



## Lockers Park Sample Prep Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> A selection of cereals Toast with Butter, Jam, Honey or Marmite Fresh Fruit Apple & Orange Juice	Baked sausages Boiled eggs Baked beans	Grilled bacon Cheese roulade Hash browns	Turkey bacon Grilled tomatoes Poached eggs	Scrambled eggs Chicken sausages Sauté mushrooms	Fried eggs Back bacon Baked beans	Sweet Belgian waffle Grilled bacon	Baked sausages Boiled eggs Baked beans
<b>MORNING BREAK</b>	Fruit pieces and wholegrain biscuits	Fruit pieces and wholegrain biscuits	Fruit pieces and wholegrain biscuits	Fruit pieces and wholegrain biscuits	Fruit pieces and wholegrain biscuits	Fresh fruit pieces and wholegrain biscuits	Fruit pieces and wholegrain biscuits
<b>LUNCH</b> Soup of the Day Salad Bar Jacket Potatoes Warm Bread Rolls	Tender chicken in a creamy mushroom or sweet and sour sauce served with steamed long grain rice and sweetcorn	Roast pork loin with crackling served with sage roast potatoes, savoy cabbage and sweet glazed carrots and delicious gravy	Italian wholegrain pasta with a selection of different sauces steamed broccoli florets and toasted garlic bread	Pan fried chicken breasts served with garlic and herb new season potatoes with roast Mediterranean vegetables & beans	Soft toasted bagels with homemade beef burgers, cheese and turkey bacon served with skin on fries baked beans & slaw	Greek lamb cooked with sweet peppers served with fusilli wholemeal pasta, green vegetables and garlic bread	Tender roast leg of lamb served with rosemary rubbed potatoes, glazed carrots, peas & cauliflower cheese
<b>VEGETARIAN OPTION</b>	Quorn style chicken in a mushroom sauce	Sweet potato and feta puff pastry parcels	Lentil and red pepper Bolognese sauce	Peppers stuffed with pinto and kidney beans	Vegetarian bean burger bagels & slaw	Mushroom and haloumi in a Greek sauce	Cream cheese and spring onion stuffed roasted peppers
<b>DESSERT</b> Selection of Fresh Fruit	Vanilla yoghurt with apricot sauce	White chocolate chip Scottish shortbread	Strawberry angel delight and sprinkles	American fluffy warm pancakes with golden syrup	Raspberry sponge arctic ice cream roll syrup	Strawberry jelly	Fresh fruit salad with single cream
<b>AFTERNOON BREAK</b>	Cheese or jam sandwiches or fruit	Buttered tea cakes or fresh fruit pieces	Match tea biscuits and fresh fruit	Match tea biscuits and fresh fruit	Baked mini cheddars or fresh fruit pieces	Jaffa cakes and fresh fruit	Ready salted crisps and fresh fruit
<b>SUPPER</b> Salad Bar Vegetarian Option Sliced Bread & Spreads Cold Milk	Warm baguettes loaded with chicken and bacon served with chunky chips and baked beans or salad	Oven baked southern style coated chicken legs served with creamed potatoes and buttered sweetcorn	Oven baked breaded fishcakes served with sauté potatoes, garden peas and crisp fresh salad	Minced keema lamb curry served with pilaf rice, spinach and Bombay potatoes	Golden baked macaroni pasta topped with double cheese and breadcrumbs served with salad bar	'Take away' pizzas (home-made, served in cardboard take away box)	Loaded baguettes
<b>DESSERT</b> Fresh Fruit Selection	Fruit flapjack squares	Banana, chocolate and caramel muffins	Warm Jam scones	Mango sorbet pots	Party cake fingers	Choc ices	Water melon wedges drizzle with milk chocolate