

Heywood Prep - Week 1

Start Date: 25/05/2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast, Cereal, Fresh Fruit & Porridge	Toast, Cereal, Pancakes & Toppings	Toast, Cereal, Sausages & Hash Browns	Toast, Cereal, Eggs & Beans	Toast, Cereal, Bacon Sandwiches
Snack	Fresh Cut Fruit Cheese Pinwheels	Fresh Cut Fruit Homemade Focaccia	Fresh Cut Fruit Pork or Vegan Sausage Rolls	Fresh Cut Fruit Cheese or Ham Sandwiches	Fresh Cut Fruit Croissants
Main	Beef Lasagne	Chicken Noodle Ramen	BBQ Style Lunch	Roast Gammon with Parsley Sauce	Battered Fish or Fish Cakes with Chips
Vegetarian/Vegan	Vegan Lentil Lasagne	Tofu Noodle Ramen	BBQ Style Lunch	Roast Quorn Fillet with Parsley Sauce	Soya Fishless Fingers with Chips
Side Dishes	Garlic Bread, Fresh Greens Homemade Soup	Asian Style Vegetables Homemade Soup	Selection of Salads Homemade Soup	Roasted Potatoes, Seasonal Vegetables Homemade Soup	Beans, Peas, Gherkins, Pickled Eggs & Tartar Sauce Homemade Soup
Dessert	Summer Fruit Crumble & Custard Jelly & Fruit	Coconut Frangipane Cream Jelly & Fruit	Yoghurt with Berry Coulis Jelly & Fruit	Lemon & Lime Cheesecake Pots Jelly & Fruit	Chocolate Brownie Jelly & Fruit
Supper	Breaded Chicken Katsu Curry & Rice	Homemade Pizza & Wedges with Salad	Tomato Pasta Bake with Garlic Bread	Ham & Cheese Omelette with New Potatoes & Salad	N/A

Heywood Prep - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast, Cereal, Fresh Fruit & Porridge	Toast, Cereal, Pancakes & Toppings	Toast, Cereal, Sausages & Hash Browns	Toast, Cereal, Eggs & Beans	Toast, Cereal, Bacon Sandwiches
Snack	Fruit Cheese Pinwheels	Fruit Pitta breads, Hummus & Crudites	Fruit Pork or Vegan Sausage Rolls	Fruit Cheese or Ham Sandwiches	Fruit Croissants
Main	Beef Meatballs	Piri Piri or Pesto Chicken Thighs	Selection of Warm Quiches	Slow Roasted Brisket of Beef with Yorkshire Puddings & Horseradish Gravy	Selection of Meat Pies or Sausages & Chips
Vegetarian/Vegan	Vegan Meatballs with Seeds	Piri Piri or Pesto Chickpea and Bean Burger	Selection of Warm Quiches	Stuffed Pepper with Roasted Vegetables and Seeds	Selection of Vegetarian Pies or Vegan Sausages & Chips
Side Dishes	Garlic Bread, Pesto Peas Homemade Soup	Roast Sweet & New Potatoes, Green Beans Homemade Soup	Macaroni Cheese, Salad Homemade Soup	Roasted Potatoes, Seasonal Vegetables Homemade Soup	Peas, Gherkins, Pickled Eggs & Tartar Sauce Homemade Soup
Dessert	Sticky Toffee Pudding with Toffee Sauce	Chocolate Marble Cake Jelly & Fruit	Yogurt with Berry Coulis Jelly & Fruit	Peach Melba Pots Jelly & Fruit	Chocolate Crunch Cake Jelly & Fruit
Supper	Baked Jacket Potatoes with a Selection of Toppings & Salad	Tagliatelle Carbonara with Garlic Bread & Salad	Cheeseburger with Wedges & Salad	Fish Wraps with Rice & Salad	N/A

Heywood Prep - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast, Cereal, Fresh Fruit & Porridge	Toast, Cereal, Pancakes & Toppings	Toast, Cereal, Sausages & Hash Browns	Toast, Cereal, Eggs & Beans	Toast, Cereal, Bacon Sandwiches
Snack	Fruit Cheese Pinwheels	Fruit Homemade Focaccia	Fruit Pork or Vegan Sausage Rolls	Fruit Cheese or Ham Sandwiches	Fruit Croissants
Main	Pasta with a Choice of Arrabiata, Parmesan or Pesto Sauce	Taco Tuesday with Chicken Fajita or Beef Chilli Fillings	Focaccia Pepperoni or Vegetable Pizza	Roast Chicken with Stuffing & Bread Sauce	Battered Fish or Fish Cakes with Chunky Chips
Vegetarian/Vegan	Pasta with a Choice of Arrabiata, Parmesan or Pesto Sauce	Taco Tuesday with Vegetable Fajita or Bean Chilli Fillings	Roasted Vegetable Pizza	Roast Vegetable & Seed Loaf	Soya Fishless Finger with Chunky Chips
Side Dishes	Garlic Bread, Peas & Broccoli Homemade Soup	Mexican Rice, Green Beans, Sour Cream, Salsa Homemade Soup	Potato Wedges, Sweetcorn Homemade Soup	Roasted Potatoes, Root Vegetables and Greens Homemade Soup	Peas, Gherkins, Pickled Eggs & Tartar Sauce Homemade Soup
Dessert	Hot Dutch Apple Cake with Custard Jelly & Fruit	Chocolate Cookies Jelly & Fruit	Yoghurt with Berry Coulis Jelly & Fruit	Strawberry & Bananna Mousse Pot Jelly & Fruit	Rocky Road Jelly & Fruit
Supper	Gammon, Egg & Wedges	Sausage, Roasted Vegetable and Potato Tray Bake	Choritzo & Potato Fritata with Seasonal Vegetables	Pesto Pasta, Cheesy Garlic Bread & Crudites	N/A