with chick peas. Served with rice and naan bread.</p>
<p>PIECE OF CHEESE AND APPLE QUARTER</p>	<p>FRESH FRUIT SALAD</p>	<p>JELLY WITH FRUIT</p>	<p>ICE CREAM WITH ORANGE SEGMENTS</p>	<p>MELON SLICES</p>