

## LUNCH MENU OPTIONS FOR PREP

WEEK COMMENCING: 12<sup>th</sup> March

### MONDAY

**MAIN:** Turkey wraps with tomato sauce & sweetcorn

**MEAT FREE:** Leek & cheese pie

**DESSERT:** Chocolate cake with chocolate sauce

### TUESDAY

**MAIN:** Pulled chicken pasta with cheese sauce & roasted vegetables

**MEAT FREE:** Seasonal vegetable crumble

**DESSERT:** Sponge cake with Greek yoghurt.

### WEDNESDAY

**MAIN:** Mild beef chili with steamed rice, cheese, nachos and salsa.

**MEAT FREE:** Root vegetable and potato gratin with wilted winter greens

**DESSERT:** Pumpkin pie with oaty crumble

### THURSDAY

**MAIN:** Chicken stir fry with rice

**MEAT FREE:** Mild vegetable curry with rice

**DESSERT:** Layered chocolate & coconut sponge

### FRIDAY

**MAIN:** Crispy Pollack fillet with chips, peas and tartare sauce

**MEAT FREE:** Winter vegetables with pasta and tomato sauce

**DESSERT:** chocolate blondies