



W/C 1st September, 22nd September, 13th October,
10th November & 1st December 2025

WEEK 1

STEP



1 Choose from...

Main

Vegetarian

Combo



STEP



2 ...and to finish!



Bread and Salad will be
available at Lunch Times

MONDAY

Cheese & Tomato Pizza

to go with
Sweetcorn, Fresh Seasonal
Sweet Potato Wedges

Southern Style Quorn Burger

to go with
Sweetcorn, Fresh Seasonal
Sweet Potato Wedges

Ultimate Super Food Tomato

Pasta
to go with
Mixed Salad

Jacket Potato

to go with
with choice of fillings
Small Salad, Sweet Cheese, Your Choice, Seasonal Beans

Sandwich

to go with
with choice of fillings
Small Salad, Sweet Cheese, Your Choice

Vanilla Ice Cream

Fresh Fruit Bar, Cheese
and Biscuits, Jelly

TUESDAY

Chicken Burger

to go with
Herby Diced Potatoes,
Mexican Corn Coleslaw

Veggie Chilli

to go with
Herby Diced Potatoes,
Mexican Corn Coleslaw

Ultimate Super Food Tomato

Pasta
to go with
Mixed Salad

Jacket Potato

to go with
with choice of fillings
Small Salad, Sweet Cheese, Your Choice, Seasonal Beans

Sandwich

to go with
with choice of fillings
Small Salad, Sweet Cheese, Your Choice, Seasonal Beans

Apple Flapjack

Fresh Fruit Bar, Cheese
and Biscuits, Jelly

WEDNESDAY

Roast Chicken

to go with
Garvey's Irish Seasonal New Potato on
Yorkshire Pudding & fresh seasonal Vegetable las

Vegetarian Sausage

to go with
Garvey's Irish Seasonal New Potato on
Yorkshire Pudding & fresh seasonal Vegetable las

Ultimate Super Food Tomato

Pasta
to go with
Mixed Salad

Jacket Potato

to go with
with choice of fillings
Small Salad, Sweet Cheese, Your Choice, Seasonal Beans

Sandwich

to go with
with choice of fillings
Small Salad, Sweet Cheese, Your Choice

Jam Sponge

to go with
Custard

Fresh Fruit Bar, Cheese
and Biscuits, Jelly

THURSDAY

Chicken Tikka Masala

to go with
Sunshine Rice, Naan Bread

Katsu Veggie Curry

to go with
Sunshine Rice, Naan Bread

Ultimate Super Food Tomato

Pasta
to go with
Mixed Salad

Jacket Potato

to go with
with choice of fillings
Small Salad, Sweet Cheese, Your Choice, Seasonal Beans

Sandwich

to go with
with choice of fillings
Small Salad, Sweet Cheese, Your Choice, Seasonal Beans

Chocolate & Date Cracknel

Fresh Fruit Bar, Cheese
and Biscuits, Jelly

FRIDAY

Battered Fish

to go with
Baked Beans, Chips, Garden
Peas

Salmon Fish Fingers

to go with
Baked Beans, Chips, Garden
Peas

Cheese & Onion Pasty

to go with
Baked Beans, Chips, Garden
Peas

Ultimate Super Food Tomato

Pasta
to go with
Mixed Salad

Jacket Potato

to go with
with choice of fillings
Small Salad, Sweet Cheese, Your Choice, Seasonal Beans

Sandwich

to go with
with choice of fillings
Small Salad, Sweet Cheese, Your Choice, Seasonal Beans

Carrot Cake

to go with
Custard

Fresh Fruit Bar, Cheese
and Biscuits, Jelly

Please speak to a member of the Catering Team or view atprelishops.com for Allergen Information.



W/C 8th September, 29th September, 20th October,
17th November & 8th December 2025

WEEK 2

STEP



1 Choose from...

Main

Vegetarian

Combo



STEP



2 ...and to finish!



Bread and Salad will be
available at Lunch Times

MONDAY

Cheese & Tomato Pizza

to go with

Mixed Salad, Ultimate Super
Food Tomato Pasta Side

Vegetarian Bolognaise

to go with

Garlic Bread, Ultimate Super
Food Tomato Pasta Side

Ultimate Super Food

Tomato Pasta

to go with

Mixed Salad

Jacket Potato

to go with

Mixed Salad
with choice of fillings

Baked Beans, Grated Cheese, Tuna Mayo, Cheese & Beans

Sandwich

to go with

Mixed Salad, Tortilla chips
with choice of fillings
Grated Cheese, Tuna Mayo

Chocolate Ice

Cream

Fresh Fruit Bar, Cheese
and Biscuits, Jelly

TUESDAY

Full English Brunch

to go with

Baked Beans, Crusty Bread

Ultimate Super Food

Tomato Pasta

to go with

Mixed Salad

Full English Vegetarian

Brunch

to go with

Baked Beans, Crusty Bread

Jacket Potato

to go with

Mixed Salad
with choice of fillings

Baked Beans, Grated Cheese, Tuna Mayo, Cheese & Beans

Sandwich

to go with

Mixed Salad, Tortilla chips
with choice of fillings
Ham, Grated Cheese, Tuna Mayo, Chicken

Cherry Flapjack

Fresh Fruit Bar, Cheese
and Biscuits, Jelly

WEDNESDAY

Roast Chicken

to go with

Gravy, Fresh Seasonal Roast
Potatoes, Yorkshire Pudding, Fresh
seasonal Vegetables

Quorn Fillet

to go with

Gravy, Fresh Seasonal Roast
Potatoes, Yorkshire Pudding, Fresh
seasonal Vegetables

