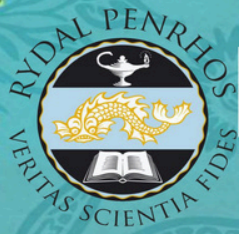




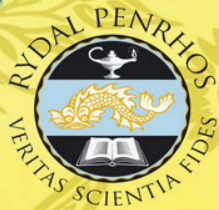
# PREP LUNCH WEEK 1

|                  | MONDAY                            | TUESDAY                               | WEDNESDAY   | THURSDAY                        | FRIDAY                          |
|------------------|-----------------------------------|---------------------------------------|---|---------------------------------|---------------------------------|
| SNACK            | MILK/FRUIT                        | MILK/FRUIT                            | MILK/FRUIT  | MILK/FRUIT                      | MILK/FRUIT                      |
| CLASSIC          | MC RYDAL                          | BUTTERMILK CHICKEN                    | CHAR SIU PORK                                       | CHICKEN SAUSAGE GRAVY           | WHOLEMEAL SALMON PIZZA          |
| NOURISH          | MC RYDAL                          | BUTTERMILK SOYA                       | CHAR SIU PEA PROTEIN                                | GLAMORGAN SAUSAGE               | WHOLEMEAL MARGHERITA PIZZA      |
| SIDES            | FRIES<br>BEANS<br>CORN ON THE COB | MAC N CHEESE<br>CARROT<br>CAULIFLOWER | STICKY JASMINE<br>WILD RICE<br>BROCCOLI<br>PAK CHOI | MASH<br>CARROTS<br>GREEN BEANS  | SWEETCORN<br>PEAS               |
| JACKET/PASTA BAR | PASTA, SIDE OF SAUCE,<br>CHEESE   | MASH POTATO, CHEESE,<br>BEANS         | MASH POTATO, CHEESE,<br>BEANS                       | PASTA, SIDE OF SAUCE,<br>CHEESE | PASTA, SIDE OF SAUCE,<br>CHEESE |
| DESSERT          | STRAWBERRY<br>SMOOTHIES           | LEMON DRIZZLE                         | (YOUTIAO) CHINESE<br>DOUGHNUT<br>LYCHEE & MANGO     | APPLE CRUMBLE &<br>CUSTARD      | COOKIES<br>& MANDERINES         |
| DAILY FRUIT      | WATERMELON<br>WHOLE FRUIT         | PINEAPPLE<br>WHOLE FRUIT              | GRAPES<br>WHOLE FRUIT                               | ORANGE WEDGE<br>WHOLE FRUIT     | WATERMELON<br>WHOLE FRUIT       |
| SNACK            | SHORTBREAD                        | ICE LOLLIES                           | DATE COOKIES  | CHOCOLATE & APPLE<br>TWISTS     | SQUASH FLAPJACK                 |



# PREP LUNCH WEEK 2

|                  | MONDAY                                     | TUESDAY                                 | WEDNESDAY                                   | THURSDAY                                   | FRIDAY                                 |
|------------------|--|---|---|--|--|
| SNACK            | MILK/FRUIT                                 | MILK/FRUIT                              | MILK/FRUIT                                  | MILK/FRUIT                                 | MILK/FRUIT                             |
| CLASSIC          | RYDAL BRUNCH                               | ANCHO CHICKEN                           | CHICKEN PASTA BAR                           | PULLED BBQ BEEF                            | BATTERED COD                           |
| NOURISH          | PLANT BASED BRUNCH                         | BAKED HALLOUMI                          | PEA PROTEIN PASTA BAR                       | VEGETABLE SOYA BEAN STIR FRY               | TEMPURA VEGETABLES & LENTIL            |
| SIDES            | HASH BROWNS<br>BEANS<br>TOMATO<br>MUSHROOM | TACO<br>CARROT & COURGETTE<br>CORN COBS | BROCCOLI<br>GREEN BEANS                     | MINI JACKET<br>COB CORN<br>ROAST BUTTERNUT | TRIPLE COOKED CHIPS<br>PEAS<br>BEANS   |
| JACKET/PASTA BAR | PASTA, SIDE OF SAUCE<br>GRATED CHEESE      | PASTA, SIDE OF SAUCE,<br>CHEESE         | MASH POTATO, BEANS,<br>CHEESE               | PASTA, SIDE OF SAUCE,<br>CHEESE            | PASTA, SIDE OF SAUCE,<br>CHEESE        |
| DESSERT          | CARROT CAKE                                | SPRINKLE CAKE<br>& PEACHES              | CINNAMON & APPLE<br>LOAF<br>NATURAL YOGHURT | CHOCOLATE ORANGE<br>PUDDING                | SUNDAE BAR<br>FRUIT SAUCES<br>TOPPINGS |
| DAILY FRUIT      | WATERMELON<br>WHOLE FRUIT                  | PINEAPPLE<br>WHOLE FRUIT                | GRAPES<br>WHOLE FRUIT                       | ORANGE WEDGES,<br>WHOLE FRUIT              | WATERMELON<br>WHOLE FRUIT              |
| SNACK            | SHORTBREAD                                 | ICE LOLLYS                              | DATE COOKIES                                | CHOCOLATE & APPLE<br>TWISTS                | SQUASH FLAPJACK                        |



# PREP LUNCH WEEK 3

|                  | MONDAY   | TUESDAY                             | WEDNESDAY                                       | THURSDAY                             | FRIDAY                        |
|------------------|--|-------------------------------------|---|--------------------------------------|-------------------------------|
| SNACK            | MILK/FRUIT   | MILK/FRUIT                          | MILK/FRUIT                                      | MILK/FRUIT                           | MILK/FRUIT                    |
| CLASSIC          | PORK MEATBALLS                                     | KATSU CHICKEN                       | GAMMON  | CHICKEN & LEEK PIE                   | COD GOUJONS                   |
| NOURISH          | SOYA BALLS   | KATSU SOYA PIECES                   | CELERIAC & PINEAPPLE SALSA                      | LEEK & POTATO PIE                    | SOYA GOUJONS                  |
| SIDES            | WHOLEMEAL PENNE<br>TOMATO SAUCE<br>BROCCOLI & PEAS | BROWN RICE<br>CARROTS & CORN        | PARMENTIER POTATO<br>CAULIFLOWER<br>GREEN BEANS | ROAST<br>ROOT VEGETABLES<br>BROCCOLI | COUS COUS<br>PEAS<br>CARROTS  |
| JACKET/PASTA BAR | MASH POTATO, BEANS,<br>CHEESE                      | MASH<br>POTATO, BEANS,<br>CHEESE    | PASTA, SIDE OF SAUCE,<br>CHEESE                 | PASTA, SIDE OF SAUCE,<br>CHEESE      | MASH POTATO, BEANS,<br>CHEESE |
| DESSERT          | COOKIE DOUGH &<br>RASPBERRY PIZZA                  | BANANA WAFFLES<br>&<br>TOFFEE SAUCE | APPLE BROWNIE                                   | SUMMER BERRY<br>ETON MESS            | STICKY<br>TOFFEE PUDDING      |
| DAILY FRUIT      | WATERMELON<br>WHOLE FRUIT                          | PINEAPPLE<br>WHOLE FRUIT            | GRAPES<br>WHOLE FRUIT                           | ORANGE WEDGES,<br>WHOLE FRUIT        | WATERMELON<br>WHOLE FRUIT     |
| SNACK            | SHORTBREAD   | ICE LOLLYS                          | DATE COOKIES                                    | CHOCOLATE & APPLE<br>TWISTS          | SQUASH FLAPJACK               |