

Pre-Prep Epsom Menu 3 (W/b 1.5.17, 22.5.17, 19.6.17)

**MONDAY**

***Main hot meal***

Sausage Roll, Baked  
beans & Crudities

***Vegetarian option***

Quorn Roll, Baked  
beans & Crudities

***Dessert***

Ginger Sponge with  
Vanilla Sauce  
Fresh Fruit

**TUESDAY**

***Main hot meal***

Basil & Tomato Pasta  
with homemade bread,  
peas & crudities

***Vegetarian option***

Basil & Tomato Pasta  
with homemade bread,  
peas & crudities

***Dessert***

Fresh Fruit

**WEDNESDAY**

***Main hot meal***

Roast Gammon, roast  
potatoes, broccoli,  
carrot batons & gravy

***Vegetarian option***

Quorn fillet, roast  
potatoes, broccoli,  
carrot batons & gravy

***Dessert***

Yogurt  
Fresh Fruit

**THURSDAY**

***Main hot meal***

Lasagne  
Seasonal vegetables

***Vegetarian option***

Vegetarian lasagne

***Dessert***

Carrot Cake & Custard  
Fresh Fruit

**FRIDAY**

***Main hot meal***

Plaice Goujons,  
Seasoned Potato  
Wedges & Sweetcorn

***Vegetarian option***

Vegetable Burger

***Dessert***

Rice Crispie Square  
Fresh Fruit