Ultimate Super Food

Tomato Pasta

to go with

Mixed Salad

Jacket Potato

to go with

Mixed Salad
with choice of fillings

Baked Beans, Grated Cheese, Tuna Mayo, Cheese & Beans

Sandwich

to go with

Mixed Salad, Tortilla chips
with choice of fillings
Ham, Grated Cheese, Tuna Mayo

Orange Drizzle Cake

to go with

Custard

Fresh Fruit Bar, Cheese
and Biscuits, Jelly

THURSDAY

Cottage Pie

to go with

Gravy, Fresh Seasonal
Broccoli, carrots & peas

Cumberland Plant

Sausage

to go with

Fresh Seasonal Mashed potato,
Gravy, Fresh Seasonal Broccoli,
carrots & peas

Ultimate Super Food

Tomato Pasta

to go with

Mixed Salad

Jacket Potato

to go with

Mixed Salad
with choice of fillings

Baked Beans, Grated Cheese, Tuna Mayo, Cheese & Beans

Sandwich

to go with

Mixed Salad, Tortilla chips
with choice of fillings
Ham, Egg Mayo, Grated Cheese, Tuna Mayo

Pineapple Iced

Muffin

Fresh Fruit Bar, Cheese
and Biscuits, Jelly

FRIDAY

Battered Fish

to go with

Baked Beans, Chips, Garden
Peas

Vegetarian Fishless

Fingers

to go with

Baked Beans, Chips, Garden
Peas

Ultimate Super Food

Tomato Pasta

to go with

Mixed Salad

Jacket Potato

to go with

Mixed Salad
with choice of fillings

Baked Beans, Grated Cheese, Tuna Mayo, Cheese & Beans

Sandwich

to go with

Mixed Salad, Tortilla chips
with choice of fillings
Ham, Grated Cheese, Tuna Mayo

Apple & Forest Fruit Crumble

to go with

Custard

Fresh Fruit Bar, Cheese
and Biscuits, Jelly

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W/C 15th September, 6th October, 3rd November
24th November & 15th December 2025

WEEK 3

STEP 1

Choose from...

Main

Vegetarian

Combo



STEP 2

...and to finish!



Bread and Salad will be
available at Lunch Times

MONDAY

Cheese & Tomato Pizza

to go with

Baked Beans, Fresh Seasonal
Potato Wedges

Quorn Dog

to go with

Baked Beans, Fresh Seasonal
Potato Wedges

Ultimate Super Food
Tomato Pasta

to go with

Mixed Salad

Jacket Potato

to go with

Mixed Salad
with choice of fillings

Baked Beans, Grated Cheese, Tuna Mayo, Cheese & Beans

Sandwich

to go with

Mixed Salad, Tortilla chips
with choice of fillings

Ham, Grated Cheese, Tuna Mayo

Raspberry Iced
Smoothie

Fresh Fruit Bar, Cheese
and Biscuits, Jelly

TUESDAY

Chicken Balti Curry

to go with

Naan Bread, Vegetable rice

Ultimate Super Food
Tomato Pasta

to go with

Mixed Salad

Sweet Potato Korma

to go with

Naan Bread, Vegetable rice

Jacket Potato

to go with

Mixed Salad
with choice of fillings

Baked Beans, Grated Cheese, Tuna Mayo, Cheese & Beans

Sandwich

to go with

Mixed Salad, Tortilla chips
with choice of fillings

Ham, Grated Cheese, Tuna Mayo, Chicken

Mixed Berry
Yoghurt

Fresh Fruit Bar, Cheese
and Biscuits, Jelly

WEDNESDAY

Roast Pork

to go with

Fresh seasonal Mashed potato,
Gravy, Yorkshire Pudding, Fresh
seasonal Vegetables

Lancashire Veggie Hot
pot

to go with

Fresh seasonal Mashed potato,
Gravy, Yorkshire Pudding, Fresh
seasonal Vegetables

Ultimate Super Food
Tomato Pasta

to go with

Mixed Salad

Jacket Potato

to go with

Mixed Salad
with choice of fillings

Baked Beans, Grated Cheese, Tuna Mayo, Cheese & Beans

Sandwich

to go with

Mixed Salad, Tortilla chips
with choice of fillings

Ham, Grated Cheese, Tuna Mayo

Chocolate Brownie
to go with
Custard

Fresh Fruit Bar, Cheese
and Biscuits, Jelly

THURSDAY

Beef Lasagne

to go with

Herby Diced Potatoes, Green
Beans

Mac N Cheese

to go with

Herby Diced Potatoes, Green
Beans

Ultimate Super Food
Tomato Pasta

to go with

Mixed Salad

Jacket Potato

to go with

Mixed Salad
with choice of fillings

Baked Beans, Grated Cheese, Tuna Mayo, Cheese & Beans

Sandwich

to go with

Mixed Salad, Tortilla chips
with choice of fillings

Ham, Egg Mayo, Grated Cheese, Tuna Mayo

Jammy Slice

Fresh Fruit Bar, Cheese
and Biscuits, Jelly

FRIDAY

Chicken Goujons

to go with

Baked Beans, Chips, Garden
Peas

Veggie Nuggets

to go with

Baked Beans, Chips, Garden
Peas

Ultimate Super Food
Tomato Pasta

to go with

Mixed Salad

Jacket Potato

to go with

Mixed Salad
with choice of fillings

Baked Beans, Grated Cheese, Tuna Mayo, Cheese & Beans

Sandwich

to go with

Mixed Salad, Tortilla chips
with choice of fillings

Ham, Grated Cheese, Tuna Mayo

Sticky Toffee Pudding
to go with
Custard

Fresh Fruit Bar, Cheese
and Biscuits, Jelly

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