

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast, Cereal, Fruit and Yoghurt	Hash Brown and Scrambled Egg	Waffles, Fruit and Yoghurt	Toast, Cereal, Fruit and Yoghurt	Bacon or Mushroom Sandwiches and Tomato
Snack	Fruit and Pinwheels	Fruit and Pizza	Fruit with Pork or Vegan Sausage Rolls	Fruit with Cheese or Ham Sandwiches	Fruit and Croissants
Main	Bolognaise, Marinara or Pesto Cream Pasta	Panko Breaded Chicken with Garlic Butter and New Potatoes	Beef Burger with Homemade Wedges	Slow Cooked Pork with Yorkshire Pudding	Battered Fish or Salmon Fish Cakes with Chunky Chips
Vegetarian/Vegan	Oven Baked Mac and Cheese	Southern Fried Quorn Roast with Baby New Potatoes	Soya BBQ Burger with Homemade Wedges	Courgette, Sweet Potato and Chickpea Cake	Soya Fishless Fingers with Chunky Chips
Side Dishes	Garlic Bread, Peas and Sweetcorn Homemade Soup	Green Beans and Roasted Carrots Homemade Soup	Baked Beans, Sweetcorn, Gherkins and Crispy Onions Homemade Soup	Broccoli, Roasted Vegetables Homemade Soup	Peas, Gherkins, Pickled Eggs and Tartar Sauce Homemade Soup
Dessert	Mini Blueberry Muffins Yoghurt or Jelly Pots with Fruit	Vegan Chocolate Brownies Yoghurt or Jelly Pots with Fruit	Banoffee Pie Yoghurt or Jelly Pots with Fruit	Jam Sponge and Custard Yoghurt or Jelly Pots with Fruit	Waffles and Chocolate Sauce Yoghurt or Jelly Pots with Fruit
Supper	Onion Bhaji Open Wrap with Slaw	Beef Stroganoff with Rice	Pasta Arrabbiata with Selection of Toppings	Homemade Sausage Rolls with Potato Wedges	N/A

Heywood Prep - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast, Cereal, Fruit and Yoghurt	Hash Brown and Scrambled Egg	Waffles, Fruit and Yoghurt	Toast, Cereal, Fruit and Yoghurt	Bacon or Mushroom Sandwiches with Tomato
Snack	Fruit and Pinwheels	Fruit and Pizza	Fruit with Pork or Vegan Sausage Rolls	Fruit with Cheese or Ham Sandwiches	Fruit and Croissants
Main	Stir-Fried Noodles with Lemon and Garlic Chicken or Cajun Chicken	Homemade Beef Lasagne	Toad-in-the-Hole	Roast Turkey, Sage and Onion Stuffing with Yorkshire Pudding	Battered Fish or Salmon Fish Cakes with Chunky Chips
Vegetarian/Vegan	Roasted Vegetable and Chickpea Ratatouille	Homemade Butternut Squash, Lentil and Spinach Lasagne	Soya Sausage Toad-in-the-Hole	Spinach, Vegan Cheese and Seed Pie	Soya Fishless Fingers with Chunky Chips
Side Dishes	Green Beans, Peppers, Onions, Ginger, Pak Choi Homemade Soup	Garlic Bread, Broccoli and Roasted Carrots Homemade Soup	Mashed Potato, Peas and Roasted Carrots Homemade Soup	Green Beans with Fried Red Onion, Roasted Vegetables Homemade Soup	Peas, Gherkins, Pickled Eggs and Tartar Sauce Homemade Soup
Dessert	Seasonal Fruit Crumble Yoghurt or Jelly with Fruit	Chocolate Mousse Yoghurt or Jelly with Fruit	Carrot Cake Yoghurt or Jelly with Fruit	White Chocolate and Raspberry Blondies Yoghurt or Jelly with Fruit	Belgium Waffles with Fruit Compote Yoghurt or Jelly with Fruit
Supper	Loaded Hot Dog with Crispy Onions and Mixed Green Salad	Chicken Wrap with Salad	All Day Breakfast	Chicken Fried Rice with Vegetables	N/A

Heywood Prep - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast, Cereal, Fruit and Yoghurt	Hash Brown and Scrambled Egg	Waffles, Fruit and Yoghurt	Toast, Cereal, Fruit and Yoghurt	Bacon or Mushroom Sandwiches with Tomato
Snack	Fruit and Pinwheels	Fruit and Pizza	Fruit with Pork or Vegan Sausage Rolls	Fruit with Cheese or Ham Sandwiches	Fruit and Croissants
Main	Homemade Pizza with a Selection of Salads	Cumberland Sausages and Mash with a Red Onion Gravy	Chicken Katsu Curry with Sticky Rice	Honey Roasted Gammon with Thyme Roasted Potatoes	Battered Fish or Salmon Fish Cakes with Chunky Chips
Vegetarian/Vegan	Homemade Vegan Pizza with a Selection of Salads	Quorn Sausages and Mash with a Red Onion Gravy	Aubergine Katsu Curry with Sticky Rice and Seeds	Lancashire Vegetable and Bean Hot Pot	Soya Fishless Finger with Chunky Chips
Side Dishes	Crispy Onions, Sweetcorn, Chilli Flakes, Gherkins Homemade Soup	Crispy Onions, Petit Pois, Roasted Carrots with Thyme Homemade Soup	Sautéed Greens, Pak Choi and Asian Style Slaw Homemade Soup	Broccoli, Roasted Vegetables, Celeriac and Squash Homemade Soup	Peas, Gherkins, Pickled Eggs and Tartar Sauce Homemade Soup
Dessert	Vanilla Cheesecake Yoghurt or Jelly with Fruit	Coconut and Cherry Frangipane Yoghurt or Jelly with Fruit	Upside Down Pineapple Cake Yoghurt or Jelly with Fruit	Chocolate Orange Marble Cake Yoghurt or Jelly with Fruit	Chocolate Cookie Yoghurt or Jelly with Fruit
Supper	Falafel and Hummus Flatbread	Mac and Cheese	Chilli Beef with Nachos	Toasted Sandwich Selection	N/A