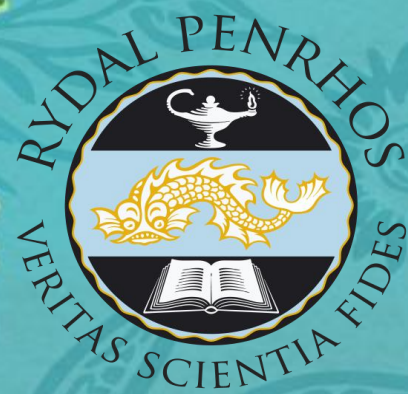




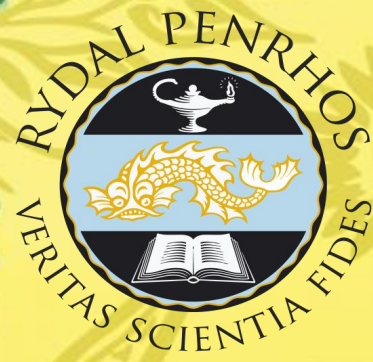
PREP LUNCH WEEK 1

	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 BEANS CORN ON THE COB	MAC N CHEESE CARROT CAULIFLOWER	STICKY JASMINE WILD RICE BROCCOLI PAK CHOI	MASH CARROTS GREEN BEANS	SWEETCORN PEAS
JACKET/PASTA BAR	PASTA, SIDE OF SAUCE, CHEESE	MASH POTATO, CHEESE, BEANS	MASH POTATO, CHEESE, BEANS	PASTA, SIDE OF SAUCE, CHEESE	PASTA, SIDE OF SAUCE, CHEESE
DESSERT	STRAWBERRY SMOOTHIES	LEMON DRIZZLE	(YOUTIAO) CHINESE DOUGHNUT LYCHEE & MANGO	APPLE CRUMBLE & CUSTARD	COOKIES & MANDERINES
DAILY FRUIT	WATERMELON WHOLE FRUIT	PINEAPPLE WHOLE FRUIT	GRAPES WHOLE FRUIT	ORANGE WEDGE WHOLE FRUIT	WATERMELON WHOLE FRUIT
SNACK	SHORTBREAD	ICE LOLLIES	DATE COOKIES	CHOCOLATE & APPLE 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 BEANS TOMATO MUSHROOM	TACO CARROT & COURGETTE CORN COBS	BROCCOLI GREEN BEANS	MINI JACKET COB CORN ROAST BUTTERNUT	TRIPLE COOKED CHIPS, PEAS BEANS
JACKET/PASTA BAR	PASTA, SIDE OF SAUCE GRATED CHEESE	PASTA, SIDE OF SAUCE, CHEESE	MASH POTATO, BEANS, CHEESE	PASTA, SIDE OF SAUCE, CHEESE	PASTA, SIDE OF SAUCE, CHEESE
DESSERT	CARROT CAKE	SPRINKLE CAKE & PEACHES	LEMON POSSET BERRIES BRANDYSNAP	CHOCOLATE ORANGE PUDDING CHOCOLATE SAUCE	SUNDAE BAR FRUIT SAUCES TOPPINGS
DAILY FRUIT	WATERMELON WHOLE FRUIT	PINEAPPLE WHOLE FRUIT	GRAPES WHOLE FRUIT	ORANGE WEDGES, WHOLE FRUIT	WATERMELON WHOLE FRUIT
SNACK	SHORTBREAD	ICE LOLLIES	DATE COOKIES	CHOCOLATE & APPLE TWISTS	SQUASH FLAPJACK



PREP LUNCH WEEK 3

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